

Symphony of Smiles



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

Produced to improve your dental health and awareness

Spring 2009

fromthedentist

Spring Into Action!

Make an appointment

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Yours in good dental health,

Dr. Gary L. Thiele

Good News!

We have flexible payment plans available to help you achieve your goals... talk to us today about your options!

Optimal Relaxation

What is Neuromuscular Dentistry?

Traditional dentists concern themselves with the hard tissues (teeth and joints). Neuromuscular dentistry goes beyond the hard tissues to the soft tissues (muscles and nerves). It uses the relaxed position of the muscles of the head and neck to place the jaw into an optimal physiologic position. This technique is highly effective in treating patients with various levels of head and neck pain.

Temporomandibular Joint Dysfunction (TMD) is a chronic illness in which there is a structural imbalance in the relationship of a patient's jaw to their skull, and it affects as many as 75 million North Americans. There are many more people who experience no pain, but whose misaligned bite results in worn, chipped, or broken teeth, and a less-than-dazzling smile. In most cases, neuromuscular dentistry can bring the jaw back into a properly balanced position, without surgery or braces through sophisticated computer analysis.

If you suffer from any of the following symptoms, neuromuscular

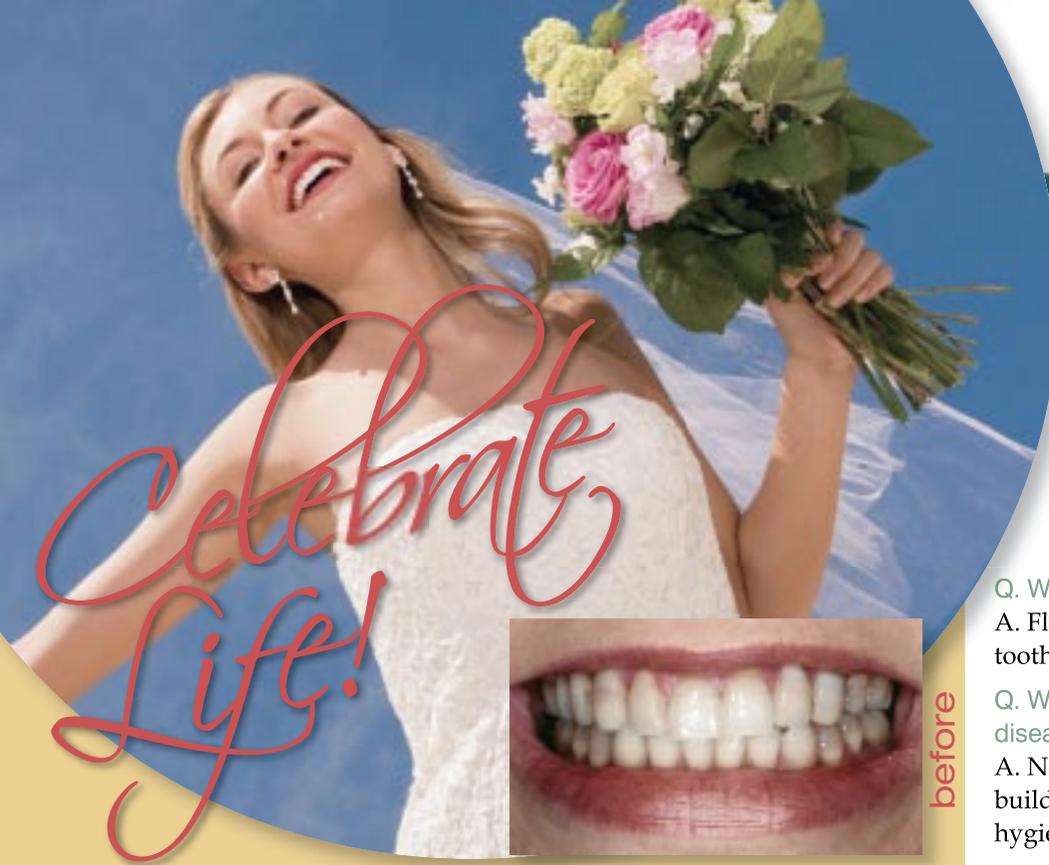


dentistry may help you: headaches; unexplained loose teeth; worn, chipping, cracked teeth, or broken restorations; pain or soreness around the jaw joints; facial, neck, shoulder, or back pain; facial pain; clicking or grating sounds in the jaw joints; numbness in your fingers and arms; or congestion or stuffiness of the ears. We invite you to a consultation to see if this neuromuscular approach can improve your oral health and brighten your natural smile!



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.

Making gorgeous smiles affordable



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi,** and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



Why Implants?

Why not a denture or bridge?

It's true that in most cases a denture or bridge brings back much of the form and function of missing teeth. But a natural tooth does a lot more than help you cut and grind food and make for nice smiles. It also plays an important role under the gumline where you can't see it ... something a denture simply doesn't do.



Natural teeth need the support of the bone in your jaw. When you lose a tooth, the bone has no more use and it shrinks and weakens. For most people, the amount of bone lost isn't too serious - there's still enough to make a good solid foundation for a denture. But unfortunately for some patients, shrinking bone can trigger a number of problems. It can cause dentures to fit more loosely, making it hard to bite and chew. Underlying gum becomes sore and painful, and speech is sometimes impaired, and along with it, self-image.

Dental implants are the closest cousin to natural teeth. They are permanent false teeth anchored right into your jawbone, just like your



natural teeth. They're more stable than dentures, and eating is done with ease and comfort. Many patients find implants give them a more positive self-image and more confidence.

Dental implant treatment does require a greater investment of time and money, but in the long run, it's well worth it.

office information

Symphony of Smiles
 Gary L. Thiele, DDS, FAGD, FIADFE
 1801 Colorado Avenue, Suite 280
 Turlock, CA 95382-2708

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

Office (209) 216-3530
 Fax (209) 216-3540
 Email doctorsmile@earthlink.net

Office Team

Jeanie..... Front Office Coordinator
 Becky Registered Dental Assistant
 Rusty..... Registered Dental Hygienist
 Bonnie..... Office Manager



www.symphonyofsmiles.com

Goodbye “Type A Stress”

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type Ds ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health - and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ... so your smile looks completely natural!

Fight Oral Cancer

Show & tell

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find - especially oral cancer - that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and 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.

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.