

Symphony of Smiles



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

Produced to improve your dental health and awareness

Winter 2010

fromthedentist

Best Wishes

Thanks for 2009

As we start the new year, I would like to thank each of you for your continued loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2010 and look forward to seeing you in this New Year.

Yours in good dental health,

Dr. Gary L. Thiele



*Sending you the
warmest of wishes for the
new year*



*From the entire staff at
Dr. Gary L. Thiele's*

Making gorgeous smiles affordable

PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

Restore gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

Prevent or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

Sculpt your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

STEP UP TO THE WINNER'S CIRCLE!



Winner Takes All!

Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

Brighten your teeth by up to eight shades quickly, reliably, and safely.

Camouflage more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

Say goodbye to old silver fillings with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

Set Your Sights On Health

Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.



Nothing False Here

Dentures *can* look like natural teeth

When you're missing several teeth, the only thing worse than the unsightly gap left behind would be a blatantly obvious restoration. You know what we mean – that one-size-fits-all denture that *everyone* can tell definitely is not natural. But, it doesn't have to be this way. Dr. Thiele is happy to offer *Custom Aesthetic Dentures*. Now, you *can* have restorations that actually look like your natural teeth!

So, what makes Custom Aesthetic Dentures different? Aside from being finely crafted for your age, gender, personality, and physical appearance, they have one other very special feature. As with natural teeth, these restorations are not perfectly aligned with one another. How many people do you know that have exact alignment throughout their mouth? We'd guess



none. It is this variation in alignment that creates a more natural smile.

When you're deciding on restorations, aesthetics – although important – aren't the only factor that needs to be considered. You need something that is going to be stable, functional, and

comfortable. Custom Aesthetic Dentures are specifically designed to be all of these things – and more.

You don't have to settle for the obvious when it comes to your restorations. Ask us about Custom Aesthetic Dentures today.

office information

Symphony of Smiles

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www.symphonyofsmiles.com

Healthy Mouth... Healthy Heart

Gum disease has been linked to many serious conditions including heart disease. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. Gum disease can appear silently without any symptoms, so regular checkups are important for everyone. A professional cleaning by one of our dental hygienists is the only way to remove hard deposits of tartar from your teeth. Tartar is formed when plaque builds up and hardens. If it stays put, chances are it will lead to gum disease.

We are committed to sharing information regarding medication, diet and dental treatment options to optimize your oral and overall health. Healthy eating is an important component of a healthy mouth and body. Experts recommend super-foods, including beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, tea (green or black), tomatoes, turkey, walnuts, yogurt...

We've presented these foods alphabetically, but here's a hint. Think color! The nutrients in foods that are deep blue, purple, red, green, or orange can protect against heart disease and cancer.

