



Waterford/Clarkston Office
4152 Sashabaw Rd.
Waterford, MI 48329
248-673-0505
Fax 248-673-8803

WRIGHT & ZELAZNY
D.D.S., P.C.
Family and Cosmetic Dentistry
www.wzdds.com

Bloomfield Hills Office
43700 Woodward Ave.
Suite 204
Bloomfield Hills, MI 48302
248-338-4140
Fax 248-338-8438

Produced for the patients of
David A. Wright, D.D.S. & Donald J. Zelazny, D.D.S.

Winter 2007/08

DENTAL TEAM

Office Manager:
Julie

Receptionists:
Barb
Charlene
Sheree

Hygienists:
Karen
Mary
Jennifer
Michele
Angela
Amy
Jeanette

Dental Assistants:
Angee
Pettisha
Patti
Krista
Nicole
Kara

The best of times...

The *Smithsonian Institution* states that modern human beings—as we know “us”—or *Homo sapiens*, have existed on Earth for approximately 130,000 years. I have had a theory for some time now that we live in possibly the best 100–200 years to be alive as a human! By *we*, I mean those most likely to be reading this, here in North America or perhaps Europe. Certainly there are many in the world living a barbaric existence in horrible times. *We* as an American society are generally not among them! Now realize that this comes from a guy who by all accounts was born with the proverbial “silver spoon” in his mouth, albeit prematurely by four weeks. Fortunately, I survived the premature birth; some 100 years ago, I likely would not have survived. We may not all live in mansions, but to me, “having the silver spoon” has nothing to do with mansions. It means I was born in this great, free country of ours to loving parents and was provided with everything I needed to thrive and grow, including discipline (although my siblings would probably say *not enough!*).

Life in any century prior to 1900 was relatively difficult. Often, people had no running water or clean water, poor heating, and little or no adequate medical care except for the odd “medicine man” or “witch doctor.” Many died from simple infections, during childbirth, or suffered horrible deaths from plague, dysentery, or leprosy. People who once were considered “demon possessed” can now lead normal lives by taking psychiatric medications. Most people survive infections. Last century also saw the advent of the “modern dental era” we speak of so often in this newsletter (which, of course, Dr. Wright and I like to believe started in 1987 when we graduated from dental school!).

Having an adequate, stable supply of food has

frequently been a problem, and while this is still true in many parts of the world, it is hardly true here. The next time you are in the grocery store, notice how many different kinds of orange juice you have to choose from! The current-day problem is too many consuming too much. In our country, as well as many other countries around the world, obesity is an epidemic. We have the knowledge to keep ourselves healthy, but often not the “will-power” to do so. For the first time in our country’s history, the life expectancy of the “next” generation is expected to be less than that of the current generation. Many of us, self included, have had our own hand in some of our health issues, whether that hand is holding a fork or maybe a TV remote. It is often easier to follow the mentality that the problem is the system, instead of realizing that never before has good health been so close to our grasp, if only we would drop the fork or remote and grab it!

The jet age has given us amazing travel possibilities (see Dr. Wright’s article). I remember as a young boy seeing President Nixon on TV from China and dreaming of going there. At the time, it seemed like the place farthest away in the world. I never expected that at my age I would have traveled not only to China, but to Africa and South America. My wife and I have also taken two “journeys of a lifetime” when we brought home the two children I am lucky enough to hear call me “Daddy” every night. None of this would have been possible even 100 years ago. In addition, I doubt the world will have the fascinating cultural diversity in 100 years that we can experience now. There is already a McDonald’s or Starbucks just about everywhere in the world. Will there be the desire to travel to faraway places in 100 years?

(continued on back page)

Thank you for all your referrals. We appreciate them!

Europe with kids

In our last newsletter, I wrote a “travel” column, and people seemed to really enjoy reading it. I wanted to follow up with some thoughts about traveling Europe with kids. I know that everyone is not fortunate enough to take these sorts of trips, particularly in these economic times. I certainly do not wish to offend anyone by writing these articles. My hope is that even those folks not ready to do a trip like this would at least enjoy reading this article.

At the same time, I want to always stress that we do these trips for less money than most people spend on a five-day trip to Las Vegas or Disney. Our budget for a two-week trip would typically be around \$2,500 for our family of five, not including the airfare to and from Europe. (We always have frequent fliers for this.) That does include airfare or other travel within Europe, however.

Organized tours usually cost an awful lot more than this. In fact, they could easily be \$2,500 **a person**. We prefer to spend a whole lot less and to force ourselves to learn enough about the culture, the people, and the geography to allow us to navigate our own way.

Travel with children has its own benefits and challenges. As many of you know, Peggy and I traveled to Europe without the kids last spring for the first time since Peggy was pregnant with Daniel, our middle child. We had a great time, but we also had a lot of “Boy, Natalie would love this,” “Daniel and Julia would have fun here,” and other similar moments. There is nothing quite like experiencing something through your child’s eyes.

I could fill this column with stories about the kids exploring old castles in England, playing soccer with local kids in a piazza in Tuscany, making friends in pubs in Ireland, or sailing toy boats with other kids in Paris. Our stories, though, are typical. There are a few things that we *have* learned which have made these great experiences possible:

1. Limit the areas you travel to. Too many Americans want to “see it all if I am there.” They therefore move at breakneck speed through Europe, hoping to “check off” as many spots as possible from some imaginary list of places to see. I really feel that is the wrong approach with kids (or, for that matter, without kids). It is better to pick a couple of areas and to stay for several days in each place. On one trip, we stayed for four nights in an apartment in London, five days in a house in western England (the Cotswolds), and three days in Edinburgh, Scotland. On another trip, we went to Tuscany, Italy, for a week (staying in two different spots) and then spent three days in Paris.

2. Alternate “tourist” days with “active/fun” days. Kids have a great natural curiosity and really enjoy seeing new places. But they also enjoy a day of fun. In Tuscany, we went to Florence one day and did a full day of “tourist stuff.” The next day, we rented bikes and biked around the area where we were staying. We stayed in a small town called Lucca, which still had an intact medieval wall surrounding it. You could bike on top of this wall, stopping to explore the fortresses, turrets, caves, and “jails” along the way. We had a picnic lunch and basically had a ball. Several days later, we were in Vernazza, Italy. It was Easter, so we went to Easter mass right in town. The church is in the picture that hangs in “Room 5” of our Waterford office. After that, we changed into hiking clothes

and hiked to the next town along the coast, where we had the best and most memorable meal on the trip. The best part of this is that we just happened upon the restaurant; no travel agent had arranged it for us. It therefore felt more “real.” After that, we hiked to three more towns and then took the train back to our hometown. What a great day!

3. Turn art museums into scavenger hunts. Some museums are **very** kid friendly and kids do great (like the science museums of Toronto and Chicago, or the natural history museums of Chicago, New York, and London). Other museums can be a little heavy for kids (or even adults). The Uffizi of Florence is one of the world’s top ten art museums, as are the Louvre and the Musée d’Orsay of Paris. They, however, contain art that is a little tough for some kids to get excited about. We did all three of these as scavenger hunts (Peggy’s brilliant idea). For the Uffizi, she did some research online and printed out black-and-white photos of some of the paintings and sculptures in the museum. It really did not take her long to do this. She assigned points to “finding” each work, and the kids built up points based on the number of them they found. They were not allowed to go to “the next room” of the museum until Peggy or I moved into that room. *It worked great!* The kids had a lot of fun, and they actually looked and learned along the way. The interesting thing about the Uffizi is that it is filled with Renaissance art. Most of the works in that period were sponsored by the Catholic Church. Therefore, there were a limited number of themes by which the artists all tried to paint. Every artist had a “Madonna and Child,” everyone a “John the Baptist,” etc. It was interesting watching the kids figuring out if this was *their* Madonna and Child. They had to take the time to really see the picture, understand what was in the painting, etc. In the d’Orsay, Natalie and Julia loved the Impressionist art, but nine-year-old Daniel got “antsy.” Peggy gave him a camera and asked him to “find the picture with the starry, starry night” or “find the picture with the haystack,” etc. He had fun finding these paintings and capturing photos (remembering to keep the flash off). Finally, in the Louvre, we had a “family scavenger trip.” We learned about five famous works over breakfast, some of which the kids had heard of before, like the Mona Lisa. We then limited our museum trip to these five things and then had a fun activity for the rest of the day. Peggy and I will get back to the Louvre another time (Peg’s been there before).

4. Eat simple, eat cheap. Most kids don’t enjoy long dinners out, and most Europeans eat too darn late for kids. We keep stuff around the apartment for breakfasts or grab some rolls from a bakery. Lunches are easy to come by in little stores or pubs, or on the streets throughout the cities of Europe, and they can be pretty cheap. Europe always has family-run pubs, trattorias, or other restaurants for authentic but affordable dinners. Maybe once or twice a trip we would consider trying a “fancier” meal. We would look for a restaurant that borders a park or a good play area so the kids could run and play while we finished eating in peace and quiet while still watching the children. The Piazza del Campo in Siena, Italy, provided one such place. We brought a soccer ball and Daniel, after finishing dinner, soon had many Italian children

playing with him. Natalie and Julia skipped around the piazza while Peggy and I relaxed and took our time with dinner. Great memories!

5. Rent apartments, flats, villas, condos, or houses. Hotels in America can often sleep five, but they rarely do in Europe. A much easier and cheaper way to go is to rent an apartment or house. The Internet now allows easy access directly to owners. Not only is this cheaper, but it is fun because you suddenly have a friend in town. This also gives you a kitchen, with a fridge, and this enables you to save on the cost of food. Kids enjoy having a “home base” that they are used to. We try to have one to three total “home bases” during a trip. This might limit your range, but it will improve the quality of the trip. This also will encourage you to really get to know an area. We try to pick spots that have natural “fun days” built in. We would rather travel to the touristy spots but have fun stuff close at hand. Getting away from the tourist “hot spots” saves money, too. Just make sure the train station is close!

6. Be mobile, pack light. Probably the most important thing to ensure a good trip is to pack light. (The travel writer Rick Steves is also big on this. See his books or his website, www.ricksteves.com, for tips on traveling Europe light.) In our family, everyone carries their own stuff on their own back. This includes books and fun activities for the kids. We never check luggage (so we never lose luggage). We are the first through customs, with no lines, since everyone else is waiting for their luggage to get unloaded from the plane so they can go through customs. Train travel and associated walks from the station to the lodging is easy when you pack light. We have done this for many, many trips, and I can tell you that it is

the best thing ever. While this is natural to travelers from most any other country, Americans seem to want to bring suitcases full of stuff for their trips. I am lucky to say that the lightest packer in the family is my wife. Once you figure out how to do it, you really never want to go back to the suitcase.

7. Bring activities and food. A hungry child or a bored child is a cranky child. We make sure they have plenty to do and plenty to eat. If we get caught in a place without food, we always have granola bars or some snacks that can keep the belly full.

8. Learn a few words. If traveling to a country with a different language, we always learn to count to ten, to say “please” and “thank you” and to say “hello” and “good-bye.” In most European languages, “good evening” is worth knowing. Finally, you always want to say “excuse me” so that you are perceived as polite. With those words, you can go anywhere and do anything. Thankfully, English has become the second language to the world and is spoken everywhere. Having a few native words often shows that you care enough to be interested in them, and the natives appreciate it. It is also a great lesson about understanding others’ cultures that, I feel, the kids enjoy.

Well, that about does it. I think that Europe is really a whole lot of fun, and I have always been amazed by how gracious and welcoming the people are. We have never had a trip where we did not feel welcome. In fact, people seem to be even nicer to travelers with children. No matter how they feel about our politics, everyone loves children. I hope this encourages you to give Europe, with kids, a try. The memories will be a lifetime treasure!

Dr. Dave

Our newest excitement... *(continued from back page)*

through the surgical training and then recently followed it up with a hands-on course in Portland, Oregon.

So, it is with great excitement that I announce that we will now place the full array of dental implants right in our office. Many of you have implants that we have restored over the past 20 years. Many others have mini-implants that I have placed *and* restored over the past ten years. Now we can provide the full array of treatment without the need for a different dentist to surgically place the implant.

For those of you without implants, it is likely that you will have at least one implant in your lifetime. Many of you will have four or more. Why are they so prevalent? Why do I think they are so cool? Well, that is a two-part answer:

What are implants? In short, think of implants as replacement teeth. And yet, they are *so* much more than that. You can use them to anchor a missing tooth, or they can be linked together to replace multiple teeth. They can be used to make a denture more stable, or even to make a denture rock solid. The newest application of implants is to allow more effective orthodontic movements.

Implants have progressed so far over that time that I now consider them the most predictable, most effective treatment we offer. An implant will usually outlast any filling, crown, bridge, denture, or any other treatment we provide. For that reason, implants are now often considered the treatment of choice over older, but less

predictable or shorter-lasting, treatments.

Why can we place them more affordably? Since we can take care of both parts of the restoration (the surgical treatment and the restoration), we will dramatically lower the cost to you, our patients, for this important treatment. **In fact, that was my biggest motivating force in gaining this new expertise: I wanted my patients to be able to afford to have the best treatment.**

Why do many insurance companies now cover implants? Dental insurance companies are normally not all that happy to “OK” new treatment techniques; most of the list of “covered” services were created in the 1960s. However, many companies, including the two biggies, Delta Dental and Blue Cross/Blue Shield, now cover implant procedures. The evidence for these implants, which have actually been around for over 50 years now, is just too overwhelming to ignore. In many cases, dental implants are simply more predictable and more cost-effective than bridges or other restorations. **That is why we expect nearly all insurance companies to cover implant treatment in the near future.**

Thank you for your trust and faith in our office. Don and I will continue to look for ways to make treatment more effective, easier, more convenient, and less costly for you. Expanding our services to include implant placement will be a big step forward toward this goal!

Dr. Dave

Wright & Zelazny, D.D.S., P.C.

4152 Sashabaw Road
Waterford, MI 48329

Here's your
dental newsletter!

RETURN SERVICE REQUESTED

© Copyright 2007. Newsletters, Ink. Corp. Printed in the U.S.A. www.newslettersink.com

The information included in this newsletter is not intended as a substitute for dental advice. For your specific information, be sure to consult our office.

The best of times... (continued from front page)

Perhaps the exotic vacation of the future will be to the moon.

The news is full of stories of horrible things. In truth, I imagine there is actually far less crime and fewer bad guys than there used to be. There have always been bad guys, always will be, but now we have the "opportunity" to hear about them and how bad things are on the ever-available media outlets via television or the Internet (neither of which were around 100 years ago). Are things really as bad as the media would have us believe? I don't think so.

This is a note about thanks for what I have now. Certainly we are experiencing some difficult economic times. Still, I happen to feel that human existence now

is very good for many of us and perhaps at its best in history—possibly as good as it will ever be. For this I am thankful. Still, we all need to strive to make the world a better place in the future. Not only is it the right thing to do, but we owe it to those who came before us, to the so-called *Greatest Generation* and before. We also owe it to our children and their children. The stars may never be as "perfectly aligned" as they are for many of us right now. Enjoy it!

There is a saying that goes "*Happiness isn't getting what you want, it's wanting what you have.*" So, instead of sending Santa a "*Wish*" List this year, how about sending him a "*Have*" List?

Dr. Z

OUR NEWEST EXCITEMENT...*Implants "in house"*

In the past, we have offered dental implants as a great option for many folks who are missing a tooth or multiple teeth. While Don and I have taken countless hours of continuing education in this area, we have only provided part of the implant treatment. We have planned treatment and restored implants, but we have had other dentists provide much of the implant surgery. I only did the implant surgery for certain implants.

Ironically, I have three times taken the training to place implants. The first time was in 1989 in Toronto, Canada. The second was in 1992 when Don and I both took a yearlong implant mini-residency. Finally, last year I again went

(continued on page 3)



WRIGHT & ZELAZNY
D.D.S., P.C.

Family and Cosmetic Dentistry

4152 Sashabaw Road
Waterford, MI 48329

Office Hours

Monday	9:00 a.m.-6:00 p.m.
Tuesday	7:00 a.m.-5:00 p.m.
Wednesday	8:00 a.m.-8:00 p.m.
Thursday	8:00 a.m.-5:00 p.m.
Friday	8:00 a.m.-2:00 p.m.
Saturday	8:00 a.m.-2:00 p.m.

Appointment and Emergency

Phone: (248) 673-0505

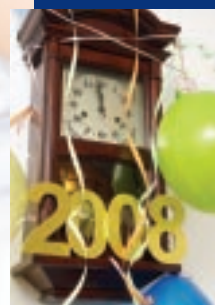
Bloomfield Hills Office
43700 Woodward Ave., Suite 204
Bloomfield Hills, MI 48302

Office Hours

Monday	9:00 a.m.-6:00 p.m.
Tuesday	8:00 a.m.-6:00 p.m.
Thursday	8:00 a.m.-5:00 p.m.

Appointment and Emergency

Phone: (248) 338-4140



Hope your
2008
is really
GREAT!