



Something To Smile About Julie M Gillis DDS PC



Produced to improve your dental health and awareness

Summer 2011



Summer Is Smile Season

Wedding Smile MAKEOVER

Some things should be yellow - but not your teeth!

from the dentist

This is one of the seasons I love the most - it's warm, the days are long, nature is at its best, and we have the entire summer to look forward to.

Some of you will be participating in graduations or weddings, others will be heading out of town, and for sure, most of us will be enjoying outdoor family activities like barbecues and our favorite sports.

This summer, leave behind the difficult logistics of fitting dental appointments into schedules tight with school and work. Give us a call to schedule appointments for the whole family at a time convenient for you and your summer plans.

Whatever your plans may be, my team and I wish you the best during this wonderful time of year.

Keep on smiling,

Dr. Julie Gillis and Team

You scour your check-list for your upcoming wedding. The invitations are out, the photographer booked, tuxedos and gowns ready, the caterer is on board, boutonnieres, bouquets ... check, check, check! You smile to yourself with satisfaction, and then it hits you. What about your smile?

Smiling faces dominate every wedding photo. Let's make sure yours is bright and beautiful! Being the center of attention can be exciting and nerve-wracking at the same time, but what can really help you let go of the jitters is having the confidence that every one of your smiles is a beautiful one. Is there something you'd like to fix before the big day?

New-smile choices range from whitening to restorative treatments like replacing silver-colored fillings with natural-looking white ones or fixing chips, gaps, or discolored teeth with crowns or veneers.

Simply mention that you are a bride-to-be and we will do the honor of giving you your first wedding gift, a free cosmetic consultation and 50% off smile-whitening. (A \$150 savings!)

Call today to book your wedding-white smile and we'll make every page in your wedding album burst with spectacular smiles!



turn the page

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

Dentistry and photography by Julie Gillis DDS

Please visit our website: www.juliegillisdds.com - We appreciate your referrals!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



In The Spotlight

Linda Peterson

Linda has been working as Dr. Gillis' business assistant since February, 1994. Before joining our office, Linda spent a year at Mesa College, worked for two financial loan companies, and then put in 28 years as office manager for Mesa Supply.

In our office, Linda excels at developing long term relationships with our patients. She works to efficiently schedule their needed treatment and helps create financial solutions which allow our patients to receive their treatment while maximizing their dental benefits. Multitasking comes easy for Linda as she is never flustered by checking out a patient, while taking a phone call, and answering questions from other team members, all while balancing yesterday's deposit.

A Grand Junction native, Linda shares her home with her son, Brad. Over the past few years, they have been slowly remodeling the interior as well as improving the landscaping. In her free time Linda enjoys reading, cooking, gardening, camping, and fishing as well as going to concerts and other special events offered by the city.

Asked what sticks out from her years working in a dental office, Linda said developing relationships with the patients as well as the continuing education seminars she has attended with Dr. Gillis which not only helped with her job, but with her personal life as well.



office information

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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

Contact Information

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Your Dental Team

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



Schedule For Summer

Avoid the rush!

With the arrival of summer, we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible summertime scheduling for all of our patients. In fact, we encourage you to keep up with your continuing care appointments ... even when the dentist is on holiday!

Our dental hygienist helps keep your teeth and gums clean and healthy, and makes a general assessment of your mouth and overall health. If Dr. Gillis is not in the office during your cleaning, she will always review your x-rays and the hygienist's assessments once she returns.

Call for a summer appointment and avoid the back-to-school rush!

Get Hooked On

Hygiene!

And seal the deal

Healthy, bright smiles breed self-confidence, help convey a sense of personal pride and promote good general health. No wonder parents are willing to be accused of "nagging" just to establish good oral health habits in their children.

In addition to regular continuing care appointments, we usually recommend *dental sealants* for your children's molars and premolars in order to prevent cavities. The surfaces of these chewing teeth have crevices that trap food which is often missed when brushing. The simple procedure of applying a thin resin coating to the chewing surfaces requires only that the teeth be cleaned and dried before application.

Good oral health habits and dental sealants are a wonderful one-two combination for delivering lifelong smiles.