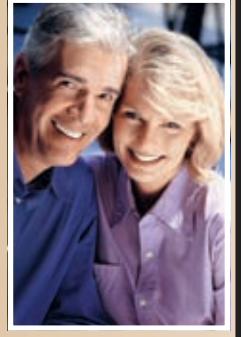




# Something To Smile About Julie M Gillis DDS PC



Produced to improve your dental health and awareness

Summer 2010

## fromthedentist

### Photo Shoots In A Dental Office?

You may have noticed several new portraits around the office recently. Although I have been taking clinical photographs for years, I have recently been incorporating portrait photography into our dental practice.



Moving out of the treatment room and into our cool but small portrait studio creates an environment that is more relaxed. It gives you the opportunity to interact with me as a creative artist and friend, as opposed to just your dentist.

I couldn't do this without my talented assistants who contribute their sense of fashion, organization, creativity, and upbeat attitude. The resulting portraits provide a creative way for us to showcase your beautiful smile and personality.

Celebrating beautiful dentistry creates a passion that fuels my never-ending pursuit of excellence. Thinking back to when I was a new dental graduate to the present, I feel genuine gratitude for the road my life and work have taken. I resolve once again to keep on taking it to the next level.

*Keep on smiling,*

*Dr. Julie Gillis and team*

## "We're Sleeping Better ... Thanks To Our Dentist!"

Virtually all of us snore from time to time. In fact, it is estimated that about one third of the population snores regularly. Light snoring is no more than an occasional, inconvenient habit, but heavy, loud snoring could be a sign of obstructive sleep apnea which deprives your body of oxygen. Snoring and sleep apnea are manageable and curable, but most people do not consider contacting their dentist to help them. It's time to re-consider!



### What causes snoring and sleep apnea?

When we fall asleep, the muscles and soft tissues in the throat and mouth relax making the breathing airway smaller. This increases the speed of the air flowing through the airway and causes the soft tissues to vibrate, much like air whooshing out of a balloon.

In more severe cases, the soft tissues collapse against the back of the throat, cutting off the airway for 10 seconds or more. Lack of oxygen forces you to partially awaken, often with a loud gasp in order to open the airway. This condition is called obstructive sleep apnea.

### Some of the most common symptoms of obstructive sleep apnea include:

- loud snoring, gasping, or jerking during sleep
- headache and sore throat
- excessive sleepiness during the day
- confusion upon waking, difficulty concentrating, irritability, or depression.

### What is the best treatment?

Several simple actions may help you stop snoring, including: losing weight, avoiding alcohol, sleeping on your side, and using a humidifier.

The most common treatment for snoring and sleep apnea is a customized oral appliance similar to a sports mouth guard or teeth whitening tray. This specially customized appliance moves the lower jaw into a forward position which enlarges the airway and subsequently, the soft tissue vibration. Clinical research studies have found these appliances to have a success rate of over 80 %. The key to successful treatment with your oral appliance is custom fitting so that it meets your unique needs and will maintain an open, unobstructed airway while you sleep.

If you have a problem with snoring or believe you may suffer from sleep apnea, give us a call - we have strategies to help you!

Please visit our website: [www.juliegillisdds.com](http://www.juliegillisdds.com) - We appreciate your referrals!



## Out Of The Woods

### The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

### You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

## Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

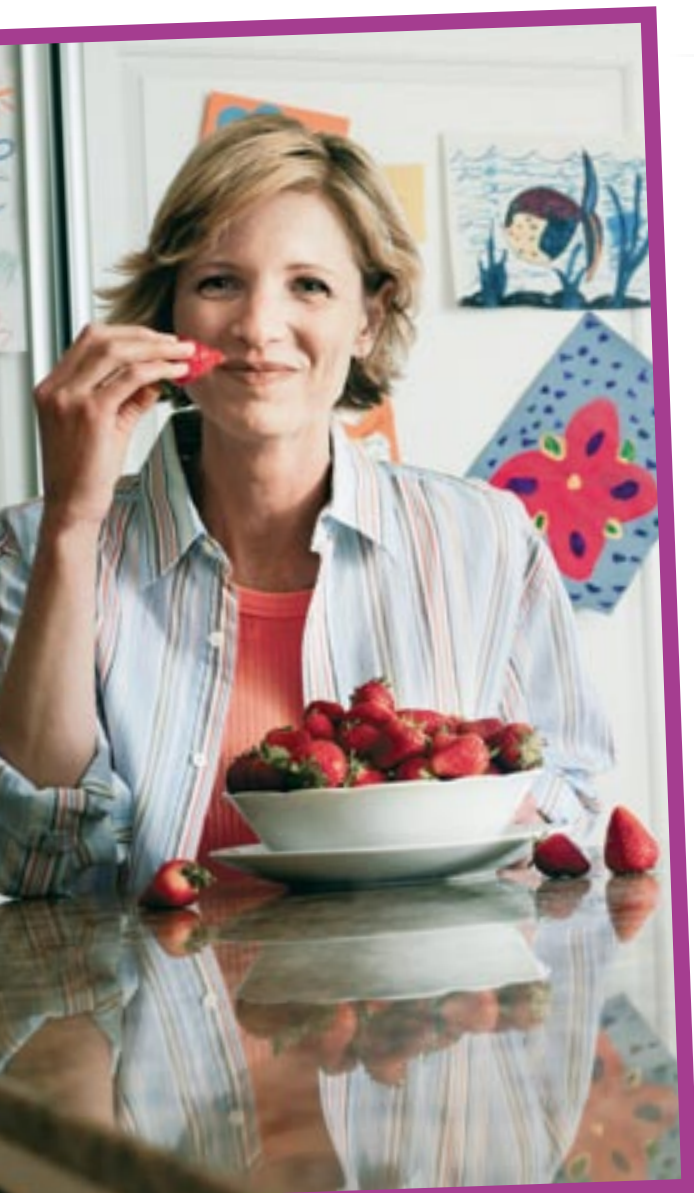
### Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

### What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



# An **Inflammatory** Topic

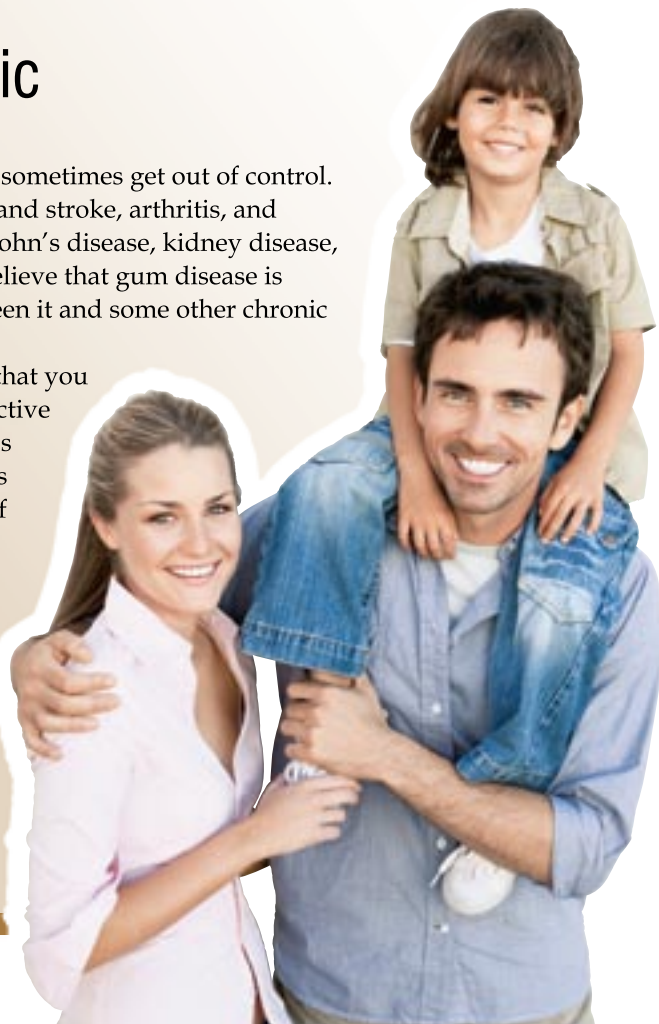
## Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



## **While They Sleep**

### 3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

## **Invisible Strategies**

### Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

**White fillings** can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

**Enamel-colored sealants** offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

**Invisible orthodontics** are available in several types: clear aligners, lingual, and clear ceramic.

**White bonding** material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



# In The Spotlight

## Regina Marx

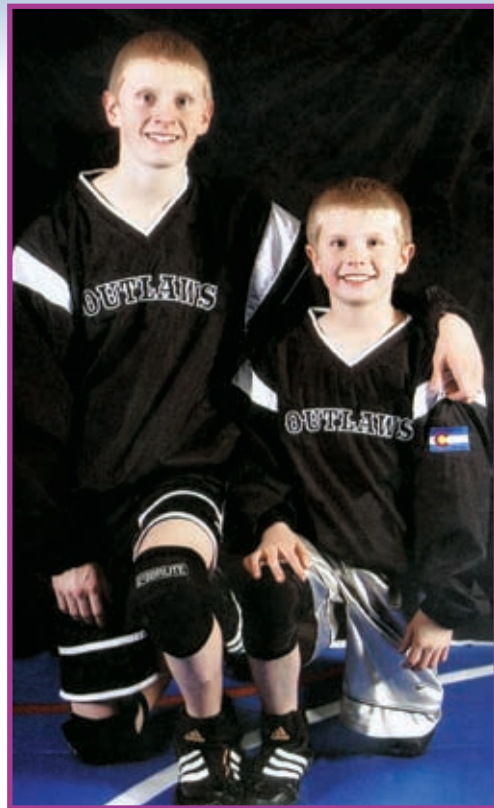


Since April 2005, Regina has been providing exceptional care for our patients as a treatment assistant. Her previous work experience was in customer service and she excels at taking care of our patients' needs. Regina works closely with Dr. Gillis assisting with all types of dental procedures. Dr. Gillis noted, "Regina has the ability to reassure our patients and keep them relaxed while at the same time efficiently completing all of the demanding technical steps involved with delivering excellent dentistry."

When she is not in the treatment room, Regina may be creating models in our dental lab or following up with patients to ensure that they are scheduled to complete their treatment as conveniently as possible. Regina's ability to put people at ease and her attention to detail has also allowed her to become a great assistant in Dr. Gillis' portrait photography work.

Outside of the office, Regina enjoys a variety of outdoor activities including hunting, fishing, and camping. Regina and her husband, Shawn, have two sons: Kaden, 14, and Skyler, 11. Both boys have been training hard this past winter focused on wrestling but will switch to baseball this summer.

"Spending time with my family is very important to me. The boys are very active in sports and this keeps us traveling most weekends. When we get a break from sports, we'll try to get in some 4-wheeling, boating, or snowmobiling."



## officeinformation

**Julie M Gillis DDS PC**  
**Caring For And Enhancing Your Smile**  
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Grand Junction, CO 81501-8159

### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 7:00 pm  
Thursday 8:00 am – 5:00 pm  
Friday 8:00 am – 5:00 pm

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### Your Dental Team

Linda, Shelly ..... Business Assistants  
Julie, Karen, Regina .....  
..... Treatment Assistants  
Melanie, Diane, Sarah .....  
..... Dental Hygienists

CareCredit



## Great Turn Out At Women's Expo

Our office sponsored a booth at the recent Women's Expo, held at Two Rivers Convention Center and we were pleased to have so many of our patients drop by. The Expo featured a large number of local businesses offering health and beauty tips and products for women.

We had a great time discussing oral health and cosmetic dentistry in a setting outside of the dental office.

We held a drawing for two prize packages which included an exam, x-rays, cleaning, and teeth whitening. The winners were excited to take advantage of this opportunity to check their oral health and brighten up their smiles.



*Sharing dental stories at our booth at the Women's Expo from left are Karen Tuinstra, Lindsay Bleil, Shelly Stewart, Karen Lurvey, Mara Derryberry and Melanie Hopper.*