

Symphony of Smiles



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

Produced to improve your dental health and awareness

Spring 2012

from the dentist

Dental Anxiety

Stay positive

If you are apprehensive about visiting the dentist, please let us know. We understand that uneasiness and anxiety can hold anyone back and we are committed to helping you benefit from preventive, restorative, and cosmetic dentistry.

What you can do:

- Share your fears with us;
- Keep appointments – delaying may complicate treatment;
- Avoid caffeine and sugar;
- Interrupt us if you need a break;
- Ask questions – knowledge is power!

What we can do:

- Consult with you to develop your best treatment strategy;
- Provide you with distractions;
- Use technology to minimize discomfort;
- Offer sedation so that you can have more treatments in one visit;
- Provide non-surgical treatments.

Yours in good dental health,

Dr. Gary Thiele

CALL NOW FOR YOUR
**FREE COSMETIC DENTISTRY
CONSULTATION!**
(209) 216-3530

Sculpting A New Smile

Are you satisfied with your smile?



Actual patient of Dr. Thiele

There are many types of cosmetic procedures and they may differ in cost, care, and durability. A thorough evaluation in our office can help you decide which type of esthetic treatment is best for you.

The assessment usually includes radiographs, dental history, an oral examination, and consultation. Whatever course of treatment you choose, the results will give you something to smile about every time you look in the mirror!

When you peer into the bathroom mirror, are you satisfied with what you see? If you're like most people, there's probably something about the look of your teeth that's keeping you from feeling your best. It may be a slight stain, some crooked or overlapping teeth, swollen gums, a gap, maybe a couple of chips or rough edges, or perhaps a feeling that some of your teeth are out of proportion with the rest of your mouth. Even a small imperfection can detract from an otherwise radiant smile.

What would you most like to change about the way your teeth look? What change in your teeth would most improve your smile power? We can answer your questions, and it's likely you can benefit from cosmetic dentistry.

CosmeticQuiz

- Do you feel awkward or self-conscious when you smile?
- Do you ever talk through your hands?
- Do you purposely smile for the camera with your lips closed?
- Would you like your teeth to be whiter or straighter?

If you answer
YES
to any of
these questions,
we can help.

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Be Happy. Live Longer.

Research to pay attention to!

A review of the scientific literature has confirmed...

■ People who are **happy** and **positive** enjoy a longer lifespan, possibly because they acquire a higher immune function.

■ It's also worth considering how a **good attitude** can lead to healthy habits and behaviors, which in turn produce happy outcomes. For example, maintaining healthy teeth and gums can give you more than a great smile. It may contribute to a healthy respiratory system and reduce your risk for pneumonia and chronic obstructive pulmonary disease (COPD) according to research published in the *Journal of Periodontology*.

■ The study supports earlier research suggesting a relationship between respiratory diseases and gum disease, a chronic and progressive inflammatory disease that affects the gum tissue and other structures supporting the teeth.

■ Additional research has associated gum disease with other chronic inflammatory diseases such as diabetes, cardiovascular disease, and arthritis, and the list just keeps growing. Science has established links to kidney disease, premature births, and cancers including pancreatic and breast cancer.

So you see, cultivating **healthy habits** and the right attitude can pay big dividends. Brushing, flossing, and keeping your recare appointments will keep your smile and your body healthy. Now that's research to be happy about!



Ready, Set, Enjoy! Eat, play, laugh ... again!

You've probably met someone with at least one dental implant, but you likely didn't realize it because once an implant is placed, it is completely natural looking and fully functional.

The science of dental implants is well established. Regardless of the type of implant used, all are made of strong bio-compatible materials: an artificial replacement root and an enamel-colored crown that is perfectly matched to your own teeth. The root helps to preserve bone and the implant prevents neighboring teeth from tilting and drifting, just like a natural tooth would. Implants can also replace more than one tooth or stabilize a denture or bridge. Imagine enjoying meals and talking and laughing with complete confidence!

Interested? Let us know so that we can talk to you about your specific treatment plan. Give us a call today!

The Noble Carrot Humble no more!

According to a study published in *Evolution and Human Behavior*, eating carrots regularly can give your skin a healthy, attractive, golden glow that other people notice. That's because of pigments called carotenoids.

A half-cup of cooked carrots provides four times the recommended dietary allowance of vitamin A in the form of beta-carotene, which is necessary for healthy skin, eyesight, and growth. Beta-carotene also has antioxidant qualities that build resistance to infection, heart attack, and stroke. *Harvard University* research suggests those who eat more than five carrots a week are much less likely to suffer a stroke than those who eat one a month.

The *National Cancer Institute* is studying how beta-carotene may ward off cancers, including oral cancers.

**So quick like a bunny...
grab a carrot or two!**



Age Erasers That Work

So you can put your smile back on!

There's nothing quite like worn-down teeth and ageing restorations for wiping the smile off your face. Yet these are the problems that sneak up on everybody, even those who take excellent care of their oral health. Teeth grinding, clenching, temporomandibular disorder (TMD), along with fillings and other restorations that have worn out their welcome, can age your smile and put a dent in your style!

Do any of these sound like you? You have a tooth that is:

- damaged by decay or wear
- crumbling because there is more old filling than tooth
- fractured or chipped, threatening its structural integrity
- discolored by decay or silver-colored fillings
- showing signs of root canal treatment

If you said yes even once, don't worry any more. These types of smile flaws are usually easier to put right than you might think...

- Beautiful natural-looking white porcelain inlays and onlays can replace worn silver-colored or stained fillings.
- Crowns, bridges, and dental implants provide strength as well as beauty.
- Bonding and veneers can whiten, re-contour, disguise minor flaws, strengthen, and restore symmetry.



Please don't let your smile bring you down. Some of these most popular solutions take only one or two visits!

Got Heartburn? Try 5 to minimize!

- 1 Avoid your unique food triggers.** Common culprits include chocolate, caffeine, peppermint, spicy foods, butter, oil, fatty meat, fried foods, citrus fruit, tomatoes, and raw onion.
- 2 Avoid alcohol & tobacco.** Both promote stomach acid backing into the esophagus. Smoking reduces the production of saliva, a natural acid-fighter which also helps wash down stomach acid.
- 3 Eat small meals frequently.** A too-full stomach can cause acids to back up and cause that burning sensation.
- 4 Lose a few and loosen up.** Obese people are nearly three times more likely to have heartburn and acid reflux, and too-tight clothing around your middle can push acid into the esophagus.
- 5 Elevate your head by 6-8 inches when you sleep.** This helps stomach acid drain more quickly - by nearly 70% according to one study.



Now Read This!

New periodontal science could save your life

Some things we can't say often enough. Your oral health can affect and be affected by your overall health. How? Let's start at the beginning.

Biofilm: Plaque, the soft thin film you feel on your teeth is a biofilm. Scientists once thought plaque was a collection of separate identifiable types of bacteria. Instead, it's an ecosystem. Plaque contains varied interdependent bacterial environments and communication systems. Multiple resistances to antibiotics and antimicrobials, and your body's immune system, add to the

treatment challenges. This is why you need to remove it.

Inflammation: When plaque builds up, it causes gum inflammation, hardens into tartar, and also breaks the natural seal that your gums provide against the migration of oral bacteria into your bloodstream, much like an infected splinter under the skin. Regular brushing and flossing can help prevent tartar buildup.

The Mouth/Body Connection: It could be that an infection like gum disease releases toxins into your bloodstream. Or it could keep your

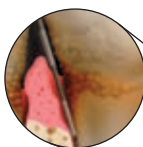


immune system chronically engaged. Or it could send the wrong signals to the wrong cells. Gum disease has been definitely linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, oral cancer, lung disease, and Alzheimer's disease.

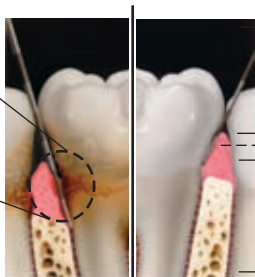
There's another thing we can't say often enough. We know the best defense against gum disease... Brush at least twice a day, floss once a day, and keep your regular dental appointments.

Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



Tartar



Periodontal disease Healthy tooth

The crown is the visible part of each tooth.
The gums are the soft pink tissues that cover your tooth and bone.
The root of each tooth is lodged in your supporting jawbone.

office information

Symphony of Smiles
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Office Hours

Mon-Thu 8:00 am – 5:00 pm
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* Only front office available on Fridays



Contact Information

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Office Team

Jeanie..... Patient Coordinator
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Rusty..... Registered Dental Hygienist
Bonnie..... Office Manager



www.symphonyofsmiles.com

Forget About Braces...

With Invisalign

We're very excited to introduce you to *Invisalign*[®], a revolutionary orthodontic technique that has improved the smiles of thousands of patients. *Invisalign* uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to arrange a consultation to discover how *Invisalign* can give you the smile you've always wanted!

Yes Please!

We love your referrals!

It's estimated that an alarming 33% of people who used to keep regular checkups have not seen a dentist in two years! We know there are many reasons for this, from dental phobia to financial restrictions to simply not seeing the urgency of maintaining oral health. Whatever the cause, it could prove very costly.

Of course, letting small dental problems become bigger ones can lead to greater expense, pain, and loss of school or work time. Yet the links between neglected oral health and potentially life-threatening diseases, including diabetes and cancers, can prove costlier.

If you know people who avoid dental care or who are looking for a dentist, please use our enclosed referral cards with confidence. We are always grateful for your referrals and we'd love to welcome them! Thank you for your support!

Thanks!