

# Symphony of Smiles



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

Produced to improve your dental health and awareness

Spring 2008

## fromthedentist

### AAID Membership More than prestige

I know you understand that our team works very hard to deliver only the best dentistry to you and your family. We're proud of our technology, but continuing professional development and education for every member of our team is the real priority. For example, I have recently become a member of the *American Academy of Implant Dentistry* (AAID) and enrolled in their Implant Maxi course at *Loma Linda University*.

I am also a member of *American Academy of Cosmetic Dentistry*, *American Academy of General Dentistry*, *American Dental Association*, *California Dental Association*, and the *Stanislaus Dental Society*. This means I have access to a wide variety of resources that help to ensure that my staff and I can provide you with the highest level of care possible. Our first commitment is always to your healthy future.

*Yours in good dental health,*

*Dr. Gary L. Thiele*



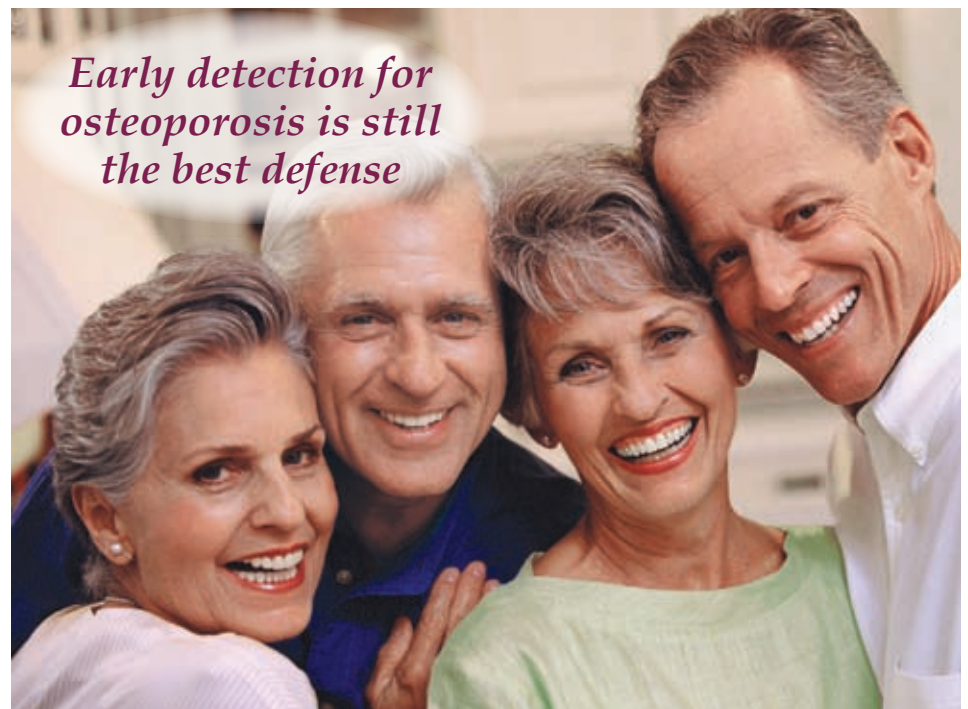
## The Silent Thief

### Men and women and osteoporosis

Your entire skeleton replaces itself every ten years. Around age forty both men's and women's bone-protecting hormones decline. As men move through andropause and women through menopause, their ability to replace bone tissue becomes slower than their ability to rebuild it, leading to some degree of thinning. Women also have a 5% lower bone density than men to begin with, leaving them with fewer reserves to draw on when age-related bone loss begins. These two factors: diminishing reserves and declining hormones can escalate the development of osteoporosis or *porous bones* in both sexes, and particularly in women.

Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, and an inability to create functional restorations. Osteoporosis is the cause of virtually all broken bones in people over age 65. Science is urgently exploring preventive and therapeutic options, but early detection is still the best defense.

As your dental professionals, we may be the first to observe its silent symptoms based on your medical history, including risk factors, and results of clinical and x-ray examination. We urge you to keep your recall appointments.



*Making gorgeous smiles affordable*

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger

close gaps

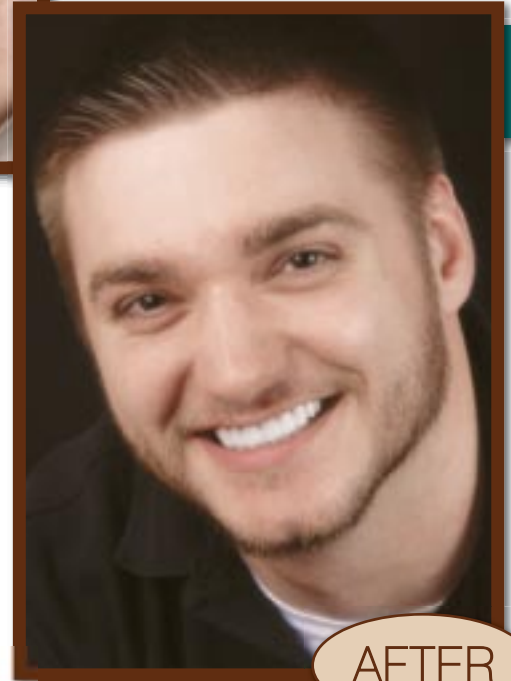
repair

straighten

brighten

camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





## 2 Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

### IMPLANT & VENEERS



### COMPOSITE FILLINGS



# CRACKED TEETH?

A dentist can help

## How Would I Know?

- Teeth hurt upon biting, and pain disappears right away;
- Cold or hot drinks cause sharp and immediate pain.

## How Does It Happen?

- Years of biting down on hard objects;
- Teeth clenching and grinding;
- Accident that affects the mouth;
- Stress on heavily filled teeth.

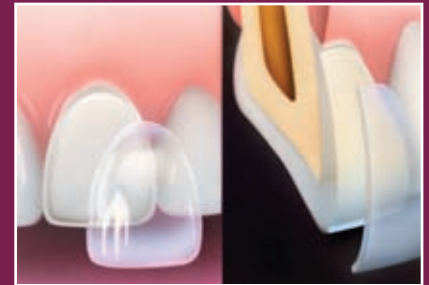
## How Are Cracked Teeth Treated?

- Craze lines, the tiny cracks that affect only the outer tooth enamel, cause no discomfort and require no treatment, but they can be hidden with cosmetic veneers.
- Deeply cracked teeth may require crowns to reinforce the tooth's structure, or root canal treatment if dental pulp is affected.



# Smile Makeovers

*Improve the appearance and proportions of teeth that are stained or chipped, or that overlap or are uneven, with cosmetic veneers. Veneers are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. They can be designed to improve the proportions of your smile.*



## office information

**Symphony of Smiles**  
Gary L. Thiele, DDS, FAGD, FIADFE  
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

Office (209) 216-3530  
Fax (209) 216-3540  
Email doctorsmile@earthlink.net  
Web site www.symphonyofsmiles.com

### 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!**

## A Brilliant Merge Overdentures

Merging the benefits of two tried-and-true dental techniques – *dental implants* (biocompatible posts implanted in your jawbone) and *dentures* – offers a tremendous benefit for denture wearers. Because the denture clips over snap-like attachments on the implant, they're called "overdentures," and they can be easily removed for cleaning, just like a standard denture. The great advantage? The overdenture is very comfortable and very secure (without adhesives) which helps patients to speak more clearly and eat easily.

Another benefit of the overdenture system? Placement is a simple in-office procedure, and you leave with the overdenture in place.

Please call today if you or someone you love might benefit from this merge of technology.

## Accept Our Gratitude...

### For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we *really* appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.