

Symphony of Smiles



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

Produced to improve your dental health and awareness

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from the dentist

Cosmetic Dentistry Can change your life

You know our team works hard to keep you and your family healthy with preventive dentistry. Keeping your teeth and gums their healthiest also allows us to consider smile improvements. When you give us a fantastic foundation to work with, we can make esthetic improvements that can change your life.

Maybe you're self-conscious about laughing out loud due to unsightly silver fillings – did you know that in just one visit we can replace old fillings with white ones or brighten your teeth, and no one will notice you ever had dental work done?!

It's important to keep your regular checkups and ensure you have your schedule confirmed, but why not call today to book a free consultation to chat about how we can also revitalize your smile, quickly, conveniently, and affordably!

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

Oral cancer screening is FREE with your recall appointment. Call today to confirm or reserve your appointment!

209-216-3530

Like A Force Of Nature!

3 ways to crown your day

Why is it that these days you can't tell whether someone's terrific smile is a gift of nature or has been revitalized by dentistry? It's because fabulous restorative materials like porcelains and ceramics create crowns that are so beautiful and translucent that they look just like natural enamel. They also resist chipping, staining, and cracks, and are strong enough to withstand natural biting pressure.

Here's how...

- 1 ---> Cover your damaged tooth with a single crown to protect and strengthen it.
- 2 ---> Fill a space from tooth loss due to decay, genetics, or an accident by combining one or more crowns with a bridge. This option prevents other teeth from drifting and altering your ability to chew, speak, and socialize.
- 3 ---> Create a permanent new tooth by incorporating a single crown onto the root of a dental implant. Several crowns can be attached to an implant bridge, and implants can also be used to secure a denture. By anchoring implants permanently into your jawbone, the bone loss that normally accompanies the loss of a tooth is prevented.

Contemporary natural-looking crowns used with dental implants and crown and bridge restorations can shine up your smile and re-generate your confidence.

Dare to be the one who keeps other people guessing! Please see us soon for a free consultation.



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



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Smile-Saving Strategies

Delightful dental implants

You know that sunken look around the mouth and cheeks that you associate with ageing? That isn't inevitable, and often, it isn't even necessary. When teeth are lost, there is also a loss of jawbone so that surrounding teeth shift, resulting in a lack of support to the cheeks and lips. This can create lines around the mouth. Dental implants can save your bone structure which helps you to avoid premature facial changes.

What a dental implant is... A dental implant has two parts: a root made of biocompatible metal and a custom-made tooth crown which is attached to it.

How it works...

- 1 The root is anchored permanently in your jawbone, preventing future bone loss.
- 2 The crown does not rely on other teeth for support & doesn't affect surrounding healthy teeth.
- 3 An implant can replace one tooth or two, or the teeth in an entire jaw.
- 4 Implants can anchor dentures to prevent shifting & can replace partial dentures & bridgework.
- 5 Multiple implants & implant-supported dentures require no plates that cover the roof of your mouth.



LEMON Aid

A word to the wise

You'd think that acidic food would digest meals faster, but weirdly, the opposite is true. Citric acid in lemons, for example, slows down gastric emptying, holding food in your stomach longer so you feel full longer and avoid snacking.

That's great if you're watching your weight! Lemon juice tastes terrific on poultry, fish, or salads and when combined with oil and herbs for salad dressing. But just a note - you can get too much of a good thing. Lemons, like many foods that contain acids naturally, can cause enamel erosion if consumed excessively.

Still, go ahead and release your inner gourmand! Wise choices and a little moderation will let you enjoy great meals, your best weight, and a fabulous smile!

What you can do...

Consider safe reliable easy-care and natural-looking dental implants, and call us for a consultation.

Lose Weight...

And keep your smile

Here's a dental perspective that could help you reach your weight loss goals and add to your motivation. Don't overlook the liquids you're consuming! You may know that many beverages can stain your teeth, and that sodas and juices can erode teeth enamel and cause cavities, but here's more...

- A *Harvard* study found that drinking only one diet or regular soft drink a day increased the risk of obesity by 31%.
- Evidence suggests that diet drinks may actually promote weight gain, although the mechanism is unclear.
- Compared to real fruit and vegetables, the lack of fiber in soda can leave you feeling hungry - and heading back to the fridge.

Here's another dental angle... Experts suggest you create cues to signal it's time to stop eating 2-3 hours before bed time. Brushing and flossing is highly recommended!



Veneers Q&A

Here's what you want to know

Q: What are the benefits of veneers?

A: An improved smile can increase your self-confidence which improves your work and social life. Veneers are an effective cosmetic technique used to cover flaws and strengthen your teeth with beautiful results.

Q: How do I know if I'm a good candidate?

A: If your teeth are stained, chipped, or have other minor irregularities like small spaces, uneven lengths, or exposed roots, veneers can work for you. For slightly crooked teeth, veneers can give your teeth a straighter appearance without braces.

Q: Will my veneers stain?

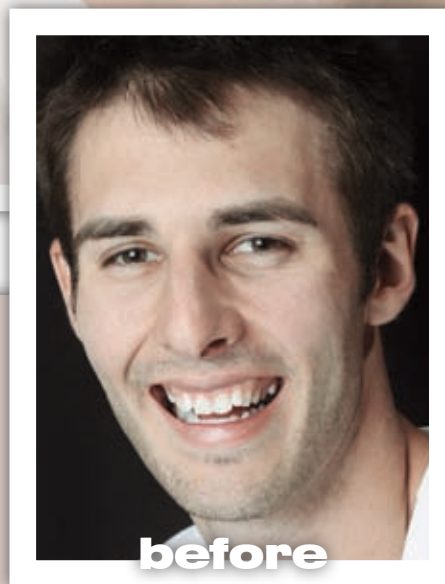
A: Porcelain veneers should never stain, although some other veneer materials are more porous and could. To keep your natural teeth bright, try to reduce or avoid foods and beverages like coffee, tea, red wine, and dark fruit juices, as well as tobacco products. Most patients whiten teeth surrounding their veneer(s) to ensure a good match.

Q: How long will they last?

A: They can last up to 20 years when you take care of your oral health to avoid decay and gum recession.

Q: Is getting veneers a long process?

A: No, it usually takes just two to three appointments for diagnosis, treatment planning, preparation, and placing your veneers.



Common Sense Care

For veneers and crowns

Great news! Veneers can be cared for just like your natural teeth. Brush them regularly with toothpaste, floss once a day, and keep your regular hygiene visits. Just as with your other teeth, it's important to limit your sugar consumption and confine sweets to meal times to help prevent decay.

Although your veneers don't require special care, give them the same respect that you'd give the rest of your smile. Anything that will break or chip your natural teeth could do the same to a veneer, including ice, hard cookies, brittle candy, candy apples, hard nuts, pumpkin seeds, and popcorn. Other culprits? Habits like nail biting, pencil chewing, using your teeth instead of scissors or bottle openers, and even for pulling on your gloves. Once you get the picture, it's easy to take care!





We've Got You Covered

Call with your questions - please!

Every once in a while, a patient lets us know that they are struggling with questions about their insurance. Am I covered? For how much? When? What if I'm not?

Because your health is our top priority, we really want to "get it out there" that we care sincerely and can easily help answer these questions.

1. We'll review your insurance plan with you so we both understand what is available.
2. With this information, we can talk about how you can ensure you're receiving all the benefits you're entitled to.
3. We can prioritize your treatment over a pre-determined length of time.
4. We also offer flexible payment and financing programs to help with expenses not covered by your insurance.
5. And finally, we'll keep our eye on your preventive dentistry and recall schedule to minimize long-term problems.

At some point, everyone has questions, so please call us when you do. We're always here to help.

office information

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



www.symphonyofsmiles.com

Recare Saves...

Smiles & dollars!

Has it been a while since your last appointment? If so, please call us to schedule your next recare appointment and catch up with us. This is important for two reasons. Firstly, to ensure your oral health and overall health is as optimal as possible. We are often your first line of defense, catching problems before you even know they exist. And secondly, as with all problems, the earlier they're corrected, the lower their impact. When we're talking dentistry, that means smiles and dollars!

Your health is our priority, and if you have any questions about any aspect of your care, please ask us. Always remember, your best smile is your best option!

New Patients Welcome

We pride ourselves on the high quality of care we provide, and there's no better sign that we are serving you well than the number of new patients who walk through our door. Referrals and word of mouth are our #1 source of new patients, and a vibrant patient base helps us grow so that we can continue to offer the very best. When you give us a good reference, we won't let you down! So, if you're wondering whether or not we accept new patients, the answer is YES! There's no higher compliment for us than the privilege of welcoming a new patient.