



Produced to improve your dental health and awareness

Spring 2014

Look Younger Without Surgery!

As us about your dental facelift options

One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Once we've decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we'll take into consideration your face shape and the proportions and symmetry of your face and smile.

We'll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

Based on these dimensions, your occlusion (bite), and your preferred

smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications
- gaps that trap food and make you feel self-conscious about smiling
- overlaps and crowding that create an accordion appearance, especially in profile
- unsightly chips or cracks that catch

on dental floss and attract stains like magnets.

Reproportioning

- an uneven or too-gummy gumline
- teeth that appear too long due to receding gums
- poorly shaped or sized teeth that don't suite the proportions of your smile
- worn down teeth from clenching and grinding or enamel erosion.



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



We're On The Lookout

Regular oral cancer screenings

While you may think that cancer of the mouth is rare, it will be diagnosed in over 100 people each day in North America, and someone dies from it every hour every day.

- Younger non-smoking patients under the age of 50 are the fastest-growing segment of the oral cancer population.
- 75% of head & neck cancers originate in the tongue, 17% on the lip, 14% on the mouth floor.
- When found at early stages of development, oral cancer patients have an 80-90% survival rate.

Please keep your regular hygiene appointments where we can thoroughly check for signs of anything unusual. That could be all it takes to save your life.

True Quality Shows

When you're smiling – we're smiling!

Gum disease is a triple threat. It arrives silently without symptoms, so opportunities for prompt treatment are missed. It can damage your oral and general health, and it can profoundly diminish your quality of life because **untreated gum disease can affect your day-to-day life in many ways...**

- Your mouth and face can really hurt. It is an infection after all, and as such, involves swelling and bleeding.
- You can find it difficult to chew food which puts your general health at risk. Flavor can be greatly reduced.
- Altered chemical and digestive processes in your mouth can lead to Irritable Bowel Syndrome and other digestive disorders that will inhibit your work and social life.
- You may find it challenging to communicate clearly because of loose or missing teeth.
- You can experience deep feelings of embarrassment and isolation because swollen gums, missing or tilting teeth, and prematurely aged and sunken facial features may inhibit you from smiling.

Thankfully you've got us! With regular visits and assessments, and a little home care instruction if you need it, we can help you avoid gum disease and help decrease your risk for other chronic diseases!



A Change Of Attitude

Root canal Rx

The power of words to conjure feelings like anxiety is truly amazing. Say "root canal" and you know what we mean. That anxiety is residue from the very distant past, as today, this procedure is comfortable and safe. With advanced endodontic techniques and technologies, it's also fast, efficient, and without discomfort.

Treating teeth that have become infected, damaged from injury, or contain a slowly dying nerve can protect you from pain and suffering in the here and now ... and extensive restorations, discomfort, and expense in the future.

Once we've saved your tooth, we'll restore it to its former strength and beauty with a crown. That way you and your tooth – and your smile – will be protected for the long-term!

Candy Is Dandy

But a great smile is better!

Smiling is even better than feel-good chocolate! It creates a calorie-free happiness loop that reinforces your feelings of joy, and socially, it helps to create trust with others. People can tell if you are smiling on the phone, even if they can't see you! So if you're not smiling because it embarrasses you, cosmetic veneers could give you high-speed access to the gorgeous smile you want.

Veneers are individually sculpted just for you. They're so natural-looking that no one will know you have them ... but they will definitely notice how beautiful your smile is.

HERE ARE FOUR GREAT THINGS THAT VENEERS CAN DO FOR YOU...

1. Brighten dull, yellow, or even darkly stained teeth. The modern materials we use also resist future staining.
2. Correct slight twists, overlaps, & gaps – instantly – without braces.
3. Camouflage chips & cracks.
4. Re-balance the appearance of teeth that are misaligned, uneven, or irregularly shaped.

If you'd like brighter teeth, skip the sugar high and give us a call or tell us at your next recall appointment. Let's talk about improving your smile!



BEFORE



AFTER



Results may vary

Kudos For Kale!

Enrich your smile

What you eat has a powerful impact on your teeth. Not just on an immediate level – when sugars and acids break down teeth enamel – but nutritionally. To fortify your smile, choose fresh produce rich in provitamin A (beta carotene) including collard greens, cabbage, spinach, lettuce, carrots, sweet potato, pumpkin, and kale. Eat raw, cooked, or baked! Low-cal, nutritious, and delicious!

Try Healthy Kale Chips

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

- Preheat oven to 350°F.
- Line a cookie sheet with parchment paper.
- Remove the leaves from the thick stems & tear into bite-sized pieces. Wash & dry thoroughly with a salad spinner.
- Toss dry kale in olive oil & sprinkle with salt.
- Spread on cookie sheet and bake until edges brown (about 10-15 minutes). Make sure you watch closely to avoid burning.

FREE *Whitening For Life* Loyalty Program



To reward our most loyal patients for maintaining their regularly scheduled hygiene appointments, we offer Free Whitening For Life. With the purchase of custom-made whitening trays for \$199, you will receive touch-up whitening gel absolutely free every time you maintain your recommend hygiene care appointment.

Whitening is a simple and convenient process that lightens, brightens, and beautifies your smile. With your continued loyalty and on time scheduling you can maintain that bright smile for life!

before

after



office information



General, Cosmetic & Implant Dentistry

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Contact Information

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Office Hours

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Office Staff

Beth, Stephanie Office Administrators
Karla, Hygienist
Wendy, Alisha, Danielle Assistants

Make Our Day

Surrounded by the busy hum and bustle of an active, friendly dental practice, it's easy to think that there's no room for new patients. Nothing could be further from the truth. We love our work, and part of that is the excitement of getting to know new patients, as well as the satisfaction of successfully providing dental care for long-term clients.

We enjoy having you as patients so much ... that we would like more that are *just like you!* So, who better to ask than you? When you refer your friends, colleagues, or family to our office, it makes our day. It shows that our dedication to our patients' oral health has been noticed. We're happy that you feel comfortable and at ease in communicating both to us and about us.

The best part is that referrals are always win-win situations. Your friends and family can experience the same level of care that you enjoy, we get more great patients, and we even have a little something for you ... just to show our gratitude. As our way of saying thanks, **you will receive a \$100 gift certificate that can be used on any dental treatment for every referral who becomes a patient.** Make sure they mention your name when they make their first appointment! After all, what's a little name-dropping between friends? Thank you for your confidence.