

# Symphony of Smiles



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

Produced to improve your dental health and awareness

Winter 2011

from the dentist

## Your Trust, Our Inspiration *Thank you for being our patient*

I think it's pretty safe to say that our most important long-term relationships are those that bolster our health and infuse a sense of confident wellbeing. And because of the critical relationship between your dental health to your overall health our team is more committed than ever to providing an exceptional, well thought out and thorough dental experience.

We do not take your loyalty to our practice for granted. That you continue to be our patient is a constant and genuine inspiration for us to reassess our performance, to seek technologies that are state-of-the-art, and to create an environment that inspires your confidence and ease.

We are dedicated to building upon your trust, and working hard to provide the most comfortable environment.

*Yours in good dental health,*

*Dr. Gary L. Thiele*

## turnthepage

How can you make a difference?

What *else* we've learned from monkeys...

Blast that belly fat!

## Wedding Smile Makeover

**Some things might be yellow – but not your teeth!**

You scour your check-list for your upcoming wedding. The invitations are out, the photographer booked, tuxedos and gowns ready, the caterer is on board, boutonnieres, bouquets ... check, check, check! You smile to yourself with satisfaction, and then it hits you.

**What about your smile?** Smiling faces dominate every wedding photo. Let's make sure yours is bright!

Being the center of attention can be exciting and nerve-wracking at the same time, but what can really help you let go of the jitters is having the confidence that every one of your smiles is a beautiful one. Is there something you'd like to fix before the big day?

New-smile choices for the entire wedding party range from cleaning to whitening, restorative treatments like replacing silver-colored fillings with natural-looking white ones, plus a host of other cosmetic options like veneers, crowns, and orthodontics.

**Call today to book your free consultation.** We have plenty of time to talk about your wedding smile. And in fact, please extend our offer to your entire wedding party. We'll make every page in your wedding album burst with spectacular smiles!



Custom  
Whitening Kit

\$150

Includes custom trays  
and whitening gel  
(Normally \$369)

\*For new and existing patients!

Offer  
expires  
May 30th,  
2011

*Making gorgeous smiles affordable*

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

**And it's getting more complicated...**

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

**How's that?**

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

**How will you know?**

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

**Is there any good news?**

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



## Oral Cancer Bites

**Start early & win!**

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!





# Reality Checks

## We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

# Your Overall Health Could Be In Jeopardy

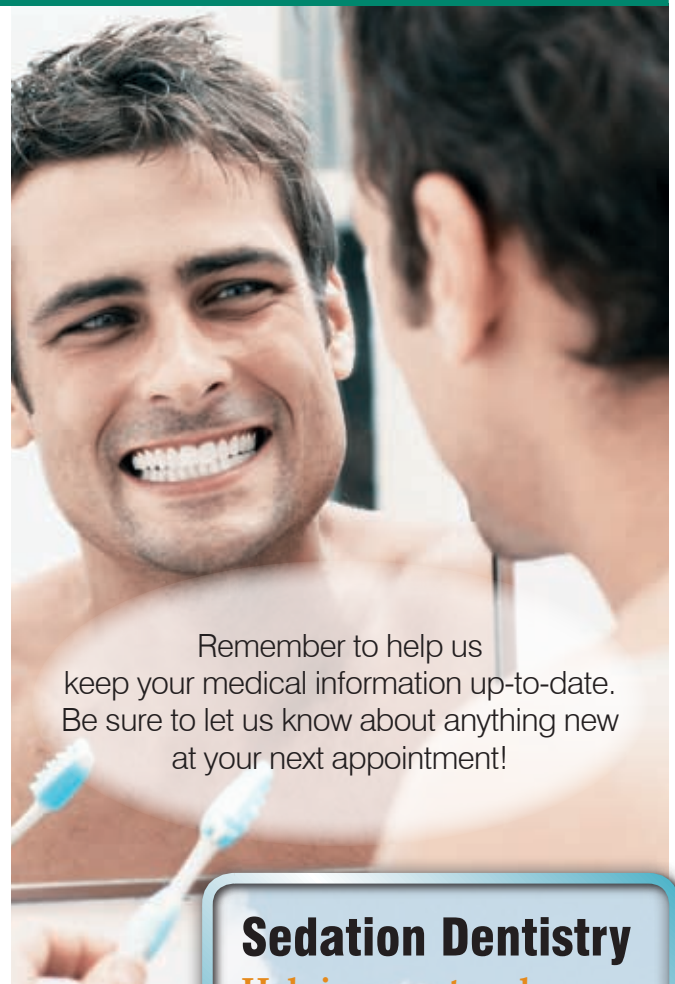
Don't discount the importance of your regular checkup

We remember all of those important dates like birthdays and anniversaries. We remember to change the oil in the car, get our hair done and pay our taxes, but did you know that one of our most important annual events, the dental checkup, is often forgotten or cancelled?

Cancellations or just not showing up for an appointment costs us time and prevents us from helping other patients that want treatment. But more importantly, **skipping your checkup will affect you.** We understand that you may be stretched financially, and as a result, your recare visit can be given low priority, but something as simple as the early detection of a cavity can save you money down the road. The benefits do not stop there.

Beyond brightening your smile and removal dental tartar with a thorough cleaning, we can evaluate the health of your gums (which has been linked to diabetes, stroke, premature birth, heart disease and cancer) and **screen for serious threats like oral cancer.** So, while you might think, "It's just a checkup," your recare appointment helps to monitor and maintain your good health.

Keeping tabs on your oral health should be as important as your annual physical, and will help avoid painful and costly consequences down the road. **Please check your calendar for your next appointment, if you haven't got one booked – call us today!**



Remember to help us keep your medical information up-to-date. Be sure to let us know about anything new at your next appointment!

## Sedation Dentistry

Helping you to relax

Many patients who are anxious, fearful, and even phobic about dentistry have discovered that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. We use oral sedation (pills), and since patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. If required, the use of nitrous oxide (laughing gas) will enhance your relaxation.

How will you feel? Most patients feel that they have slept through the appointment. You will need someone to bring you to our office on the day of your sedation appointment, and you must have someone take you home afterwards.

The only thing standing between you and getting the dental care you want may be a couple of tablets of medication. It couldn't be simpler.

## officeinformation

### 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

### Contact Information

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Email smilehelp@gmail.com

### Office Team

Jeanie..... Front Office Coordinator

Becky ..... Registered Dental Assistant

Rusty..... Registered Dental Hygienist

Bonnie..... Office Manager



## An Open Invitation To you & yours

We appreciate your business and friendship, and though you may not realize it, your referrals are also crucial to our success. Your ongoing recommendations let us continue to grow. In turn, we can invest in technology, additional staff, expanded hours, and other improvements to offer you and yours the most convenient and very best dental treatment.

Your referrals are our number-one source of new patients and not one of our team members takes that for granted. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with only the highest quality of service and care.

Thank you in advance! We look forward to welcoming your friends, family, and colleagues with a smile!



www.symphonyofsmiles.com