

Symphony of Smiles



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

Produced to improve your dental health and awareness

Summer 2008

fromthedentist

Committed To You Now and always

Have you ever wondered why I am so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

My studies at Loma Linda continue two days each month attending the AAID Implant MaxiCourse to expand my knowledge and skill.

I am very proud and honored to have been selected as one of America's Top Dentists 2008 by the Consumers' Research Council of America.

Please accept my gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

*Yours in good dental health,
Dr. Gary L. Thiele*



Think COLOR & Harmony

*Look younger with
translucent veneers*



People who can't see other colors can usually see yellow. Sometimes that's good - think sunshine, daffodils, and Post-it® notes. Sometimes that's bad - it's discouraging to think that even the *dyschromatopic* notice stained yellows teeth. But you can replace your not-so-mellow yellow with a melodious tone of white - with ultra-thin, translucent porcelain veneers.

The art of dentistry is about more than color. Dentists consider esthetic principles to enhance smiles that harmonize with your age, lifestyle, ambition, and physical appearance. A too-white smile can look out of place in the prime of life when teeth tend to get shorter with wear and when laugh lines and wrinkles make their appearance.

Did you know that hand-sculpted veneers can help you look younger by:

- Plumping out wrinkles;
- Adding volume to your smile;
- Restoring length and balance to worn-down teeth;
- Rejuvenating discolored teeth;
- Concealing chips or gaps.

How do veneers do all that? Porcelain veneers are hand-sculpted layer by layer to your teeth's exact dimensions. They reflect inner light and show the fine detail of natural tooth enamel so that they look completely natural when bonded to your teeth. The entire process can be completed in just two or three appointments.

Porcelain veneers are well worth the investment to restore sparkle and youthfulness to your smile and to restore the proportions your face was meant to have.



veneers



Making gorgeous smiles affordable

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

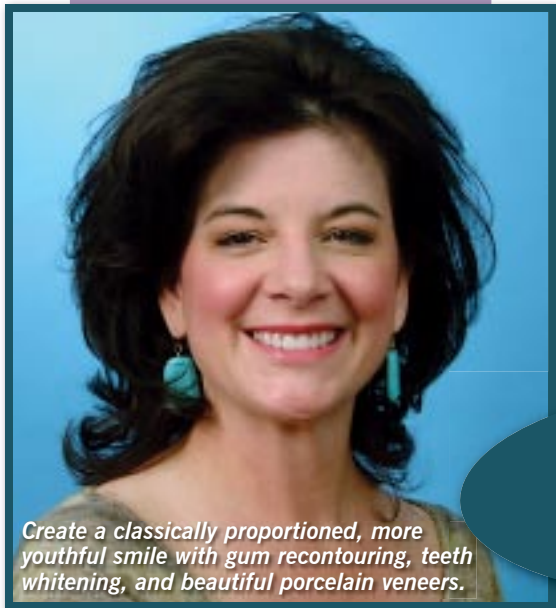
Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Complete Or Partial?

Dentures can be a total smile solution

Dentures can restore your natural appearance and your ability to eat and speak. They can even help to plump out facial wrinkles. For many people – in consultation with their dentist – dentures remain the treatment of choice to replace missing teeth.

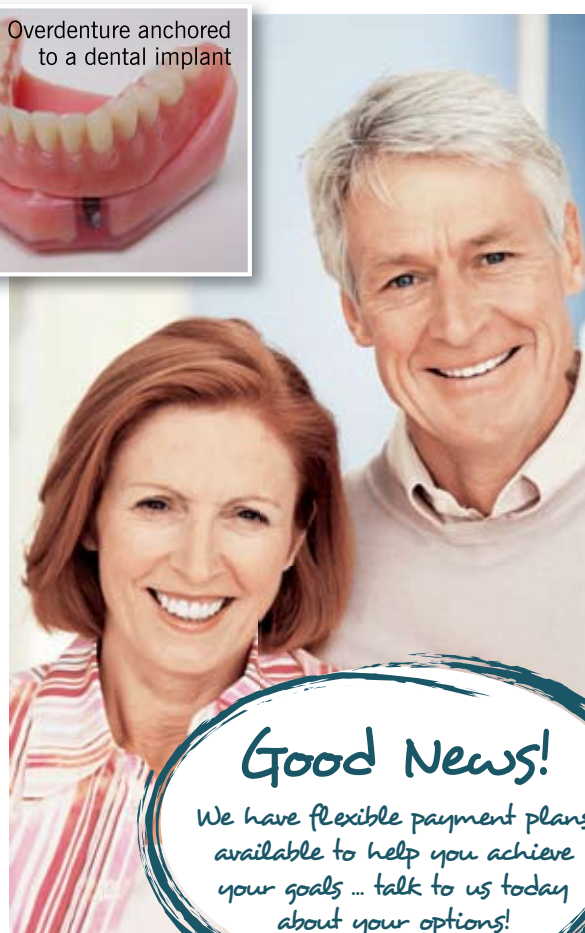
Dentures are removable, custom-fitted replacement teeth that are crafted from strong, durable materials like acrylic resin which can be reinforced with porcelain or metal. There are two main types of dentures: complete and partial. Overdentures are a hybrid of the two.

Complete dentures replace all of your teeth. You may require both an upper and lower prosthetic, although sometimes only an upper denture is required. They can be placed immediately after extraction or after a lengthier healing period. There are advantages and disadvantages to either approach, and we can review these together.

Partial dentures correct only the gaps in your smile by anchoring removable dentures to your natural teeth with metal clasps or nearly invisible devices called precision attachments. By filling in gaps, partials can help to prevent further decay, gum disease, or the shifting of your remaining teeth.

Overdentures are similar to complete dentures but use one or more natural teeth for support like a removable partial. In some instances, they can be attached to dental implants.

With proper care, your dentures will provide a natural looking, functional smile for up to ten years. Please call us: dentures could be your smile solution!



officeinformation

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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
BeckyRegistered Dental Assistant
Rusty.....Registered Dental Hygienist
Bonnie.....Office Manager

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

Your Dental Insurance

Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2008 dental insurance expires. So give us a call!

Simple & Effective

Restorations mimic nature

Often it's the simple strategies – the ones you can't see – that send the strongest message. White fillings match tooth enamel so perfectly, for example, that your smile will look healthy, attractive, and natural.

Enamel-colored sealants offer a cosmetic and preventive benefit to dentistry. Sealants can be applied in just a few minutes and will protect your tooth enamel against the invasion of cavity-causing bacteria, working invisibly to keep your smile's sparkle bright.

Contemporary restorative materials are more durable than ever before, and more natural looking thanks to built-in qualities like translucency that mimic your own enamel.

Strategies so simple ... and so effective ... that no one will know but you!