

# Symphony of Smiles



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

Produced to improve your dental health and awareness

Winter 2008

## fromthedentist

### Helping You To Relax Sedation dentistry

We are pleased to announce that we in our office are trained to make oral sedation available to our patients. Anxious or even phobic patients often discover that sedation dentistry can offer the perfect relaxing solution for maintaining good dental health.

We use oral sedation (pills) for many of our patients who are needle-phobic. Since patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits.

How will you feel? Most patients feel that they have slept through the appointment. You will need someone to bring you to our office on the day of your sedation appointment, and you *must* have someone take you home afterwards.

Please call. All that's between you and excellent dental care is a couple of tablets of medication!

*Yours in good dental health,*

*Dr. Gary L. Thiele & Team*

## turnthepage

How to boost your smile wattage!

Crown your confidence!

What color do you smile?

## Make The Wise Choice

### Book a hygiene appointment for optimal dental health

Regularly climbing into our *hygiene* chair can mean gaining better health, better looks, and even staying out of the *dental* chair! When you consider that oral disease can be silent and symptom-free and that research has linked oral disease with other health problems, making regular hygiene appointments is definitely your wisest choice.

People often misinterpret hygiene appointments ... they're not *just a simple cleaning*. Here's what happens when you're here:

- We examine your gums to screen for areas at risk. If you have periodontal disease, your healing progress is monitored with detail. Regular cleaning will help keep your gums and teeth as healthy as possible.
- Prevention is a crucial part of your visit. Regular appointments allow us to catch problems in their early stages before things get out of hand.
- Take advantage of our knowledge! Your appointment is also a wonderful opportunity to ask all the questions you have about how restorative and cosmetic dentistry, and even broader topics such as how medications affect



your oral health. In short, if you've got the questions, we've got the time.

- We provide patient education and demonstrations for correct brushing and flossing, explain proper cleaning and maintenance for dentures, crowns and bridges, and orthodontics.

Please ensure that you are scheduled for ... and that you commit to making the date. It will ensure your optimum oral health and a clean, great-looking smile.



**LEFT:** Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.

**RIGHT:** Research has shown that we see teeth as whiter when they are surrounded by pink gums.

*Making gorgeous smiles affordable*

## **G**oodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

## *Fabulous Lips!*

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

**Glorious smile!**



## **Crown Your Day!**

*Light up your beautiful smile – discretely!*

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

**1** A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

**2** When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

**3** A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!



# Don't Pout!

## Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!

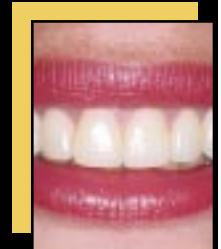


## Smile Talk

Color has a lot to say!

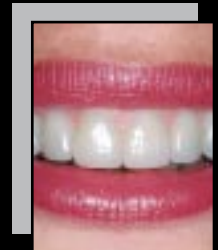
Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

**Yellow?** The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



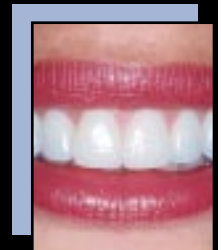
Yellow

**Gray?** It's likely that you have experienced tetracycline damage – probably sometime during your youth.



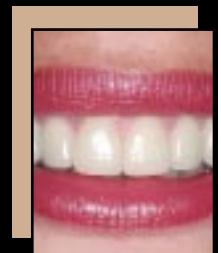
Gray

**Blue?** Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



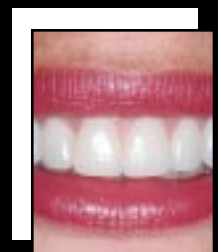
Blue

**Beige?** Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

**White?** You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.



White

# Turn Imagination...

## Into reality

We're determined to provide our patients with the very best new techniques and technologies modern dentistry has to offer. We want nothing to stand in the way of a beautiful smile! This is why we're now offering an impressive new service to our patients and their families who might be considering some cosmetic dentistry procedures. It's called Smile-Vision, and it allows patients to see for themselves how they would look after cosmetic treatment. Here's how it works.

First, we take a series of digital images of you and your smile using a dedicated camera and computer package. Then we send those images to the Smile-Vision headquarters where they are manipulated to show what your smile could look like after a variety of aesthetic procedures are undertaken. These procedures could involve crowns, veneers, bonding, or even whitening. Every smile is

different, and every solution is unique! Patients' individual concerns are taken account of, such as yellowing or chipped teeth, and so on. When we receive the completed digital image in our office, we can then discuss in detail with you exactly what kind of treatment is possible. Seeing is believing!

This enhanced communication is a real benefit both for us and for our patients. If you're interested in what your smile might look like with a little touch up or extensive treatment, please inquire about our Smile-Vision service.



### Rejuvenate

With renewed self-confidence, you'll look & feel years younger! Ask us about the cosmetic options for 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](mailto:doctorsmile@earthlink.net)  
Web site [www.symphonyofsmiles.com](http://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!**

## Exceeding Expectations

### Our daily pledge

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ...and to keep them up to the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

*Thank you*, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.

## Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!