

& BAKER BRECHT

Excellence
in dentistry



Spring/Summer 2010

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Dr. Jeffrey Baker receives dental award

Congratulations to Dr. Baker who was awarded Top Dentist by *Hour Detroit* magazine for the second year in a row! This annual list is based on a peer-review survey sent to over 5,000 dentists and specialists in metropolitan Detroit. Thousands of votes were cast honoring excellence in all fields of dentistry. Look for the complete list in the July 2010 issue of *Hour Detroit* and online at www.hourdetroit.com.

Dr. Baker has been practicing general and cosmetic dentistry for 20 years, 16 of those in Shelby Township. Upon finding out he was named one of *Hour Detroit's* Top Dentists of 2010, Dr. Baker remarked, "I am both humbled and proud to have been selected by my peers for this honor for two years in a row." He is a leading innovator, and is up to date on the latest treatments and procedures. Most recently, offering patients same-day crowns.

From the dentist

We value our customers

We would like to express our sincere gratitude to our patients for choosing us to provide dental care. If you know of anyone who is in need of the same type of quality care, please feel free to refer them to our office. We will be placing the names of all referring patients into a monthly drawing. The winner will receive a Philips Sonicare toothbrush valued at \$105. Monthly winners will also be recognized in our newsletter.

Congratulations to our spring winners!

April--**Robin McCoy**

May--**Angela Peraino**

June--**Christopher Nickson**





Your dental health

Office staff

Dentists

Jeffrey Baker DDS

Paul Brecht DDS

Hygienists

Jeanne

Sue

Susan

Dental Assistants

Karen

Patty

Administrative Assistants

Anna

Clare

Helping your baby arrive with a smile

You already know you're eating for two, and that you have to eat right so your baby develops properly. But did you realize that what you eat even affects your baby's teeth?

Believe it or not, your baby's teeth begin to form between the third and sixth month of pregnancy. To give those teeth a strong and healthy start, you need to consume the right amounts of vitamins A, C and D, protein, calcium and phosphorus. Your doctor can help you determine which foods and vitamins you can eat now to help your baby smile on in the future.

It is also important to continue seeing your dentist while pregnant. Studies show that pregnant women with severe gum disease have seven times

the risk of delivering a low-birthweight baby. These pregnancy complications may be partially preventable through improved oral health during pregnancy. It only makes sense to safeguard your oral health, and your baby's, through proper oral health care. The National Institute of Health reports that as many as 18 percent of the 250,000 premature low-weight infants born in this country each year may be the result of inflammatory gum disease. Surprisingly, this is about the same as the percentage explained by cigarette smoking.

If you are pregnant and have any questions regarding your oral health, call Dr. Baker and Dr. Brecht's office, 586.992.9222.

Source: Michigan Dental Association

Tips for staying active and healthy all summer long

- Stay hydrated by drinking at least 8 glasses of water a day, especially during outdoor activities
- Always wear sunscreen with UVA and UVB protection, and don't forget to use lip balm with an SPF
- On hot days, plan to exercise in the mornings or evenings when the temperature is cooler
- Keep plenty of fresh fruits and veggies on hand; they will be easy to grab on the go
- Be active and keep cool with activities like swimming, water balloon fights or washing the car

Smiles go high tech

Patient testimonial—Veneers

Thanks to Dr. Baker and his staff, my new smile has proved to be a success already! Not only did this procedure enhance the color, shape and texture of my teeth, they are no longer sensitive to anything! I cannot thank the office enough for making this process so smooth. They were

accommodating with appointment times and were very thorough in answering all my questions/concerns. I would like to point out their impeccable chair-side manner as well. I highly recommend Dr. Baker if you're considering cosmetic dentistry.

—Tiffany

Spring your smile into high gear



\$60 per kit
(includes 2 pens)

Take the **ZOOM®!** whitening pen wherever you go for a convenient way to touch-up your smile on the go.

The true cost of dentistry

Seeing a dentist twice a year will not only protect your oral health, but your overall health as well. A semi-annual cleaning and exam* is just \$280 per year. Compare that to other annual expenses and you'll see a real savings.

Daily coffee from Starbucks or Caribou

(\$3/day) \$1,095/year

Lunch out during the work week

(\$7/day) \$1,680/year

Average cost of gym membership

(\$35/month) \$420/year

Daily bottle of water

(\$1.50 each) \$547/year

*Exam includes screenings for blood pressure, oral cancer, periodontal disease, TMJ disorder and a decay check.





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586-992-9222

smilesbybaker.com



Did you know?

Dr. Baker and Dr. Brecht have gone green

For several years we have made every effort to reduce our carbon footprint. We have implemented paperless accounting and patient files, and take digital x-rays. We value our environment and want to make every effort to preserve our natural resources for future generations to enjoy.



8152 25 Mile Road
Shelby Township, MI 48316

Hours:

Monday & Tuesday: 8 a.m.-6 p.m.

Wednesday: 8 a.m.-2 p.m.

Thursday: 8 a.m.-5 p.m.

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Shelby Township, MI 48316

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