

CEREC Technology Changes the Face of Dentistry

*Patients needing decayed, damaged, or chipped teeth restored can now have it done in about an hour. Today, CEREC, a computerized dental restorative system, is being used by dentists to digitally design, build and place restorations in **one visit**.*



If you've ever had a crown, or cap placed, you know very well that the experience is not a pleasant one. The extensive drilling, the mouthful of gooey impression material, and of course the temporary tooth that inevitably falls out or cracks at the most inopportune of moments. All of that on top of the fact that you now have to take another trip to the dentist in two weeks so the dentist can receive your final restoration from the dental laboratory. This has been the process for placing crowns and veneers for as long as we can remember. CEREC technology has recently shattered the old methodology and is sweeping across the dental world.

CEREC utilizes CAD/CAM (Computer-Aided Design) technology to eliminate the need for impressions and temporaries. Instead of taking a traditional impression, CEREC's optical camera is used to take a virtual, 3D picture of your tooth. The image is then presented on a screen for the doctor to design the new restoration, all while the patient watches. Minutes later, the computer sends the information to a 'milling chamber' where the restoration is precisely cut out of a solid block of tooth-colored porcelain using diamond coated burs, or cutting bits. Within fifteen minutes, the final restoration is complete and can be placed into the patients' mouth. A beautiful, long lasting restoration in about an hour.

In addition, the pinpoint accuracy of this system allows us to provide the patient with a conservative preparation, saving a majority of the healthy structure in the tooth. CEREC is capable of doing a wide array of restorations including crowns, veneers, inlays and onlays. A CEREC restoration is an excellent alternative to unattractive silver fillings.

CEREC, manufactured by Sirona Dental Systems, has over 15 years of clinical research to support the technology. It is the only computerized restorative system currently in use ***worldwide*** for the dental practice. The number of dentists utilizing this technology has been growing exponentially in recent years and is quickly moving towards becoming the standard among general and cosmetic practitioners. The move towards a more technologically advanced dental practice has been coming for a long time and it's finally arrived with the CEREC system.

Healthy Tips



Skip the Math; Get Rid of the Finger; Invest in a Heart Rate Monitor:

To get the most out of your workouts, you need to reach 80% of your heart rate training zone. There are three ways to measure your heart rate. Stop your exercise, hold your index finger to the pulse in your neck and count the beats per minute. The second way is to measure your pulse rate. The third is to use a high tech device called a Heart Rate Monitor. It consists of a chest strap and a wristwatch type band that automatically measures your beats. You can pre-set it to beep when you reach your desired training zone. If you don't want to bother with mathematical equations to figure your proper heart rate training zone, buy a Heart Rate Monitor. It may set you back upwards of \$100 but it will guarantee to measure your heart rate. Most Sports Specialty stores have them. Bicycle shops usually carry them and they can be ordered through fitness catalogues and magazines.