



# Symphony of Smiles

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

Produced to improve your dental health and awareness

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from the dentist

## Seeing Is Believing

### Take this test & change your life

Research has shown, not just once or twice but repeatedly, that for most people your smile outranks your eyes, hair, and body as your most attractive feature. Being a person yourself, it's probably also the first thing you notice – or avoid – when you look in the mirror or at photographs of yourself.



BEFORE

AFTER

Actual Patient of Dr. Thiele

You know, there's no need to be embarrassed to visit us because it's been some time since your last appointment. That's what dentists are here for. Once you've decided to improve your smile, our dental team will help you explore your esthetic options. Teeth whitening, veneers, crowns, and implants can create your ideal smile – often in only a visit or two. We look forward to helping you pass your smile test with flying colors!

**Here are questions to help you decide how much you like what you see. After all, who knows better than you how your smile has affected your happiness and success.**

1. Are you totally happy with the way your teeth and smile look?
2. Do you habitually hide your smile with your lips or your hands?
3. Do you try not to smile in front of others, especially people you don't know or who have terrific smiles?
4. When the camera comes out, do you avoid smiling?
5. Would you like a smile that makes you feel proud and confident?
6. What would you like to change about your smile?

**turn the page**

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

*Making gorgeous smiles affordable*

# Don't Be So Sensitive!

## Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

### What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

## That Jarring Jawbone!

### Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

*Reinforce  
the power  
of your  
smile*

## PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

■ One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.

■ A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER



# 3 Ways To Age Your Smile

## Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

**FIRST Receding gums.** When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

**SECOND Root cavities.** Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

**THIRD Tooth sensitivity.** Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



## IN PRAISE OF Olive Oil

### Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



# For Your Safety

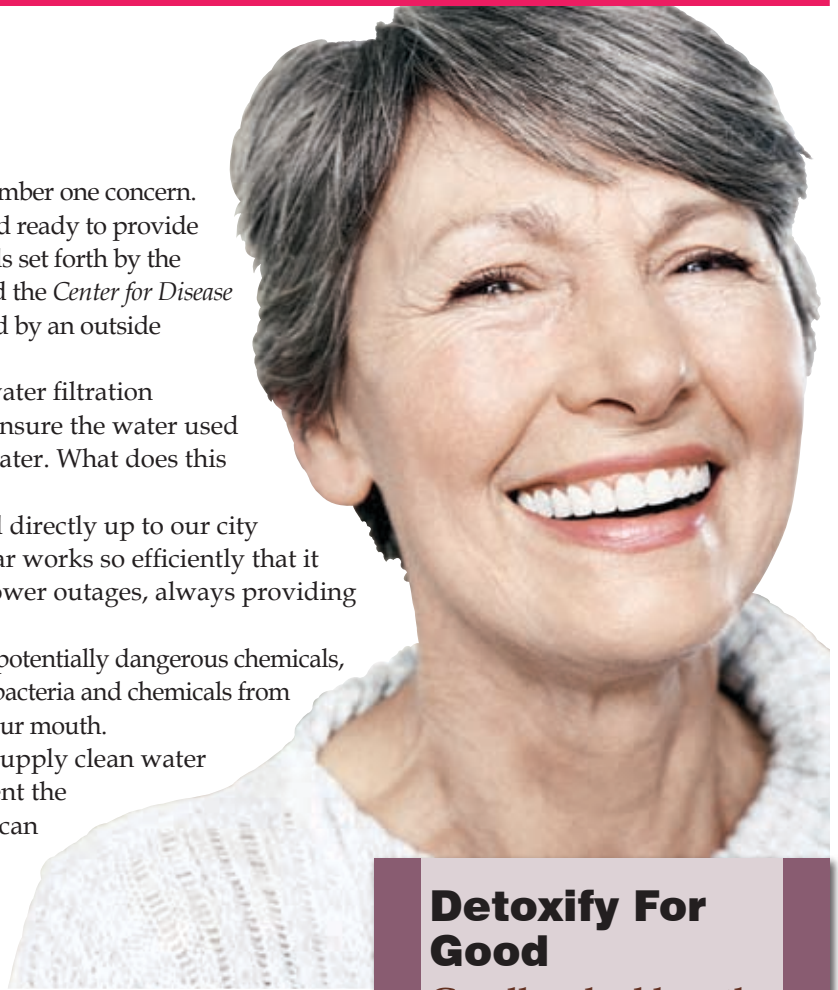
## Filtration system ensures clean water

When you come into our office, your safety is our number one concern. To ensure that our facility and instruments are sterile and ready to provide risk-free care, We take measures that exceed all standards set forth by the *Occupational Health and Safety Administration (OSHA)* and the *Center for Disease Control (CDC)*. But, what about the water that is supplied by an outside source? We have a solution for that too!

Our office has been equipped with a *VistaClear™* water filtration system. This top-of-the-line technology allows us to ensure the water used in your treatments is bacteria-free and crystal-clear water. What does this really mean to you?

- **Never-ending supply.** Since this system is hooked directly up to our city water pipes, we will never run out. Plus, VistaClear works so efficiently that it can even be used during boil-water notices and power outages, always providing clean water.
- **Chemical-free process.** Rather than using messy and potentially dangerous chemicals, VistaClear uses multiple filtration stages to eliminate bacteria and chemicals from water. This way you know exactly what is entering your mouth.
- **Emergency control options.** VistaClear is able to supply clean water to up to seven separate operatories. But, in the event the water needs to be shut off in one room, the others can still receive uninterrupted supply, allowing your treatments to be completed efficiently.

*Your safety matters. VistaClear ensures you receive clean, bacteria-free water.*



## office information

### Symphony of Smiles

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1801 Colorado Avenue, Suite 280

Turlock, CA 95382-2708

### Office Hours

Mon-Thu 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

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### Office Team

Jeanie..... Patient Coordinator

Becky ..... Registered Dental Assistant

Rusty.....Registered Dental Hygienist

Bonnie..... Office Manager



[www.symphonyofsmiles.com](http://www.symphonyofsmiles.com)

## Oral Cancer Checkups

### Detect it early!

In the United States, one person dies from oral cancer each hour of each day. In fact, more people die from oral cancers than either cervical or skin cancer. And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor. When discovered late, the 5-year survival rate is a frightening 50%. It is imperative that oral cancer is detected early, before the disease advances. Conscientious dentists keep a keen eye for telltale signs like lumps and discoloration, and many are employing high tech devices to detect changes even before they are visible. But patients can have a role in early detection too, through the self-exam process – see [www.oralcancerselfexam.com](http://www.oralcancerselfexam.com) for a complete tutorial or call today for a comprehensive exam.

## Detoxify For Good

### Goodbye bad breath

Some foods are obviously not for dates or important business luncheons. Who wants to struggle in a skirmish with a plate of spaghetti or risk a tummy-burbling bowl of fiery chili beans? But there are quieter sneakier hazards. Even seemingly safe salads can be loaded with tiny toxic bits of spice, garlic, and onion. That's when you need a smelly food quick-fix.

Lemons, cinnamon sticks, parsley, mint sprigs, and other green garnishes are great emergency deodorizers, but their effects won't last, especially if your bad breath is chronic.

Brushing your teeth, gums, and tongue can help fight bad breath ... but go the extra distance! Dentistry can help you with effective treatment plus brushes, toothpastes, tongue scrapers, antibacterial agents, and mouthrinses designed to vanquish your bad breath – at home, work, and play!