

Symphony of Smiles



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

Produced to improve your dental health and awareness

Fall 2010

fromthedentist

Don't Worry! Be Happy!

Easier said than done, but it's so important. We want you, and all of our patients, to feel great when you're at our practice. We do not want you to feel anxious or stressed, and keeping our appointment commitments is a big part of that.

But we all get busy, and sometimes a patient will run late, and sometimes we will run late, but what I want you to know is that my team is committed to doing their best to keep everyone on schedule. I also want you to know that we really appreciate it when you arrive on schedule.

We can't wait to see you soon, and as always, if you have any concerns or are experiencing any discomfort, definitely call us immediately. And if you have any questions about improving your smile (like what your options might be for whitening your teeth), call and we'll schedule a free consultation.

Take care,

Dr. Gary L. Thiele

turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

Don't Wait For Symptoms

This can affect your health silently

A preliminary study suggests that the incidence of periodontal disease, the most advanced form of gum disease, may be 2-3 times higher than previous estimates. We find this very disturbing because only about 3% of those afflicted with gum disease seek treatment for it. Why so few? We've chatted about this at our staff meetings, and all of us believe it's because people don't understand that gum disease has long-term and potentially life-threatening implications if untreated.

Knowledge is power, and we feel the responsibility to ensure that you have it...

- Gum disease has been linked to diabetes, heart disease, arthritis, lung disease, some cancers, and also to complications in pregnancy.
- It can arrive without symptoms or discomfort.
- It's highly treatable and can sometimes be reversed.
- Regular recare visits and effective home care can halt its progression and its potential impact on your body.

How can there be a mouth-body connection? Your body is comprised of a number of different vital and interdependent systems. Your mouth is part of the digestive system, for example. If any one of these systems falters, your overall wellbeing is in jeopardy. As science reveals more about the complex associations between them, it grows increasingly clear that healthy teeth and gums are essential to your overall health.

We really care about you, so if it's been a while since your last appointment, please call us today.



Make sure
you're fit
inside &
out!

Making gorgeous smiles affordable



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

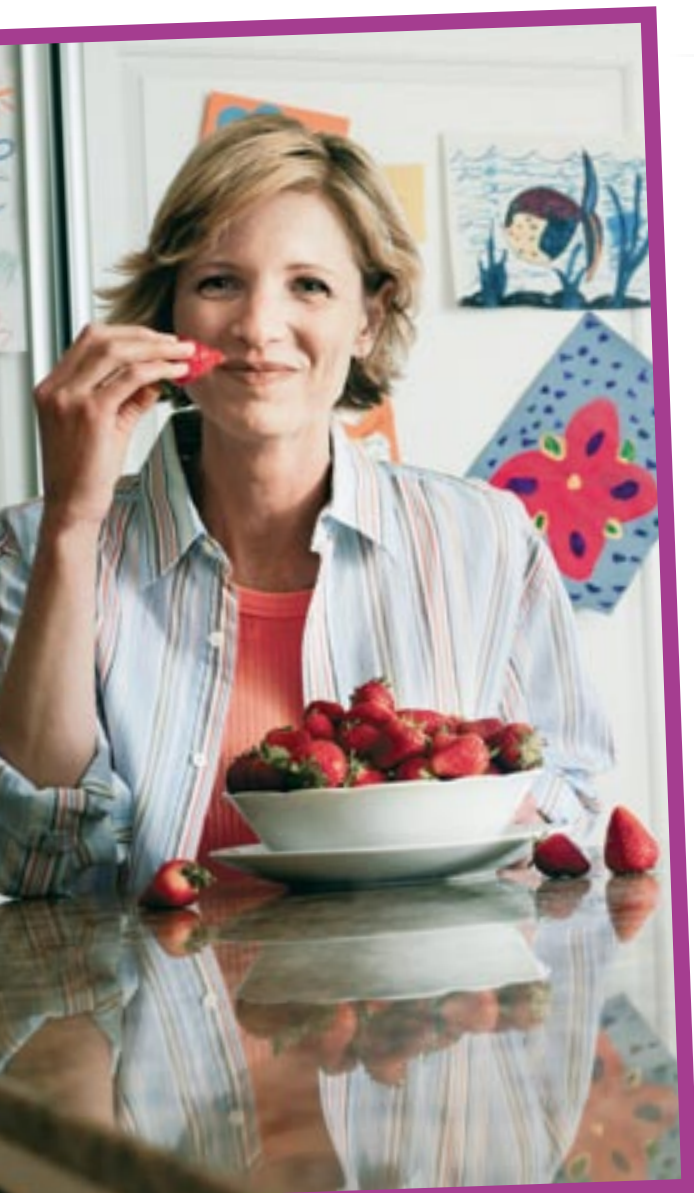
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

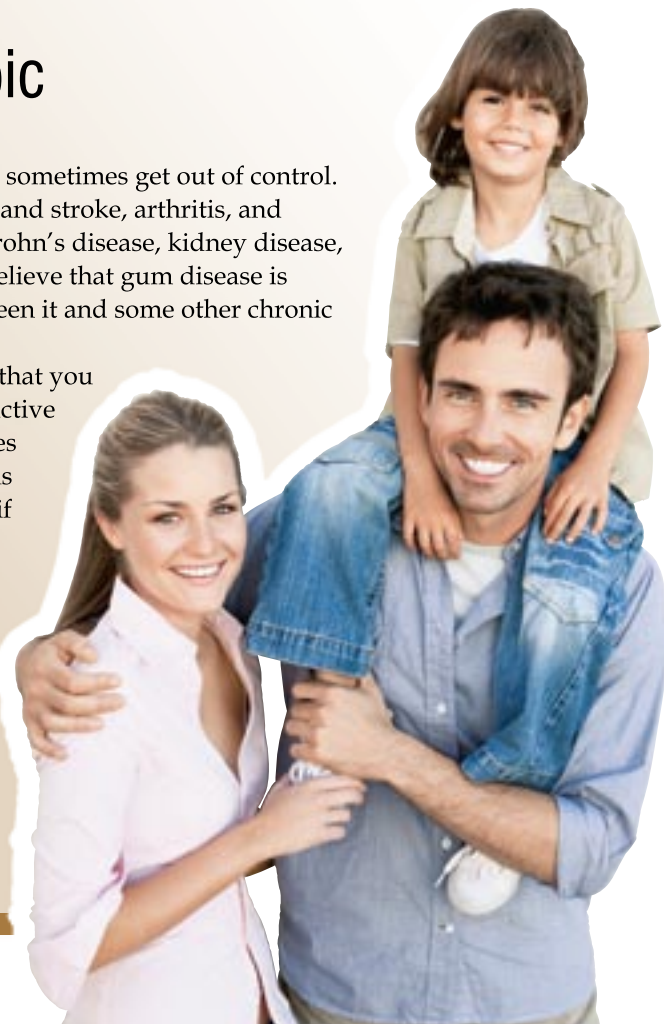
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!





Are You Ready?

4 must-have tips for a dental emergency

Prevention is our middle name which is why we urge you to wear sports mouthguards and to avoid chewing ice, popcorn kernels, and hard candies, and to use floss instead of any old thing that's handy. Still, accidents do happen so we make it a point to reserve time in our schedule for emergencies. If you are in pain or have injured your mouth – please call us right away. And please keep this list handy. It is adapted from tips compiled by the *American Dental Association*.

BITTEN LIP OR TONGUE: Clean the area gently with a cloth and apply cold compresses to reduce swelling. If the bleeding continues, go to a hospital emergency room immediately.

BROKEN TOOTH: Rinse with warm water and apply cold compresses to swelling. Call us immediately!

KNOCKED-OUT TOOTH: Hold the tooth by the crown, and if it's dirty, rinse off the root in water. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket, facing the right way. Otherwise, put the tooth in a cup of milk and get here as quickly as possible. Call first if you can.

TOOTHACHE: Rinse your mouth with warm water and check to ensure there's nothing caught between your teeth. Never put Aspirin or other painkillers against the gums near the aching tooth – it may burn your gums. Call us!

Treat Yourself

To a healthy smile!

Dr. Shimazaki and his team of researchers at Japan's Kyushu University have made a significant discovery that may provide a tasty way to healthier gums. In a study of men and women between the ages of 40 and 79, researchers found a significant improvement in gum health in those who consumed 55 grams a day of lactic acid foods like yogurt. The study also found that people with more advanced periodontal disease had a lower intake of lactic acid foods.

"The beneficial effect on periodontal disease might be based on the probiotic effect of lactic acid foods," Shimazaki explains.

We should also note that insufficient dietary calcium is associated with periodontal disease, so while foods like milk and cheese do not offer the probiotic effect, they do provide necessary calcium. Bon appetit!

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www.symphonyofsmiles.com

Referrals Do Us

...Every time! *Proud*

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

Thank you for your trust!