

# THE TOOMEY TIMES

[www.drtoomey.com](http://www.drtoomey.com)

Summer 2010

## THANK YOU!

Dr. Toomey and his family would like to extend a very sincere and humble “thank you” to our incredible family of patients! As many of you know, our 8 yr. old son, Christian, was diagnosed with t-cell, non-hodgkins lymphoma in February. His prognosis is very good and his treatment is going as it should with a few minor bumps in the road. He will remain in weekly treatment until Sept/Oct, then he will hopefully back down to monthly treatments for the following 3 yrs. His tumor is gone and the treatment is to increase his chances that it will not return.

You are welcome to follow our journey on Christian’s Caring Bridge website:

<http://www.caringbridge.org/visit/christiantoomey>

Your cards, hugs, gifts and donations to the Johns Hopkins’ Christian Toomey Fund (a grocery fund for pediatric cancer families who have come into difficult financial times as a result of their child’s diagnosis) have been so appreciated. We feel so fortunate to be surrounded by such support and love. We can’t thank you enough! This journey has been made easier by family, friends and you. Your continued support & prayers have meant the world to us. *Thank you.*



## BITE EQUILIBRATION

Hopefully by now, this term is becoming familiar! Many of our patients have experienced a bite adjustment by Dr. Toomey. Some had pain, headaches, fatigue, phantom tooth pain, frequently cracked teeth, while others did not notice problems. Those patients were diagnosed by tooth wear and gum recession and were fortunate to be diagnosed and corrected before painful damage could occur.

Bite Equilibrations will create harmony between the tooth, jaw and joint. This will allow your teeth to work with you, not against each other, which would cause cracks and wear. When your teeth and facial muscles are fighting to get into harmony, symptoms like muscle pain, fatigue, headaches, cracks and gum recession are often the result. When there is harmony, your body will no longer grind and hit hard on random teeth, saving all of your teeth from damage caused solely by a poor bite.

Some of the most obvious signs of a poor bite are worn canines and multiple cracks in teeth (seen in intraoral photos we take for you). These are just some of the tell-tale signs of worse things to come, if not addressed.



Worn canine



Good canine guidance

Our goal is to always save your natural teeth for as long as possible. Anytime a dental restoration would be necessary, your bite will also be considered by Dr. Toomey, in order to ensure that the new “tooth” will create harmony with the rest. In other words, *is it playing well with others?* Our job is to ensure happiness in your mouth, which will lead to fewer dental procedures, longevity of your restorations, & greater overall comfort for you! You can visit our website, or talk to one of our team members, to learn more!

## NEW PATIENTS WELCOME

Each month, our greatest number of new patients comes directly from you! Your confidence in our office brings referrals of friends and family, which allows our Practice to grow. It also means we can treat more people with the same care and attention we give to you, and that is *really great, so thanks!*

# DR. CHRISTOPHER TOOMEY

658 KENILWORTH DR, SUITE 105

TOWSON, MD 21204

410-823-6000



## QUESTION & ANSWER

**Q:** *I had a guard that was so big and uncomfortable, I hated to wear it. Is that what Dr. Toomey uses?*

**A:** No. Our guards are custom-made with the goal of giving your jaw, joints and teeth “a rest”. They are small, thin, and do not cover most of your teeth, like the guards most people think of when they hear that term. We use “guard” as a general term to describe one of the several appliances Dr. Toomey may use.



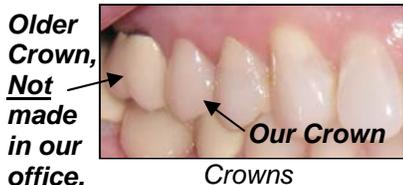
*Anterior Bite Plane*



*B-Splint*

**Q:** *What's the difference between a crown and a veneer, and how long do they last?*

**A:** A crown is used to fully cover a tooth because of large amounts of decay or cracks. A veneer covers the front face and only slightly wraps the edges of your tooth, for cosmetic improvements or to improve bite harmony, by lengthening your teeth where needed. Their lifespan is dependent upon hygiene and bite harmony. Both can last 15-30 yrs, but that number can be considerably less, if cracks or decay occur below the restoration. Regular hygiene appointments and good home care are essential.



**Older Crown, Not made in our office.**

*Crowns*



*Veneers*

## COSMETIC ADVANCES

Major advances in dentistry are happening every day. Many of them allow for beautiful cosmetic improvements. Whether you are interested in improving your smile or happen to need a restoration in the front of your smile, Dr. Toomey has advanced training to offer our patients beautiful, as well as functional, results.

As you've already read, you cannot forget the bite relationship when doing any dental changes. If it's not addressed, your restorations will not last and you may develop muscle fatigue, headaches or other problems you may not have had before.

Dr. Toomey will ensure that your smile is not only gorgeous, but “happy”!



*Before*



*After*



*Before*



*After*

**VISIT OUR WEBSITE:**  
**[www.drtoomey.com](http://www.drtoomey.com)**