

Symphony of Smiles



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

Produced to improve your dental health and awareness

Fall 2007

fromthedentist

Fall Power!

For power lifestyles

Whether your power lifestyle centers around a boardroom, a home office, or a nursery, oral health care can be a real challenge during the summer months. Thankfully, fall has the power to jolt us back to re-energize ... reorganize ... and reschedule!

If you've let treatment appointments slide or if you've been delaying your next preventive care appointment, you've got plenty of company. Almost 80% of baby boomers *say* they consider dental care to be part of their preventive health care routine, yet fewer than half visit the dentist twice a year as recommended!

Everyone today is struggling with a busy schedule. But remember: benefits from dental plans that end on December 31st are not carried forward to the next year.

Schedule a fall appointment and take back the power!

Yours in good dental health,

Dr. Gary L. Thiele & Team

turnthepage

Little link ... BIG connection!

TMD? Take the bite out of reality!

When is age *not* the issue?

invisalign®

Learn to Smile Again!

Dr. Gary L. Thiele, D.D.S. invites you to discover how *Invisalign*® could change your smile with clear removable trays as an alternative to braces. This free Invisalign consultation will include the following: Photos, impressions, patient DVD, and X-Rays. There is no obligation required. Also, the Invisalign Territory Manager will be available to answer any additional questions. Please invite a friend.



When: This Free consultation day will be held on
Tuesday, September 25th

Where: Dr. Gary L. Thiele, DDS
1801 Colorado Ave, Suite 280
Turlock, CA 95382

Call today for
your appointment!
Space is limited!
209-216-3530



Present This Newsletter for

\$500 OFF your Invisalign Treatment
and
FREE Whitening Treatment Included

Drawing for Free IPOD!!!!

Making gorgeous smiles affordable



Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches.

Temporomandibular Joint Disorder (TMD) is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

Uncommonly Adaptable

Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

Here are some of the ways that dentistry can improve your smile using dental implants.

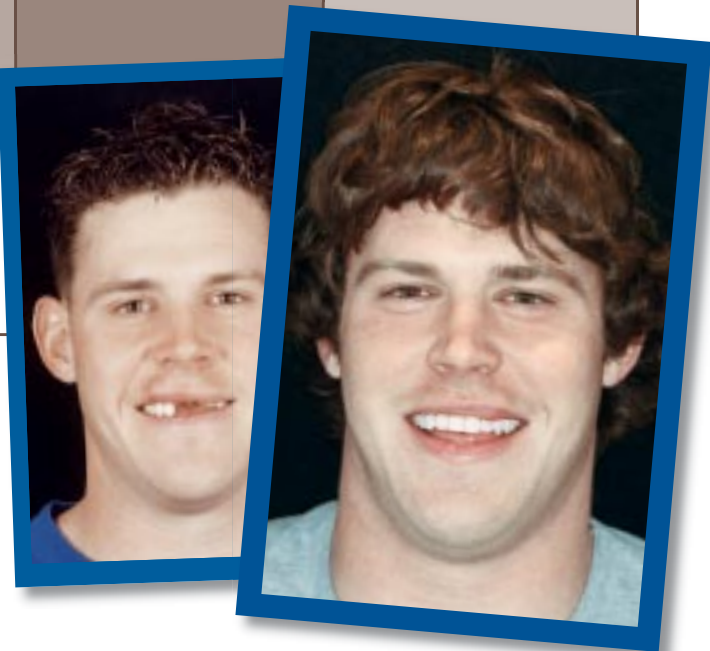
Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

One of today's many dental implant options could provide the dental solution you're looking for!

Set A Great Example



Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.

MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

Pulmonary Infection: Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

Osteoporosis: Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

Diabetes: People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

Heart Disease & Stroke: People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

Oral Cancer: An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

Pregnancy: Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

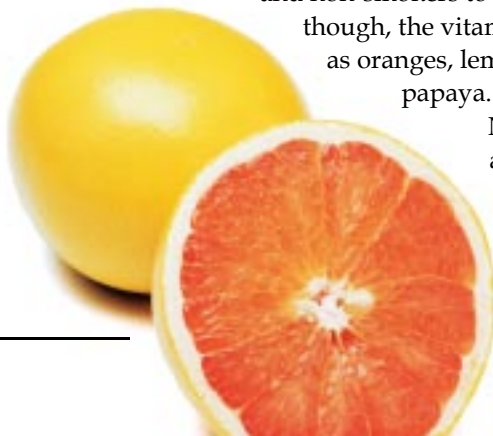
Diverse & Abundant!

Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



7

Reasons To Smile

Communicate...
express yourself...
enjoy!



Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... putting a good face on things?

We not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are. We seek recognition from others, and smiles are one of the ways we find it. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want you smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

- **Whitening** lightens the color of teeth that have darkened due to age, smoking, coffee, tea, or medication.
- **Crowns** cover broken, cracked, and poorly shaped teeth to restore natural appearance.
- **Veneers** cover the front of a tooth to mask discoloration and improve shape.
- **Bridges** replace one or more natural teeth by supporting a false tooth attached to one or two crowns.
- **Braces** correct crooked or crowded teeth, overbites, underbites, and incorrect jaw position.
- **Composite/Inlays/Onlays** restore and strengthen decayed areas while looking like original tooth color.
- **Bonding** masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.



office information

Symphony of Smiles
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1801 Colorado Avenue, Suite 280
Turlock, CA 95382-2708

Office Hours

Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 8:00 am – 5:00 pm
Thursday 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..... Front Office Coordinator
Becky..... Registered Dental Assistant
Rusty..... Registered Dental Hygienist
Bonnie..... Office Manager

*Communication is important
to us - don't be
afraid to ask questions!*

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

Relationships Inspire

Fluoride Rinses Protect your teeth!

People who grow up in areas where fluoride is naturally present in the water have far fewer cavities. Fluoride actually bonds to teeth as they grow, increasing their resistance to decay. It also helps stop cavities by interfering with the growth of decay-causing bacteria.

What can you do to ensure your teeth are getting full fluoride protection? Brush with a fluoride toothpaste, and use a fluoride mouthwash that has been approved by the *American Dental Association*. But remember ... using a mouthwash does not replace brushing.

If you want to know more about sources of fluoride, and how much is good for you or your family, we'd be pleased to discuss this with you at your next appointment.