

Symphony of Smiles



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

Produced to improve your dental health and awareness

Summer 2011

from the dentist

It's All About You Quality care

When we say that you are the focus of our practice, we truly mean it. Each and every decision regarding our practice is made with your optimal dental experiences in mind. Ultimately, it is our goal to provide gentle, relaxing, personalized treatment that helps you look forward to coming to our office.

In order to ensure we are always providing comfortable care, we ensure that we remain abreast of advancements in the dental field, and offer additional relaxation through sedation. These techniques and technologies enable us to achieve your smile goals.

No care in our office is 'cookie-cutter'. Each treatment plan is designed specifically to meet your individual needs. After all, you're not just another patient ... you're a valued member of our practice family.

*Yours in good dental health,
Dr. Gary Thiele*

turn the page

How long *should* your teeth last?

Get your most eye-catching smile!

6 ways to de-stress!

Put On A New Smile!

With natural-looking restorations

Teeth that are discolored, chipped, or have gaps between them can look as good, or better than new, using porcelain veneers. These thin shells of ceramic material can improve color, shape, and alignment. They are natural-looking and highly resistant to permanent discoloration from drinking coffee or tea, red wine, or from tobacco.

The veneering procedure usually takes just two or three appointments. In most cases, there is a minimal removal of tooth structure and it is virtually painless! During your first visit we assess your smile and plan your treatment. At your next appointment, we prepare your teeth for the porcelain veneers, reshaping them slightly to allow for the minimal thickness of the veneer. A mold is taken of your teeth and sent out for fabrication of your customized veneers. You leave transformed with a trial smile to assess color, shape and teeth position.

On your final visit, the veneers are bonded to your teeth. While the veneers are resting on your teeth, you can view the aesthetic results. At this point, the color of the veneers can be adjusted with the shade of the adhesive used. Once this special adhesive is placed between the veneer and your tooth, a light is applied to quickly harden the adhesive.

Veneers can simply and effectively restore the health and beauty of your teeth and give you that self-confident smile you've always wanted.



BEFORE



Actual Patient of Dr. Thiele

AFTER

Thank you for all your referrals. We appreciate them!

PROTECTING *Your Smile*

Mouthguard selection

Your adult teeth should last a lifetime with daily flossing, twice-daily brushing, regular dental care, and a good diet. No problem ... almost. It takes more than maintenance to keep a cool smile – it takes *protection*.

It's easy to forget to protect your teeth from injury when you're pumped about hitting the ice, the bike trails, or making those spectacular slam-dunks. But your teeth are as vulnerable as other parts of your body and mouthguards are an essential aspect of your sports equipment. While there are many off-the-shelf styles from which to choose, please *don't compromise!* We will custom-fit a comfortable mouthguard especially for you, and we will take into consideration your budget and requirements.

You play the sports. We'll protect your teeth!



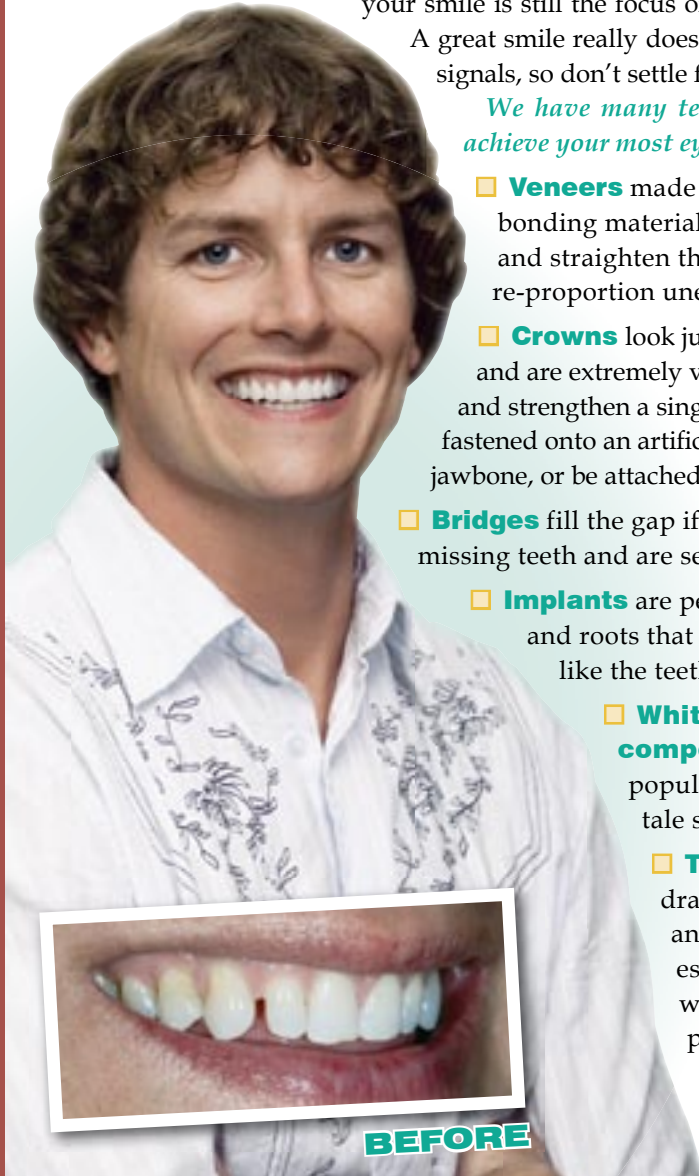
Make A Statement

Smile starters that really connect!

From our earliest ancestors onward, facial expressions that started with the lips and mouth emerged naturally to form a part of our emotional vocabulary. Could that be why your smile is still the focus of so much attention today?

A great smile really does transmit the most positive signals, so don't settle for less than your best.

We have many terrific options to help you achieve your most eye-catching smile...



■ **Veneers** made of either porcelain or bonding materials can instantly whiten and straighten the appearance of teeth and re-proportion uneven gumlines.

■ **Crowns** look just like your natural teeth and are extremely versatile. They can cover and strengthen a single damaged tooth, be fastened onto an artificial root implanted into the jawbone, or be attached to a bridge.

■ **Bridges** fill the gap if you have one or more missing teeth and are secured to adjacent teeth.

■ **Implants** are permanent artificial teeth and roots that look, feel, and function like the teeth they replace.

■ **White porcelain or composite fillings** are popular options to replace tell-tale silver-colored ones.

■ **Teeth whitening** will dramatically brighten and improve your smile, especially when combined with other cosmetic procedures.

Focus on your new smile - and more memorable future!

Make The Connection

Heartburn can jeopardize oral health

People who suffer from heartburn – or *acid reflux* – usually suffer a double whammy: a threat to good oral health often accompanies uncomfortable symptoms such as throat irritation, gagging, and a bitter taste.

Stomach acids are meant to flow through the digestive system, but for people with reflux, acid will actually flow up into the esophagus and sometimes even into the throat and mouth which may have an impact on your smile. Teeth have a neutral pH of 5.5, but stomach acid, as you would expect, is much more acidic at a pH level of 2.0. Because of this, reflux will erode tooth enamel, inviting sensitivity, pain, and discoloration. Bad breath may also become chronic.

If you suffer from acid reflux, please seek treatment from your doctor and see us to ensure your teeth are protected.



DOUBLE The DAZZLE

How to improve your health & your smile

Twins in the same household tend to eat the same things and share routines, making them excellent research subjects. In one twin study for example, when researchers added flossing to only one of each set of twins' homecare routines, the flossing twin's cavity-causing bacteria, gum disease, and gum bleeding were significantly reduced. This confirms the importance of flossing in addition to daily brushing of the teeth and tongue, but it's the more serious complications that can arise from gum disease that make prevention and treatment so important.

Your mouth can affect your body...

- When gum disease progresses, it can destroy the ligaments and the bones which support your teeth. This could lead to painful and misaligned jaw joints, limited ability to chew and get adequate nutrition, digestive problems, oral sores, and bad breath.
- Gum disease is an inflammatory disease, and while it does not cause other inflammatory illnesses like diabetes, cardiovascular diseases, and arthritis, research strongly suggests that it does have a negative impact on them.
- Studies have linked gum disease to low birth weight, toxemia, and premature delivery, and though rare, to stillbirth. Nearly half of women with gestational diabetes also have periodontal disease.

Gum disease is present in about 90% of the population. So like the study says, twin up your daily flossing with brushing twice a day. And please - never miss your regular professional cleaning.



It Shouldn't Hurt To Smile

*De-stress for
health*

You're a busy person with a full life and a ton of responsibilities. Sometimes it's overwhelming. People react to stress by fighting it, fleeing from it, freezing, or just shutting down. The *World Health Organization* cites depression, anxiety, and related mood disorders as the most prevalent causes of chronic illness in young to middle-aged adults.

This is very worrisome to us because stress also directly affects oral health. Teeth-grinding, jaw-clenching, and even the lack of attention to preventive homecare routines all stem from stress.

There are great ways to ditch stress-triggers in your life... Simplify. Learn to say no. Meditate. Schedule alone-time. Unplug and go for a long walk. And ensure your recall appointment with us so you can chill in our chair while we care for your dental needs, helping to ensure your prime oral health.

3 Life Changing Truths

Your agenda? Your healthy mouth & body!

Some things are never worth delaying – especially your regular oral hygiene appointments. It's so important that we recommend recall visits as often as every three months for some patients and six months for others. Yet even those we schedule at six-month intervals can place themselves at risk if they keep putting it off.

Here are three key truths from the Surgeon General's Report that explain how much is at stake...

- **Oral diseases affect health and well-being throughout life.** Caries, gum disease, and bite issues, if allowed to progress, can create chronic pain, affect breathing, limit your ability to speak or eat a healthful diet, and damage your appearance and self-confidence.
- **General health-risk factors also affect oral health.** Diabetes, cardiovascular diseases, and arthritis are three examples of illnesses that suppress the immune system. Hormonal disruptions during adolescence, pregnancy, and mid-life can increase your vulnerability to oral health challenges, as can lifestyle choices and your family medical and dental history.
- **The mouth is the gateway to the body.** The mouth provides us with a window to your general and oral health status. Prevention of oral and systemic diseases is possible for everyone and early intervention can make all the difference.



The Surgeon General says that “you cannot be healthy without oral health,” so please don't be tempted to stretch your recall schedule, no matter which timetable we have recommended. If insurance or payment is an issue, we can work something out.

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

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Office Team

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



www.symphonyofsmiles.com

In The

Spotlight...

Learn All About Becky Dedicated RDA

Most of you know

our Registered Dental Assistant, Becky. Having been with our practice for 14 years, she is a valuable part of our practice family. So, we'd like to take this opportunity to share a little more about her.



When Becky joined our office, she was looking for a practice that held a specific level of integrity in the doctor and the team. After finding that here with us, Becky has settled into her role of helping you feel better about yourselves by providing great dental care and beautiful smiles.

Outside her dedication to our practice, Becky enjoys antiquing, fishing, listening to music, and spending time with her husband, David. She also volunteers her time to perform free screenings at local schools.

Becky is a great asset to dentistry – in our office and the community.

It's Already Paid For, So...

Why aren't you using it?

It surprises me how many patients miss their dental appointments when they have insurance coverage. If you've missed your scheduled date because you've been busy with life (as we all get), you're losing hundreds of dollars in treatment each year. And, without treatment, deterioration of your teeth and gums will take a toll – and not just on your bank account – on your overall health too.

Gum disease has been linked to many serious diseases and, in fact, each time you're in, we check for up to 200 diseases. Please don't lose your money. Call now to book your recall appointment. We'll investigate your insurance coverage to make certain you're taking advantage of all your benefits. We have convenient times open and can book your entire family at the same time!