

Symphony of Smiles



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

Produced to improve your dental health and awareness

Spring 2007

fromthedentist

Resolve To Smile

It's spring!

Smile if you let a new year's resolution slide! *Just one?* Well, I'm sure you have plenty of company. I like to think that spring is our second – and maybe best – opportunity to actually follow-through with self-improvements.

If you *meant* to get your teeth cleaned and whitened at New Year's, we believe you! But spring is an equally perfect time with upcoming weddings and graduations, and in general, people are outdoors more, so you're going to see and be seen more!

One appointment could be all it takes for your mouth to feel and look springtime fresh. We can also camouflage flaws that the camera might catch.

Spring is the real go-getter season. We hope the article *Fitness Is As Fitness Does* strengthens your resolve to make an appointment!

– Dr. Gary L. Thiele & Team

turnthepage

What have you been hiding?

The perfect fix for men of action!

Know the 3 ways to trick time!

Fitness Is As Fitness Does!

Defeat gum disease & improve your health

Numerous reports, including the *Surgeon General's Report*, recommend thirty minutes of moderate physical activity a day for better physical and cardiovascular health. Did you know that can be *accumulated* activity, such as three bouts of ten minutes each? So maybe you *can* rescue those fitness resolutions! The Surgeon General says you can benefit your cardiovascular health in another way – by taking care of your oral health.

Heart disease and strokes have been linked to gum disease. For some reason, people find that difficult to believe. But if you think of your mouth as the gateway to your body, you might find it easier to visualize how oral bacteria can have the potential

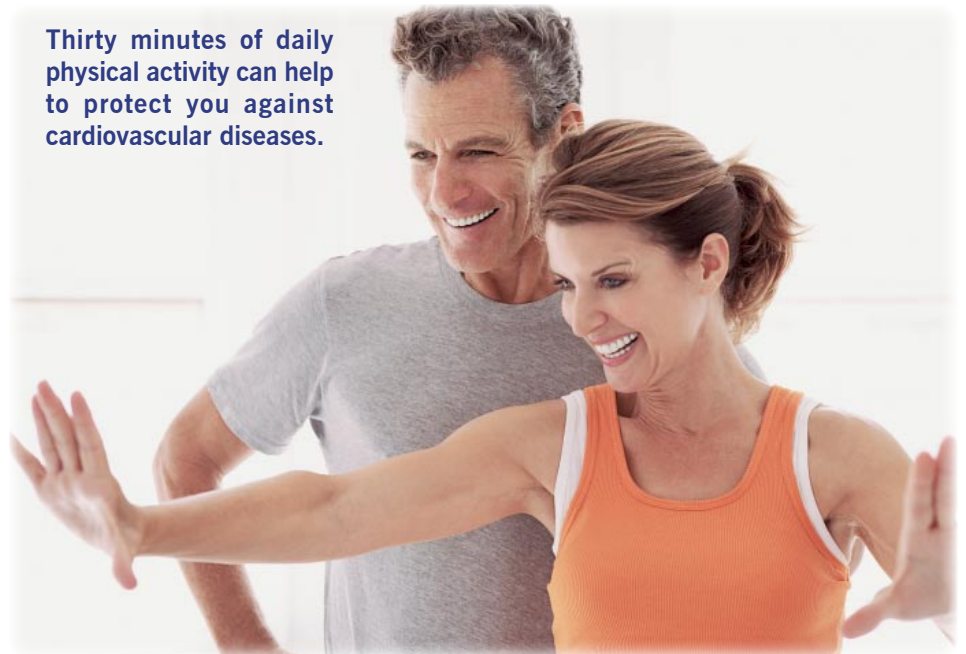
to affect the rest of you. Your gums form a natural barrier against bacteria migrating into your bloodstream. If your gums are wounded due to injury or gum disease, your natural protection will be compromised.

Science is still investigating the precise dynamics between oral disease and overall health, but the Surgeon General went so far as to say that “you cannot be healthy without oral health.”

Thirty minutes of daily physical activity can help to protect you against cardiovascular diseases. So can the *few minutes a day* it takes to brush, floss, and rinse.

So get going and pay attention to your smile! It's really one of the easiest fitness routines out there!

Thirty minutes of daily physical activity can help to protect you against cardiovascular diseases.



Making gorgeous smiles affordable



Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

Answers: all of the above; gum disease; seconds of brushing

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

Type Of Crown: **All-Metal**

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type Of Crown: **Porcelain Fused to Metal**

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type Of Crown: **All-Ceramic or All-Porcelain**

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Increase Your Shelf Life

Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



Assert Yourself!

Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

Investing In Your Future

Leading-edge technology has many benefits

When we invest in leading-edge technology like our digital panoramic x-ray machine, we are investing in your future. Our digital panoramic x-ray helps us to see all of your upper and lower teeth, your jaws, jaw joints, the nasal area, sinuses, and surrounding bone – in a single image.

How does this benefit you? The single digital panoramic x-ray...

- has much less radiation than the traditional full set of film x-rays;
- is faster and more comfortable which is particularly beneficial when you are in pain;
- helps patients who have a sensitive gag reflex because it moves around and outside of the head instead of inside the mouth;
- creates baseline data that we can compare against for long-term dental health, particularly when we meet new patients that you refer to our practice.

The digital panoramic x-ray is also an excellent diagnostic tool that will reveal:

- impacted teeth (especially wisdom teeth);
- deep cavities;
- periodontal disease;
- jaw joint problems;
- who requires full or partial removable dentures, dental implants, braces;
- who is at risk or suspected of having oral cancer or other tumors of the jaw;
- alveolar bone loss that could mean osteoporosis in both men and women, causing ill-fitting restorations;
- symptoms of potential stroke.



Please ask us about our digital panoramic x-ray or other dental technology. We're happy to answer your questions.

officeinformation

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!

Save A Smile!

With a custom mouthguard

We are absolutely committed to the prevention of one of the most common injuries among sports participants. Dental injuries can be painful, expensive, and damaging to appearance and self-esteem, yet most are preventable with a *custom-fitted* mouthguard. If you've ever had a mouth injury, you'll know how important this is!

Think about it: people of all ages don't wear helmets, knee pads, shin pads, and elbow pads because they know the risks if they don't. But despite the mouth injury stats that make us wince, many don't use mouthguards. We don't understand why, and that's why we want to spread the word...

If you know someone who could benefit from the best kind of mouth injury protection, please give them our referral card. They'll thank you for it.

Your Referrals...

Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that *your testimonial* speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them. *Thank you.*

