

Symphony of Smiles



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

Produced to improve your dental health and awareness

Fall 2012

from the dentist

Talk About Great Ideas!

Kick 'em around!

First you wait all year for summer, and then in the blink of an eye, it's ... which way did it go? Well, I like to think that we're doing our part to help you slow down and savor the season. Think of your newsletter as your own portable Discovery Channel. It's been designed to inform you, but also to be enjoyed!

I've never met a patient yet who didn't get a kick out of learning something new. I hope that every issue of *Symphony of Smiles* inspires interesting conversations with friends and family about health issues, how to keep your best smiles, and setting achievable goals to be your personal best.

Let us help you to keep on discovering. We're right here and always happy to answer your questions and discuss your healthiest smile options.

Have a great autumn.

Yours in good dental health,

Dr. Gary Thiele

Top Priority

Your wellbeing always comes first!

Exceeding expectations forms the very foundation of this practice. It is Dr. Thiele's belief that true excellence in dentistry goes far beyond the technical skills of our team and that true quality must also involve a genuine concern for the wellbeing of each patient. Your comfort, safety, and satisfaction are the top priorities for everyone here.

Understanding how great an impact your smile can have on your social and professional life is very motivating and Dr. Thiele has continuously pursued postgraduate education, invested in state-of-the-art technologies, and refined his leading-edge skills and techniques.

Some of you may already know that he is a graduate of *Loma Linda University*. Dr. Thiele is also a *Fellow in the Academy of General Dentistry* – an honor shared by only 3% of dentists in the United States. He has enjoyed being in the forefront of cosmetic dentistry and being an active member in the prestigious *American Academy of Cosmetic Dentistry*, the *American Academy of Implant Dentistry*, and a *Fellow of the International Academy of Dental-Facial Esthetics*. Being featured in *New Beauty Magazine* was pretty exciting too!

Professional accolades

are very satisfying but the truth is that dentistry, providing you with outstanding care, and striving always to be on the leading edge are Dr. Thiele's true passions.



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FREE PARKING
STEPS FROM OUR DOOR!
(209) 216-3530

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Gum Maintenance Start now for a healthier future



We've all been taught that we should take care of our teeth and gums with brushing, flossing, and regular checkups. But did you know that neglecting your smile could not only lead to unsightly bleeding gums and tooth loss, but also to serious long-term health problems?

Research has linked poor oral health to certain cancers, heart disease, arthritis, diabetic complications, and more.

It's important to invest in yourself today, for a healthier tomorrow, by having regular dental checkups and...

Brushing Regularly: Use a soft-bristle toothbrush for at least 2 minutes twice a day and replace it every 3 months.

Flossing: Floss once a day to remove plaque and food from under the gumline and in between teeth.

Drinking Water: Have a glass of water after eating to rinse away food particles.

Chewing Sugarless Gum: Gum produces saliva which is a natural mouth rinse. If you can't brush after a meal, chew sugarless gum.

Gum disease is the most common adult dental problem. It can progress quite painlessly and lead to serious health concerns, but it can be prevented. Invest some time in yourself today for a healthier tomorrow.

**We will prescribe a
checkup and home
care regimen that
will work best
for you.**

Whitening Options

5 ways to look and feel your best!

You've always wanted a bright white smile, and there are several ways to get it. Whether you need to fix damage or imperfections, or you simply want to whiten your teeth, there are options for you!

BLEACHING: Nothing beats an in-office whitening treatment. There are a number of options available depending on the severity of the stains.

BONDING: Bonding makes teeth more attractive by changing their color, shape, and spacing. Bonding uses a tooth-colored material that is molded to reshape a tooth, cover and even-out chips, and fill in small gaps between teeth.

VENEERS: A thin durable porcelain shell covers the front surface of a tooth, hiding stains, fillings, chipped and crooked teeth, and teeth of uneven lengths.

CROWNS: If a tooth is damaged, but not lost, then a crown will protect it and give it support. Crowns are also a durable and attractive way to reshape teeth.

REPLACEMENT FILLINGS: Unsightly silver-colored fillings can be replaced with white composite ones for a more uniform natural appearance.

Several options are available to brighten your teeth. No matter which procedure is best for you, a whiter smile looks healthier and will make you feel your best!



The Sounds Of Stress

Oral health watch

Jaw clenching is so quiet that hardly anyone will notice you're doing it. But teeth grinding or jaw clicking can be loud enough to make others cringe. Rackety or not, these stress behaviors can seriously damage your oral health.

Here are 3 things you can't ignore...

Teeth grinding can wear down teeth, impair your bite, and cause facial pain.

Jaw clenching can cause sore jaw muscles and lead to neck aches and headaches.

Jaw clicking may indicate a jaw joint problem like TMD or an uneven bite, and generate headaches and earaches.

Dentistry can use a number of techniques like re-aligning your bite, repairing and reshaping worn teeth so that they fit together better, and providing support and pain relief with custom-fitted nightguards.

Soon, you'll be enjoying the sounds of silence!

Here, a former sufferer of debilitating headaches and jaw pain is smiling after various dental procedures.



Got The Travel Bug?

WHAT'S SAFE TO EAT

It's fun to go away, but there are things that you should keep in mind when eating in other countries. Contaminated food can cause serious illness and derail your holiday. If you have doubts about food sanitation levels, remember these 3 simple rules:

- COOK IT** - Eat only cooked food, but be wary of hot buffets as food can become unsafe when sitting out for long periods.
- PEEL IT** - Peel fruits and vegetables, or better still, choose produce that comes in its own natural "packaging," like bananas.
- LEAVE IT** - If you're unsure how a meal was prepared, leave it on the plate.



And don't forget your dental regimen. Pack a toothbrush, toothpaste, and floss as you may not find them along the way!

Visualization And Health

Out with the bad!

Can the mind influence the body? Evidence suggests that visualizing your body as healthy can help you to change unhealthy behaviors and improve your life.

Perhaps you've always wanted to quit smoking or lose those extra pounds. Reserve a few minutes each day to visualize a healthier happier you. Clear your mind of all outside distractions, breathe deeply, and concentrate on the person you wish to become.

If you need to de-stress, color imagery can help. Start at your head and visualize all the tense areas of your body as red. Focus on changing them to a tranquil blue. Release tension as you watch the red flowing out and the blue filling you with calm.

Try it now! You may be inspired to make improvements in your daily life, including your dental regimen, to ensure a healthy future.

The Silent Disease

Does someone you know have it?

There is a vital link between oral health and whole-body health, so it's no exaggeration when we say that our offer of a free dental consultation could be your first line of defense ... financially, emotionally, and physically.

Many oral health problems can appear painlessly. You might not even know that you have a dental problem – that's why gum disease has been called the silent disease.

A timely dental diagnosis is so important...

1. Early treatment for cavities and gum disease can halt and sometimes reverse damage.
2. Time increases the potential to develop pain, greater expense, and social and professional embarrassments such as bad breath and an altered appearance.
3. Gum disease has been linked with arthritis, cardiovascular diseases, Alzheimer's, kidney disease, and diabetes, as well as complications of pregnancy and now breast cancer.

It's critical to your health, and the health of your family, to have the condition of your teeth and gums checked now!



**Please call
(209) 216-3530 for your
FREE consultation!**

office information

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Office Team
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www.symphonyofsmiles.com

Don't Fall Behind!

Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!

Who's In The Spotlight?

It's Rusty!



In 1991, Rusty moved back to Turlock from Los Angeles, fulfilling a wish to rejoin her family in the area where she grew up. She's married to Fred and they have two sons, Mark and

Matthew, and one pet Kitty. Rusty likes to spend time with family and friends, read, garden, bake, and go antiquing.

Rusty is highly skilled and talented whose main focus is to meet the oral health needs of patients and doing her best for them. It's been over 20 years since she joined us at *Symphony Of Smiles* as a Registered Dental Hygienist. This is a reflection of her loyalty, dedication, and passion for her job. It also shows how much she cherishes the relationships she's built with you, our patients. *Are we ever fortunate!*