

# Symphony of Smiles



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

Produced to improve your dental health and awareness

Summer 2010

## fromthedentist



### Smile, It's Summer!

#### See you soon

Nothing takes us out of our routines like the summer months. That's why most of us look forward to them all year! The downside? Summer vacations last so much longer than other holidays that there are more chances to indulge our sweet-tooth and let brushing and flossing slip. Don't worry, though, there's an upside!

With so many people traveling and pursuing summer pastimes, we have more flexibility to accommodate your family's busy schedule. We will thoroughly clean and inspect teeth for decay, chips, and cracks, and for periodontal and orthodontic problems. And because athletes are 60 times more likely to suffer teeth injuries, we recommend a custom-fitted mouthguard for active kids and adults.

We want you and your family to enjoy a safe, healthy summer, and look forward to seeing you soon!

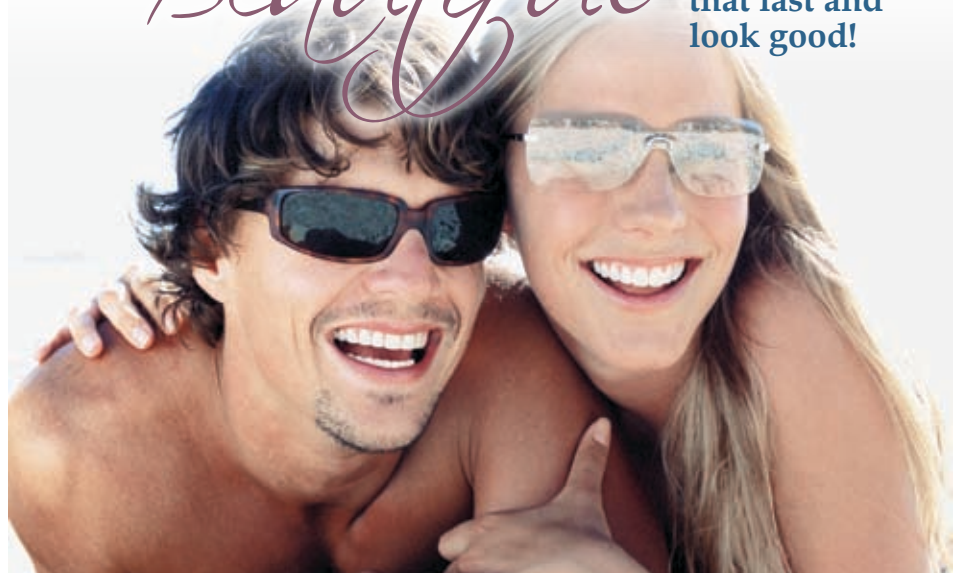
*Yours in good dental health,*

*Dr. Gary L. Thiele*

## Strong And

# Beautiful

Restorations  
that last and  
look good!



If you have ever required restorations, you have probably had to make that important decision ... more durable or better looking? There really hasn't been one type of restoration that encompassed both brawn and beauty. That is, until now. At Dr. Thiele's office, we're able to offer you an extremely strong crown or bridge that actually looks like natural teeth, using new *BruxZir*™ restorations.

*BruxZir* crowns and bridges have been designed specially for back teeth, where extra strength is needed. Your jaw can create as much as 200 pounds of pressure on your back teeth, which can damage many weaker restorations and cause them to chip, fracture, or break.

*BruxZir* restorations are manufactured using materials that are heated for 12 hours at 1,530 degrees ... a process that makes them virtually indestructible. They are created out of 100% FDA approved clinical zirconia, with no fillers or other materials that could separate from the zirconia over time.

The strength and durability of *BruxZir* restorations make them ideal for those who clench or grind their teeth. They have also been designed to fit in areas with limited space and are glazed to reduce plaque accumulation. The best thing is ... *BruxZir* restorations cost no more than other options, and will likely last much longer.

**You can have strong - and beautiful - restorations.**

**Ask us about *BruxZir*!**

*Making gorgeous smiles affordable*

# Look Great

## And save the environment too

**Choose** eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

**Shop locally** even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

**Conserve** post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

**Shave** with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

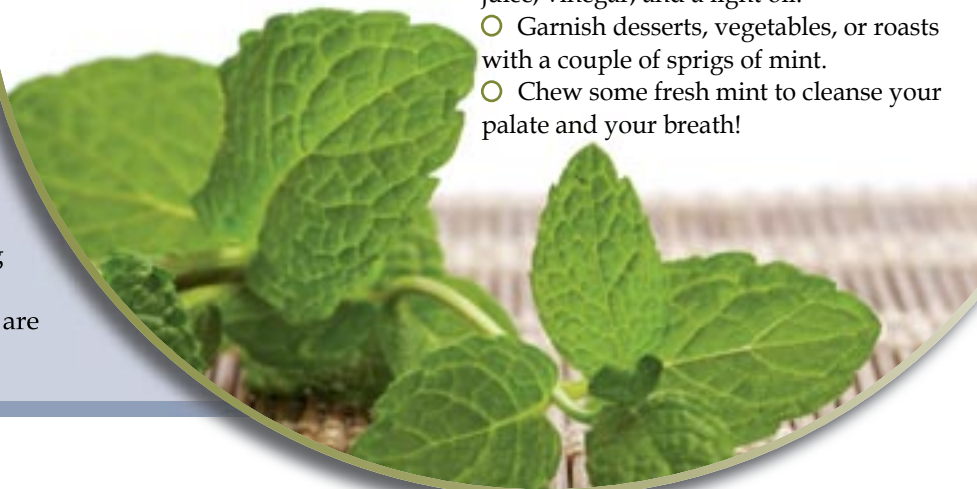
# Marvelous Mint

## More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

### 7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



## ▲ Crowns ▼

before



after



# Crown FAQs

## Your best decision is an informed decision

### What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

### When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

### What Are My Options?

**Ceramic crowns** are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

**Ceramic-fused-to-metal crowns** combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

# Defy The Trend

Subtle measures - radical results

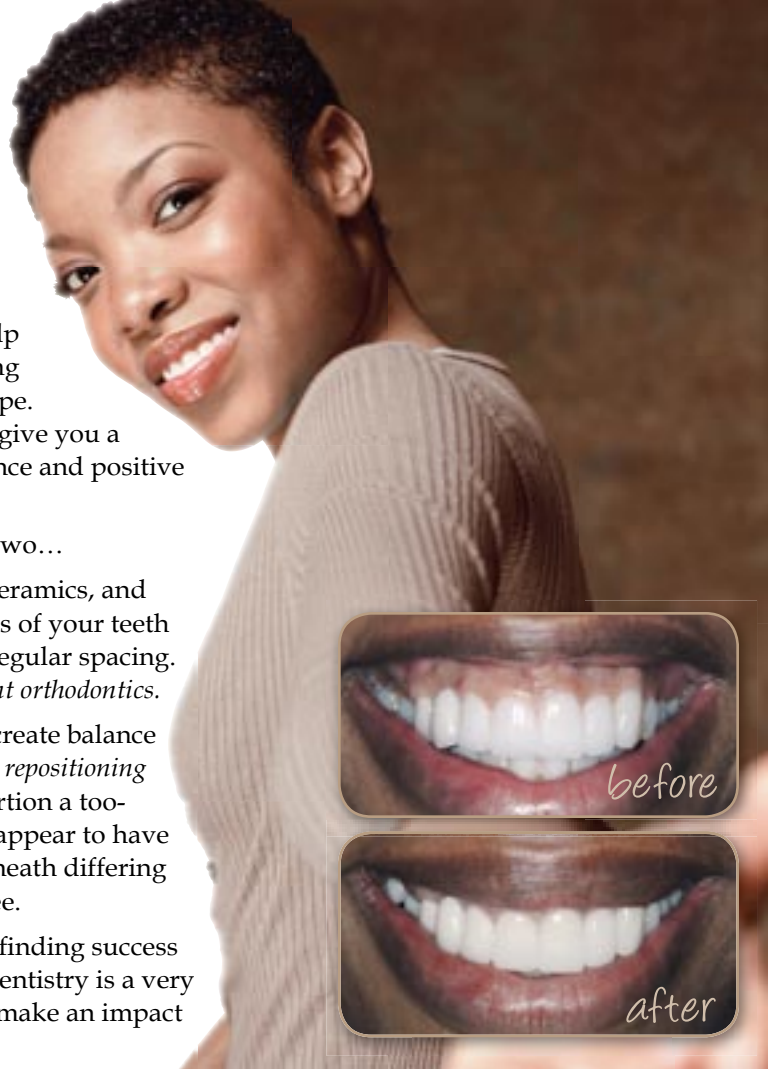
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

**Veneers** crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

**Esthetic gum re-proportioning** can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



## it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so  
easy



# Captivating Cosmetic Veneers

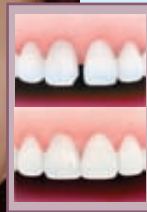
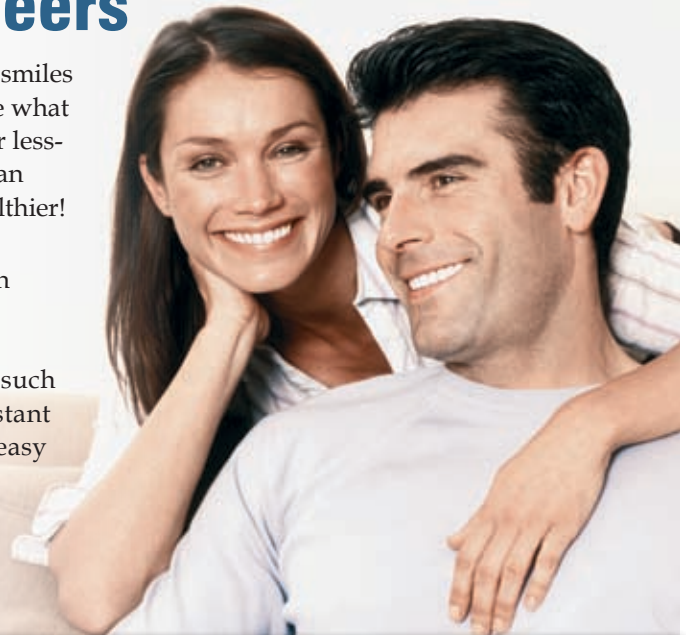
Using Deep Brain Stimulation (DBS), neurologists can produce smiles and euphoria. Smile and you'll feel good ...and because people like what they see, they'll smile right back! If you are reluctant to reveal your less-than-perfect smile, you could be missing out. Cosmetic dentistry can benefit anyone who wants to look better, feel better, and smile healthier!

## With cosmetic veneers you can...

...look younger by filling out wrinkles ... hide severely stained teeth ...close gaps between your teeth ... improve the look of crowded or overlapped teeth without braces.

Strong, hand-sculpted porcelain veneers can give your teeth such a straight appearance that they have sometimes been called "instant orthodontics." Once bonded to your teeth, they're durable and easy to maintain. They are extremely smooth, solid, and glass-like so ... veneers look completely natural ... they reflect light like natural tooth enamel... they mask flaws and rejuvenate smiles ...veneers resist staining from food, tobacco, and beverages like tea, coffee, and red wine ... veneers reject most oral bacteria which tend to slide off their smooth surface!

Cosmetic veneers can give you the two things most people notice first in anyone's smile ... straightness and the whiteness and color of teeth! Please come and see us at our office for a consultation.



## Stunning Smiles

Dentists can combine several procedures like whitening treatments, replacing existing silver restorations with white composite fillings, and custom-made porcelain veneers to fashion your new and improved smile. So let your imagination flow... and get ready to say hello to your stunning smile!

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



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

## Boost Your Confidence

### Ask us about implant-supported dentures

If you have ever needed dentures, you are probably well aware of the frustrating fact that they can slip, flop around, and just not sit right. But not anymore! Our office is happy to now offer a more secure treatment for those who require dentures, finally giving you control over your restorations with *implant supported dentures*.

To properly explain implant-supported dentures, we should start with the implants. Implants are small anchors, usually made from titanium, that are surgically placed into existing jawbone to provide a stable base for a restoration. As time passes, these implants actually become fused to the bone giving a secure, stable base. After this healing has occurred, small posts will be attached to the implant

anchor to hold the dentures. Once your gums have completely healed your dentures can be securely fastened to the implant posts.

Implant-supported dentures provide a more stable restoration, properly securing a floppy lower denture, and are built to last up to twenty years without complications. Since they are designed to be like natural teeth, they can also absorb the same level of biting pressure as natural teeth – helping you to eat normally.

If you have lost one or several teeth, are unhappy with other denture options, are in good general health, have enough bone structure to support the anchor, and have healthy gums, implant-supported dentures could be right for you.

**CALL US TODAY!**

