



Symphony of Smiles

with Dr. Gary L. Thiele, DDS, FAGD, FIADFE

Produced to improve your dental health and awareness

Fall 2011

from the dentist

Common Problems

We can help

Issues with your teeth and mouth are never any fun, but we can help you quickly restore the health and function of your smile. Eating properly and maintaining your regular checkups are key, but there are a few more things you can do.

If you have sensitive or swollen gums, or see blood when you brush, give us the details when you're in for your next checkup.

If you have issues with bad breath, there could be underlying gum disease that we will check, and we'll set up a regime to get your healthy grin back.

In the meantime, brush and floss after you eat or drink, use a tongue cleaner, mouthwash, avoid high-acid foods, and drink water.

We're looking forward to seeing you and your family at your next visit! Call at any time if you have any questions, and remember that we welcome new patients and appreciate your referrals.

Yours in good dental health,

Dr. Gary Thiele



*Your Dental Team at
Symphony of Smiles*

A Time To Give Thanks!

turn the page

Do you have *Hourglass Syndrome*?

The Fountain of Youth ... is here!

Workout for your tastebuds!



Tick Tock

Forget the clock!

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know – as you wait ...and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



Look Younger Without Surgery!

Ask us about your dental facelift options



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

Cosmetic Dentistry:

The non-surgical alternative to a facelift!

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

Smiles That Go Miles

Home and pro care

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your “attractive quotient.” Isn’t it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don’t smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

VIVACIOUS VENEERS

Once we’ve decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we’ll take into consideration your face shape and the proportions and symmetry of your face and smile.

We’ll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

Based on these dimensions, your occlusion (bite), and your preferred smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

A new smile in just a little while

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

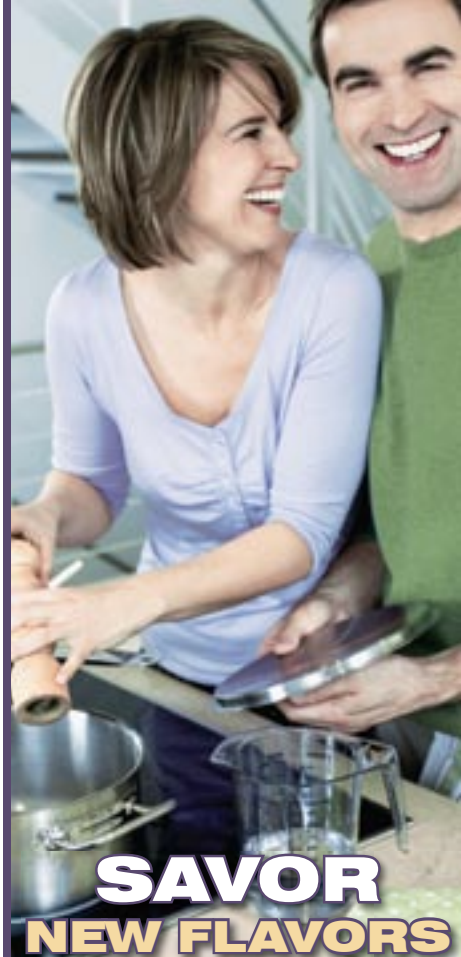
- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications

- gaps that trap food and make you feel self-conscious about smiling
- overlaps and crowding that create an accordion appearance, especially in profile

- unsightly chips or cracks that catch on dental floss and attract stains like magnets.

Reproportioning

- an uneven or too-gummy gumline
- teeth that appear too long due to receding gums
- poorly shaped or sized teeth that don’t suit the proportions of your smile
- worn down teeth from clenching and grinding or enamel erosion.



SAVOR NEW FLAVORS

Train your taste buds

Ever since you were a kid, you’ve known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

■ Experimenting with aroma, texture, shape, and color can all improve anyone’s dining experience.

■ Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means “savory” in Japanese. You can mix ‘n’ match foods and seasonings that are more healthful and yet appeal to your palate.

■ Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!

Lasting Impressions

Popular treatments can rally your smile

A dazzling smile can ignite a room. It projects strength, confidence, and beauty. For decades dentists have worked on ways to treat dental problems. We can now change the way your teeth look and the way you feel!

Because your mouth is one of the focal points of your face, it plays a major role in how you perceive yourself and how others perceive you. And now, taking steps to improve your appearance is an investment in your long-term health and well-being.

Here's a glossary of what some of the most popular treatments can do for your smile ... apart from making a lasting impression!

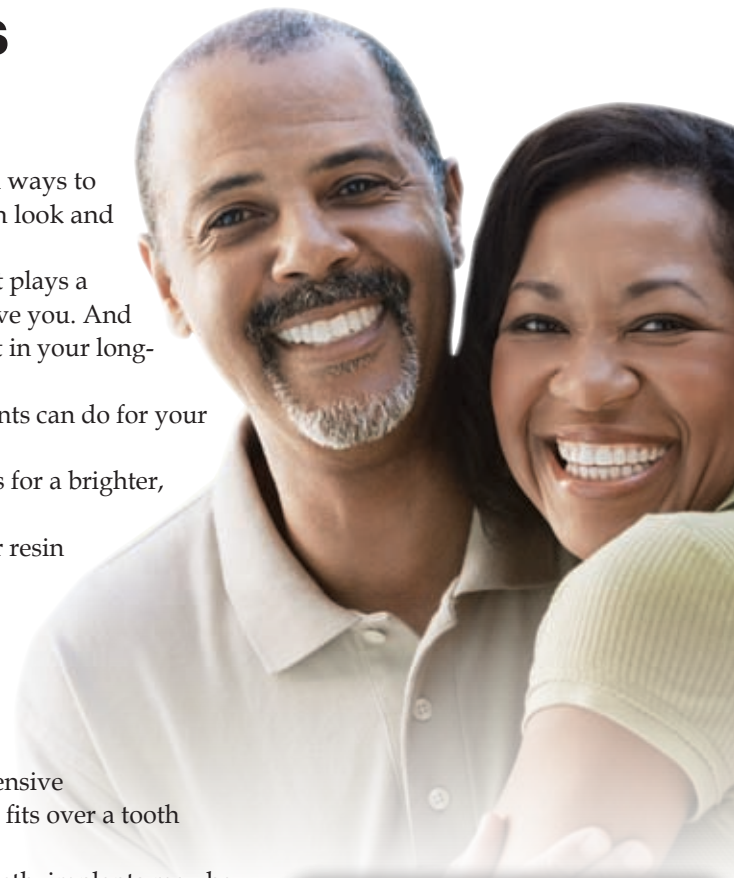
■ **Whitening** – Erases unappealing stains and discolorations for a brighter, whiter smile.

■ **White Fillings** – White composite, porcelain, cast glass, or resin inlays and onlays replace silver-colored fillings.

■ **Veneers** – Stains and chips, or overlapping and uneven teeth, may require veneers which are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. Veneers can be designed to improve the proportions of your smile.

■ **Crowns** – Teeth that have had root canal treatment or extensive restoration can be repaired and strengthened with a crown that fits over a tooth to restore its normal shape, color, and function.

■ **Implants** – If your smile is suffering because of missing teeth, implants may be the answer. They can be an esthetically pleasing alternative to dentures and bridges.



office information

Symphony of Smiles

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Office Hours

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Office Team

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Rusty.....Registered Dental Hygienist

Bonnie..... Office Manager



www.symphonyofsmiles.com

Thanks
For Everything

You're the best!

Every time you visit with us, we enjoy catching up with you, and when we hear about all the activities, events, and obligations that fill your personal calendars, we're really very thankful that you've included regular dental care into your busy lives – for the sake of your dental and overall health. This appreciation also extends to all of you who remember that we always gladly accept new patients and send referrals our way. Referring your family, friends, and the people you work with means a lot to us personally and professionally, and we go all-out to provide the same quality service and care to your referrals as we give to you.

Thank you again for coming back time after time, and we hope you'll continue to tell others great things about us!

Don't Fall Behind!

Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!