

Symphony of Smiles



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

Produced to improve your dental health and awareness

Winter 2012

*I'm Feeling
Privileged
Thanks to you!*

The start of the new year is when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the years. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

Yours in good dental health,

Dr. Gary Thiele

It's Never Too Late

Put yourself on your to-do list & take care of your smile

Just about all of us can relate to the demands of a busy life. There's work, family, friends ... and the day-in-day-out responsibilities associated with all three. There never seems to be any time for ourselves. Our patient, Rachel of Gustine, CA, knows the feeling well, especially when raising her grandchildren often means she always "ends up last." Unfortunately, ending up last means that visiting the dentist was never crossed off her personal to-do list.

Postponing regular recare can have serious consequences, and Rachel found herself facing a serious situation and her biggest fear. She was afraid she was losing her upper teeth. Dentures were definitely not an attractive option for Rachel and after talking with friends and family who wore dentures and learning about the problems they faced, she began her search for a dentist who could help her reclaim her oral health, keep her teeth, and regain a self-assured smile.

Rachel was thrilled that she called Dr. Thiele who met with her for a consultation to discuss her options thoroughly. With confidence, she asked Dr. Thiele to restore her mouth to natural form and function. She received her new aesthetic smile in just a few short weeks. Her only wish was that she had met Dr. Thiele and started sooner. If Rachel could not speak a word, you would still know how pleased she is with the final result ... *just look at her new smile!*



Before



After

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



Say Yes To You

You'll smile more!

Though each of us inherits both good and not-so-good features from generations past, we are more than a patchwork of hand-me-down genes. We all have the power to learn to be happy with ourselves. Once that happens we can stop being self-conscious and enjoy being in the moment.

Positive self-esteem is more than just liking how you look. It's about feeling good emotionally, mentally, and physically. There is no question that your good oral health directly affects this perception.

We're very proud when we can contribute to your well-being. Sometimes it's by providing cosmetic treatments that work with what you've got to help you change what you can. Other times it's by providing quality care to achieve and maintain your healthiest smile. Make regular visits part of your self-esteem regime!

3 KISSES For You Keep it simple, savvy, easy & sassy!

According to *Cornell University* researchers, in addition to all your other daily choices, you make 200+ decisions a day - a minimum of 1,400 a week - just about what food and beverages to put in your mouth! And how about sorting through countless toothpastes, mouthrinses, and other oral care products on the market? We'd like to uncomplicate at least one part of your life. Here are three amazing smile sparklers. If you can't settle on only one, consider all three!

Teeth whitening picks up your smile power by removing even the most stubborn stains caused by tobacco, tea, coffee, wine ... or time.

White fillings made from long-lasting easy-care materials matched to your own enamel color will restore your smile to its original immaculate condition, so no one will guess you've ever had a cavity!

Veneers are thin individually sculpted concealers that are applied to the surface of your own enamel.

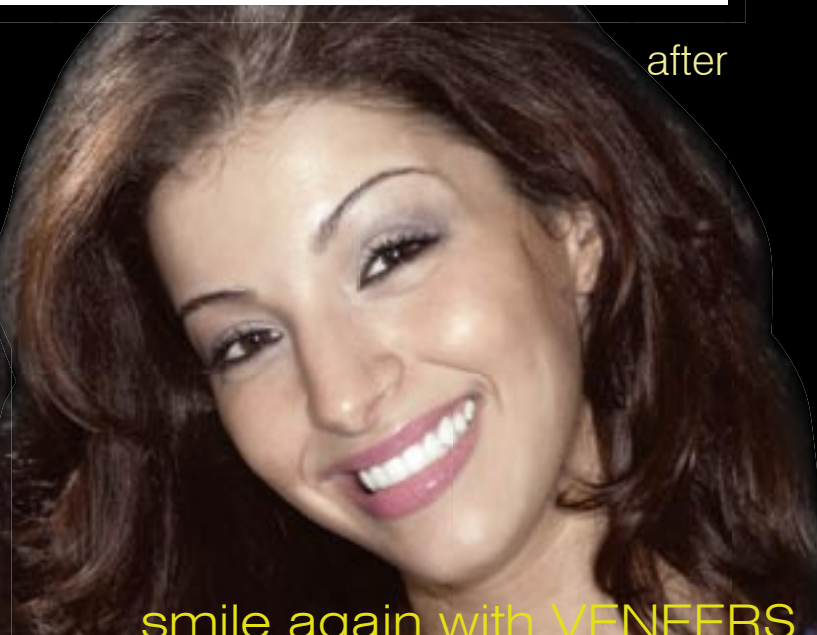
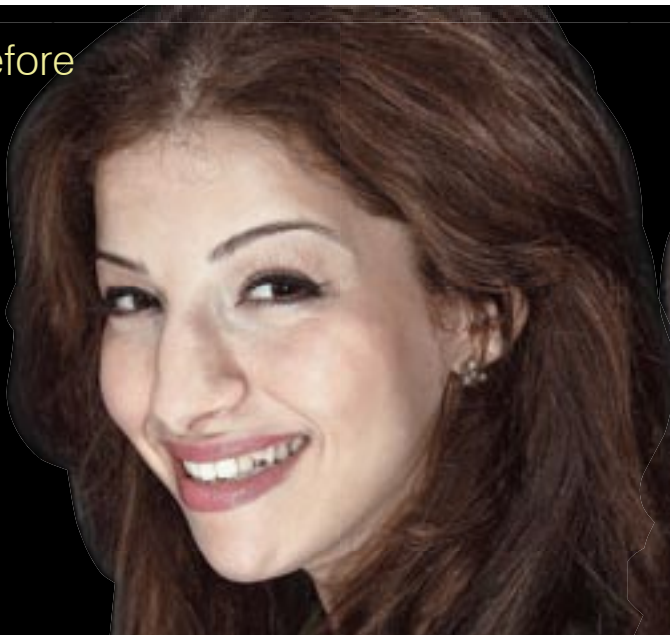
There's nothing superficial about the results though, thanks to sophisticated materials that are strong and require no special care. Veneers are an excellent choice to mask...

- chipped, cracked, or worn teeth
- unattractive gaps
- minor twists and overlaps
- even the darkest stains
- misshaped teeth.

Still can't decide? Keep it simple and give us a call. We'll work with you to help eliminate the guesswork!

before

after



smile again with VENEERS

Your Smile. YOUR WAY.

Planning the future of your smile

We follow the golden rule: we treat our patients the way we would like to be treated. It's important to us to provide you with real information, explain our recommendations, and give you time to absorb them. We understand that just as milestones like marriage, graduations, and retirement involve planning, ensuring your smile will last through your lifetime takes some forethought too. That's where we would like to help you.

For example, some restorative solutions are so beautiful that you may believe they are only cosmetic. Yet many metal-free restorations made of white composite, porcelain, cast glass, or resin that are matched to your enamel were actually created to save your smile, not just dress it up.

Consider...

When your tooth is too damaged for a simple filling, *inlays* (which fill the cavity) or *onlays* (which also covers it) can be an excellent solution.

A *crown* can be used to cap your entire tooth to provide improved shape and strength. One or more can also be attached to a *bridge* when several teeth are missing.

A crown can also be placed on top of a permanently implanted artificial root made of biocompatible metal. These *dental implants* can also be used to anchor a bridge or a denture for greater stability.

Still have questions about your best smile-saving options? We will always be happy to answer them for you. Call us today!



Crowns

Keep Up The Pace!

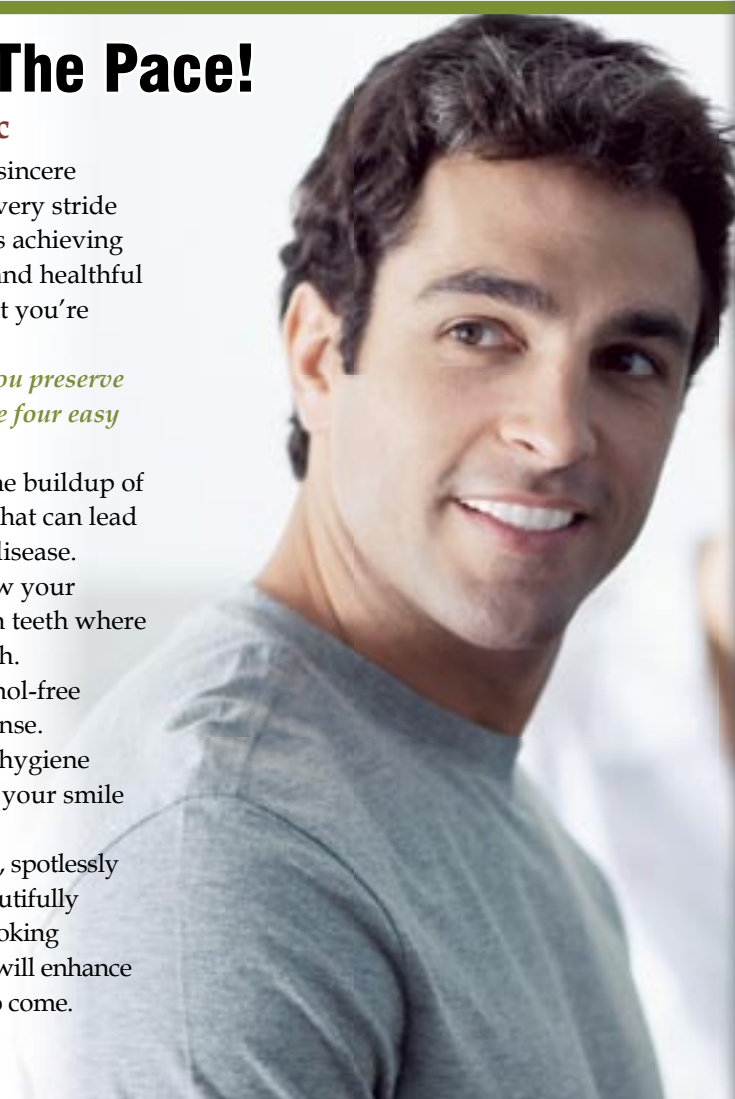
You look terrific

Please accept our sincere congratulations for every stride you've made towards achieving your most beautiful and healthful smile. We can see that you're pleased - it shows!

We'd like to see you preserve that sparkle! Here are four easy steps to success...

1. Brush to prevent the buildup of the bacterial biofilm that can lead to cavities and gum disease.
2. Floss to reach below your gumline and between teeth where your brush can't reach.
3. Rinse with an alcohol-free antibacterial mouthrinse.
4. Keep your regular hygiene visits so we can keep your smile clean and fresh.

Pink healthy gums, spotlessly clean enamel, and beautifully maintained natural-looking cosmetic restorations will enhance your smile for years to come.



It's Called WHAT?

Find out if you do it

Bruxism, the often unconscious habit of clenching and grinding your teeth, can run in families. Stress is the most frequent cause. Some children grind, but it is most common in 20-40 year olds. Three times as many women do it, yet it has also been linked with apnea - multiple cessation of breathing through the night - which is more common in men. Male or female, whatever your age, bruxism can damage your teeth and dental restorations and cause jaw and facial pain and headaches.

We can check you for...

- signs of bruxism
- problems with your bite
- the need for a custom nightguard or splint.

Your doctor can recommend...

- stress counseling
- exercise &/or physiotherapy
- medication.

You can try to...

- change sleep positions
- avoid alcohol and caffeine
- refrain from chewing on pens, pencils, gum, and fingernails.

Periodontal Disease:

Most common cause of adult tooth loss

Periodontal disease has been at the forefront of many programs and publications. It is not only the leading cause of tooth loss in adults, it's also been linked to heart disease, low infant birth rate, and a whole host of systemic conditions including diabetes.

It has been estimated that three quarters of adults over age 35 have some degree of gum disease. Bacteria and debris in the gum area that are not removed by proper and regular flossing

will cause inflammation and infection that can affect the body.

A near painless condition, some of the warning signs of gum disease are swollen and tender gums, bad breath, and gums that bleed when you floss. The good news is, you can halt and even reverse the disease with proper diagnosis and treatment. Some people are more susceptible to gum disease than others – lifestyle has a lot to do with it. Smoking is a big

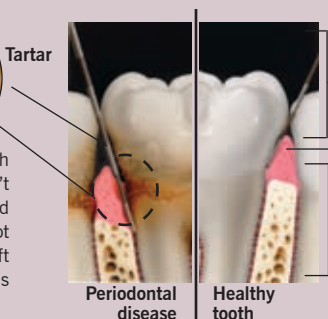
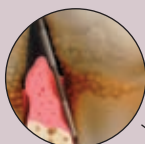
risk factor, and so is heredity and diet; foods high in sugar can make your teeth and gums vulnerable.

The best prevention is regular dental care and thorough daily brushing and flossing. Use whatever kind of floss you like best but use it often!

Even if you are cavity-free, don't skip a dental recall. We screen for periodontal disease every time you visit the office... before periodontal disease has a chance to attack your smile.

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

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

Friday 8:00 am – 12:00 pm *

* Only front office available on Fridays



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Office Team

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Becky Registered Dental Assistant

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Bonnie..... Office Manager



www.symphonyofsmiles.com

Secure & Versatile

Smile with dental implants

Nobody wants to lose teeth, but let's face it – it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- Implants require only normal brushing and flossing – no special home-care routines.
- There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- There is no metal visible above your gumline.
- Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!

Sedation Dentistry

Helping you relax

Are you fearful about coming in for treatment? Do you avoid appointments which can put your oral health into jeopardy? Oral sedation may be the simple answer!

We can prescribe a small pill for you to take one hour prior to your appointment. Have a companion accompany you to our office as by the time you arrive, you'll be very drowsy. We'll escort you to our comfort room and cover you with a warm blanket. While you're relaxed and comfortable, Dr. Thiele and our experienced team will take care of your dental needs and monitor your vital signs. Oral sedation is very safe, and as its benefits are effective for several hours, your companion will accompany you home

The only thing standing between you and the dental care you need is a couple of tablets.