

# Symphony of Smiles



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

Produced to improve your dental health and awareness

Winter 2014

from the dentist

*A*lthough I don't see you every day, I am continually working with my team to improve the services and care we offer to you. Our goal is to keep improving so that we can always offer you top-of-the-line health services.

When you do come in, I enjoy seeing you and feel honored that you have chosen me and my team to help you achieve your optimum dental health. You've put your trust in me, and I take that very seriously, so I'd like to thank you sincerely for that, and for your continued loyalty and referrals.

In closing, I want you to know that I'm sincerely interested in your thoughts about your experience with us. Please feel welcome to call me any time.

*Yours in good dental health,*

*Dr. Gary Thiele*

## There's A Camera!

### Book now to get the smile you want

Look out your window ... what do you see? You know it doesn't really matter whether we are witnessing the first eagerly awaited buds of spring or just anticipating them. In our hearts, we are always ready for the excitement and social events that warm weather brings. Let our team turn anticipation into dazzling results in time for that June wedding or graduation by booking your spring smile update!

Booking ahead is a must-do if you want your smile to blossom in time for any planned occasion. There are two reasons for this. First, as weddings, graduations, and other photo-filled events approach, wise consumers anticipate the very high demand for cosmetic dental services. Second, we want you to have time to enjoy the process - to consult and ensure that your terrific updated look is really you!

Be prepared and smile for the camera - with confidence! Teeth whitening can take as little as one visit or a few weeks in the privacy of your home and make a remarkable difference in the impression you make. Other transformative techniques like bonding, cosmetic veneers, crowns and bridges, implants and even a gum lift can completely rebalance and enhance the dimensions of your smile.

*Don't wait for the camera to find you  
- book your appointment now!*



OUR PROCEDURES	PROBLEM/CORRECTION
Crowns	Covers broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.
Bridges	Replaces one or more natural teeth by cementing a false tooth attached between one or two crowns.
Whitening	Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.
Veneers	Covers front of tooth and masks discoloration. Improves tooth shape through esthetically pleasing contours.
Composite Resin & Porcelain Inlays/Onlay	Restores decayed areas while looking extremely similar to original tooth color.
Bonding	Masks slightly discolored teeth.
Gum Lift	Lengthens too-short teeth by exposing more beautiful natural enamel.
Implants	Replaces the form and function of one tooth or more, preserving and strengthening the underlying bone while looking beautifully natural.

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

# Get The All-Generation Restoration

## CROWNS & BRIDGES GO THE DISTANCE

Whether young, old, or somewhere in between, things do happen that can damage your smile. Probably the most devastating to appearance, self-esteem, and lifestyle, is the loss of teeth. Whether caused by sports injuries, wear and tear, or gum disease, missing teeth do need to be replaced to prevent a myriad of other issues down the road.

The good news is that modern crowns and bridges look, feel, and function just like natural teeth. They're durable and easy to care for, plus they're definitely more attractive than gaps in your smile!

### BENEFITS OF CROWNS

Shaped and colored like natural teeth, crowns cover decayed or damaged teeth or replace lost teeth. When secured by an implant, jawbone loss (which occurs when teeth are lost) is arrested.

### BENEFITS OF BRIDGES

Usually attached to your existing teeth, bridges support the replacement of one or more missing teeth with beautiful and durable artificial teeth. They alleviate stress in your bite and prevent shifting of teeth adjacent to the gap.



**No matter what your age, crowns and bridges can improve your quality of life. They restore your natural bite, preserve the shape of your face, make you look and feel attractive, and allow you to enjoy all the foods and activities you love! Call us today, and let's discuss what's best for you!**

*The world  
always  
looks  
brighter  
from behind  
a smile.*

## Hide 'N' Seek With Sugar

*A game you can win!*

It's no mystery that sugar resides in treats like candies, pastries, and soft drinks, but did you know that it's also hiding in foods like breads, dressings, and lunch meats?

Most processed foods contain hidden sugar. Check the labels on chip bags, cracker boxes, and even low-fat packaged foods, and if an ingredient ends in "ose" (e.g. dextrose) or if the word "syrup" appears (e.g. corn syrup), it's sugar.

Without proper oral care, sugar can lead to cavities and gum disease, and a high intake can cause obesity and an increased risk for heart disease and type-2 diabetes. In fact, the *American Heart Association* recommends a maximum of just 6-9 teaspoons of sugar a day - about the amount in one can of soda!

*We can't avoid sugar altogether, but armed with knowledge and willpower, we can reduce our intake for the sake of our mouth and our health!*



# EXERCISE & Smile Rejuvenation *Works!*

## Look and feel younger

It's true that exercise makes us feel younger and more vibrant, and as an added bonus, it also makes us look younger. Research shows that regular activity affects us on a cellular level, slowing, and even reversing, the external and internal effects of time. Even the simplest exercises, like taking a walk or a casual bike ride, are effective.

Are you sure your smile reflects your youthful spirit? Let us help with simple rejuvenating procedures that can even be done in just a visit or two!

■ **WHITENING:** Dentist-controlled systems are customized for your unique needs and will make natural teeth look their brightest.

■ **REPLACEMENT FILLINGS:** Unsightly silver-colored fillings can be replaced with attractive white composite ones for a healthy, attractive, and uniform smile.

■ **VENEERS:** Porcelain veneers can cover the front of stained, damaged, and uneven teeth, perfecting their color, shape, appearance, and alignment.

■ **BONDING:** Cover teeth with a beautiful white resin to reshape, repair damage, and fill in unattractive gaps.

**With exercise and a healthy lifestyle,  
we can delay the effects of ageing. With  
modern dentistry, we can always make  
your smile look as young as you feel!**



## Poor Oral Maintenance

### 3 RISKS MEN TAKE

We schedule tuneups for our precious car. But why do some people skip dental checkups that maintain their precious smile?

Men are almost 50% less likely than women to maintain regular checkups, increasing risk for...

**1. Periodontal Disease** - Men are 26% less likely to floss and are more likely to miss cleaning appointments even though poor oral care is linked to life-threatening diseases.

**2. Oral Cancer** - Tobacco users risk oral cancer. Men are twice as likely to be affected than women, yet they often skip checkups that include essential oral cancer screening.

**3. Dental Injuries** - More often socialized to take physical risks, males are more likely to suffer face trauma. Wearing a mouthguard is essential during body-contact sports.

It's important that everyone - male or female - practices good oral care and has regular checkups to protect their precious smile!

# Tired Of Being Tired?

## Eliminate snoring & apnea!

Snoring can interfere with your sleep and your relationships. It can also be an indication of Obstructive Sleep Apnea (OSA), a serious disorder that affects one in every four individuals. Sleep apnea occurs when breathing while sleeping is abnormally low, or even stops for a few seconds to a few minutes and it can leave you feeling – and looking – completely worn out.

### There are three different forms...

- **Central** – The brain doesn't tell the body to breathe.
- **Obstructive** – The most common form where soft tissues in the mouth and throat relax and restrict airflow.
- **Mixed** – A combination of both.



If you think you may be suffering from snoring or apnea, please call us for a diagnosis.

All three types limit oxygen intake which lowers the blood-oxygen levels and causes the brain to wake you up to breathe. These frequent interruptions in sleep may cause fatigue, inability to focus, memory loss, irritability, acid reflux, high blood pressure, stroke, headaches, weight gain, and impotency.

We can provide you with a rejuvenated sleep where you will look and feel more energized and alert. How? Our custom-manufactured nighttime oral appliance can eliminate snoring and halt the apnea process to keep your breathing relaxed and normal.

## office information

**Symphony of Smiles**  
Gary L. Thiele, DDS, FAGD, FIADFE  
1801 Colorado Avenue, Suite 280  
Turlock, CA 95382-2708

### 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

Office (209) 216-3530  
Fax (209) 216-3540  
Email smilehelp@gmail.com

### Office Team

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



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

## Fast & Convenient

### Online payment!

We strive constantly to provide you with the highest level of professional oral and dental care. And part of that care is to ensure the most convenient, efficient, and stress-free office procedures – including an online bill payment option!

Just visit us at [www.symphonyofsmiles.com](http://www.symphonyofsmiles.com), select PAY MY BILL on the left side of the screen for a secure transaction, then fill in the forms and submit. It's easy, saves paper, time, and money – and you have access at *your* convenience – day or night!

## Your Referrals Matter

### Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your future referrals. We really do appreciate them!