

# Symphony of Smiles



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

Produced to improve your dental health and awareness

Spring 2010

## fromthedentist



### Spring Is Here!

#### *We deserve it!*

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home - the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

*Yours in good dental health,*

*Dr. Gary L. Thiele*

## Recommended Relief

### Sedation dentistry: comfort, relaxation, & control

Dentists work hard to diminish or eliminate patient pain. Anxious and even phobic patients often discover that sedation dentistry offers the perfect, relaxing solution for maintaining good dental health. In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable with sedation ... and you are no different. We can make *your* next visit a lot more comfortable, as Dr. Thiele is obtaining his state board approval to administer anesthesia! And of course, prior to administering any anesthesia, we'll discuss

your needs, your medical history, and your current health with you.

*Nitrous oxide (laughing gas)* is an effective anesthetic with many benefits. This type of sedation dentistry is appropriate for those individuals who are dental phobic, people with a sensitive gag reflex, and people who require surgery, or who require extended and complex treatments.

*Oral sedation (pills)* are used for



#### Benefits Of Sedation Dentistry Include:

- Elimination of fear
- Reduction of anxiety
- Increased comfort levels
- Reduced gag reflex
- Increased sense of control
- Fewer visits

many of our patients who are needle-phobic. Since with oral sedation patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. Like nitrous

oxide, oral sedation is also very safe, but it lasts for several hours after the appointment.

Dental sedation is a safe and effective way to reduce stress and anxiety associated with dentistry. If you're apprehensive about dental visits, the first step is to call. Now that Dr. Thiele is becoming state approved, we can eliminate this barrier to better oral health.

*Making gorgeous smiles affordable*

## The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- |   |  |
|---|--|
| <input type="checkbox"/> Garden           | <input type="checkbox"/> Play tennis     |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim            |
| <input type="checkbox"/> Canoe or sail    | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk             | <input type="checkbox"/> Run             |
| <input type="checkbox"/> Bike             | <input type="checkbox"/> Hike            |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



## Whitening & Veneers



## Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

# Pregnancy Perio Risk

## Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

*No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.*

*We screen for gum disease at every visit ...because we like to see you smiling.*



## Easy On You

### Easy on your wallet

*Here are some budget-friendly ways to de-stress:*

**Picnic in the park.** Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

**Dine at home.** Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

**Step back.** Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

**Create a home spa.** Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

# Just Lose Five

Drop these now...

### Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

### Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

### Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

### Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

### Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

# Straight Teeth = Health

## The added benefits of Invisalign

We seek the maximum benefits from *everything*. Look at cell phones. They're not just for calls anymore – they're for email, web surfing, and entertainment. Talk about multi-beneficial! Why should your orthodontic treatment be any different? You *can* have more than just straight teeth. With *Invisalign*®, only can you improve aesthetics, but more importantly, occlusion (bite), periodontal health, and overall health.

When teeth are misaligned they can be difficult to clean. Gaps and crowding can exacerbate the buildup of bacteria, making the development of periodontal problems likely. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and a host of other systemic troubles. This illustrates the need for straighter teeth

– not just for looks, but *for your health*.

You can even begin to reap the benefits *during* treatment, because with Invisalign, unlike braces that cannot be removed, aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal, and overall, health problems. You *can* better maintain effective oral care.

Once Invisalign treatment is complete, your bite will be correct, and chewing and possibly even speech improved. Realignment also relieves stress on the supporting bones and jaw joints, preventing future problems. And of course, your proud smile will be bright and beautiful.

**Improve your overall health. Ask us about Invisalign today.**



## 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



### Contact Information

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### Office Team

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



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

## Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches and earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that

they “brux,” so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.