

# Symphony of Smiles



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

Produced to improve your dental health and awareness

Summer 2013

from the dentist

## Drumroll Please & Congratulations



Caleb



Nigel

Many of you have known our twin boys since they were quite young, and ask how they are doing. I appreciate your asking and am very proud to announce that Caleb and Nigel recently graduated from their program at the Oroville CA campus of *Northwest Lineman College*. They now work for *Pole Line Contractors*, serving Elko, NV and the surrounding area. The photos are from the lineman's rodeo the morning of their graduation day.

They understand how deeply satisfying it is to know that they are giving their very best.

Please join me in congratulating Caleb and Nigel on reaching this wonderful milestone in their lives!

*Yours in good dental health,*

*Dr. Gary Thiele*



## Sedation Dentistry

### Helping you to relax & enjoy your visit

Are you fearful about coming in for treatment? Please don't avoid appointments and put your oral health in jeopardy. Many patients have discovered that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. We use conscious oral sedation (pills), and we can also provide nitrous oxide (laughing gas) to enhance your relaxation.

Each type of sedation works very well if you are phobic about needles, have a sensitive gag reflex, or require surgery. If you tend to avoid or drag out appointments, we can reduce the number of visits by performing multiple treatments in one session.

Before selecting sedation for any treatment, we will discuss your needs, your medical history, and your current health with you. Patient safety is always a top priority at our office and we will do all that we can to ensure each and every patient enjoys a pleasant experience.

Getting the dental care you want for your family couldn't be simpler.

**Please call us for more information or to book today!**



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

# Smile With Confidence And broaden your career horizons!



## Bonding



BEFORE



AFTER

Your smile is your personal calling card. It can help or hinder your interactions. Whether you're entering the workforce, climbing the corporate ladder, or returning after a leave, a healthy confident smile can make you look and feel competent and accomplished.

There are many options to improve your smile's impact - correcting imperfections, closing gaps, and achieving a straighter-looking smile without braces.

- **Bonding** uses a budget-friendly tooth-colored resin to repair and reshape decayed, damaged, or discolored teeth, and even fills small spaces between teeth.
- **Veneers** cover the front surface of teeth to straighten, reshape, and improve color with a beautiful layer of porcelain.
- **Gum sculpting** evens out gumlines by exposing more of the tooth crown, making a previously gummy smile gorgeous.
- **Crowns** cover heavily restored or otherwise compromised teeth, giving them strength and an aesthetically pleasing shape, alignment, and color.
- **Bridges**, coupled with crowns, replace missing teeth with attractive replacements.
- **Implants** serve as anchors for beautiful replacement crowns.

No matter your budget, there are many great options to help perfect your smile. And if you need a quick and affordable pick-me-up for a special meeting, a professional cleaning or whitening will brighten your teeth, boost your confidence, and help you make a winning impression!

## Veneers



BEFORE



AFTER

## Surf With Both Eyes Open!

### *Don't always believe what you read*

The Internet influences every part of our lives, and it's packed with advice on what we should and shouldn't consume ... but what to believe? Consider the following myths:

**Myth:** Frozen fruit isn't very nutritious.

**Truth:** Usually picked at its ripest, most frozen fruit offers a nutrient-rich alternative to fresh. And if it's high in Vitamin C, it supports healthy gums.

**Myth:** Sea salt is healthier.

**Truth:** All salt has about the same amount of sodium, and too much can be harmful. But mix a teaspoonful into a glass of water and you get a great antiseptic mouthwash - just don't swallow.

**Myth:** Tea dehydrates you.

**Truth:** Tea is 99.5% water, and its low caffeine is unlikely to have a negative effect on hydration. Tea counts towards your daily fluid requirement, and it's rich in antioxidants that support healthy gums.



**GO TO TRUSTED SOURCES FOR ADVICE & ENJOY A HEALTHY & INFORMED LIFE!**

# Your Gums. Your Body. **Attention: important health link**

When your parents encouraged you to care for your teeth, they may not have realized that they were also helping you care for your gums and body. Today we know the importance of periodontal (gum) care, and that its disease can exacerbate other health problems, including serious and life-threatening ones.



**SYMPTOMS:** Gum disease can advance without symptoms, but warning signs can include red, swollen, or bleeding gums, bad breath, and loose teeth.

**CAUSES:** The mildest form of gum disease, gingivitis, is caused by inadequate oral hygiene, hormone fluctuations, certain medications, and even stress. If left untreated, it can advance to periodontitis, a chronic inflammation of the gums.

**RISKS:** Periodontal disease has been linked to many other inflammatory diseases, including cancers, heart diseases, respiratory diseases, and diabetes. With diabetes, the relationship is particularly complex: complications are more likely to increase for those with gum disease, and diabetics are more likely to develop gum disease. If you or a loved one has diabetes, regular dental visits are essential.

**CALL US TODAY** to schedule checkups for you and your family. Our aim is to catch and treat problems early – long before they become major health issues.

## Put Up Your Dukes! ...Against astute bacteria

The mineral fluoride was first introduced to toothpastes and municipal water in the '50s because of its ability to harden tooth enamel and fight decay-causing bacteria. But now, almost 80 years later, the war on cavities just got a little dirtier. Recent findings indicate that the bacteria that cause cavities can now fend off fluoride, brilliantly working to sabotage its tooth-positive effects. Scientists don't know how bacteria does this, but when they do, it will offer the means to create an oral health regimen that is more bacteria-hostile.

*But wait!* Don't abandon fluoride! Using fluoride toothpaste at least twice a day, and flossing once a day, continues to be your best defense against plaque buildup and cavities. Regular professional hygiene (cleaning) appointments are also critical to maintaining your healthy smile.



## Unexplained Head Pain?

**We're here to help!**

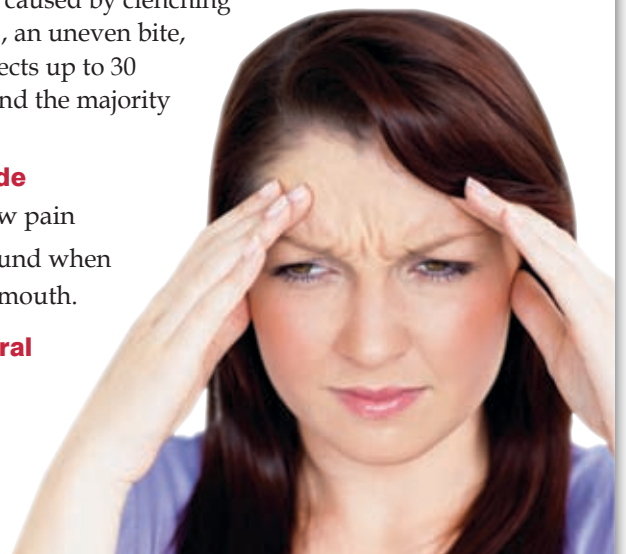
Do you suffer from headaches? Ringing ears? Neck pain? Don't simply blame exhaustion, migraines, or allergies... You may have *Temporomandibular Joint Disorder (TMD)* which manifests when inflammation of the joint connecting the lower jaw to the skull is caused by clenching and grinding (due to stress), an uneven bite, and even arthritis. TMD affects up to 30 million North Americans, and the majority are women.

### Typical symptoms include

- ear, head, neck, &/or jaw pain
- a popping or clicking sound when opening & closing your mouth.

### TMD can lead to other oral health issues, including

- gum disease
- chewing problems
- damaged teeth.



**If you have TMD symptoms, it's very important to address its cause. Call us today. We can diagnose or rule out TMD and help put you on the path to recovery!**

# Take Years Off!

## Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling, they can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile. Crowns have come such a long way from the all-metal originals, that today, replacing outdated crowns is a surefire way to take years off your appearance.

### Type of Crown: PORCELAIN FUSED TO METAL

**Benefits:** Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

### Type of Crown: ALL-CERAMIC OR ALL-PORCELAIN

**Benefits:** Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

*You'll love your improved great looks! If you have any questions, we'll be happy to discuss which options are the best for your smile.*



## office information

**Symphony of Smiles**  
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**Office Hours**  
Mon-Thu 8:00 am – 5:00 pm  
Friday 8:00 am – 12:00 pm \*  
\* Only front office available on Fridays

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**Office Team**  
Jeanie..... Patient Coordinator  
Becky ..... Registered Dental Assistant  
Rusty..... Registered Dental Hygienist  
Bonnie..... Office Manager



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

## Congratulations Jeanie!



We're delighted to announce that our Patient Coordinator Jeanie recently went on a special trip to Hawaii. On April 15, on Shipwreck Beach in Poipu, Kauai, she and Don Harcksen exchanged marriage vows. Don and Jeannie have been a couple for over 3 years. They both knew in their hearts that this was the right path for their friendship.

We know you'll want to join us in extending our heartfelt congratulations to Jeannie and Don as they start on this new stage in their lives in such a beautiful and romantic setting.

## Thank You... For your referrals!

We are always delighted and excited to welcome new patients and their families to our practice. We make certain our relationship with patients is one of trust, honesty, and respect. But when you refer a family member, friend, or colleague to our practice it really does mean something special. It tells us that our commitment to you and our community is evident and that it is appreciated.

Thank you for your trust. We can't wait to welcome someone new to our dental family!

