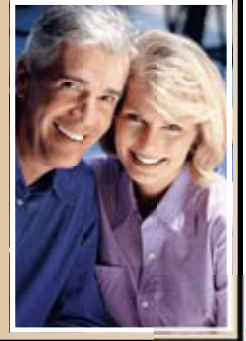




Something To Smile About Julie M Gillis DDS PC



Produced to improve your dental health and awareness

Summer 2009

fromthedentist

Investing In The Future

We hope you are enjoying a beautiful summer and look forward to hearing about all of your adventures.



Everyone has felt the effects from the abrupt changes in our economy over the past six months. Our philosophy is that we must work harder and continue to invest in our business in order to deliver the highest level of service for our patients. We believe in our country's economic system; however, each of us must contribute to the best of our abilities to make it work.

In order to deliver a higher level of care, we hired an additional business assistant, Shelly Stewart, this past February. Learn more about Shelly in our "In the Spotlight" feature on the back page of the newsletter.

In addition to adding a new team member and investing in our team's continuing education, we are also investing in our equipment and systems. We recently replaced all of our computer workstations and server in order to improve reliability and efficiency. The adjacent article describes our other recent investment in a solar electrical generation system.

We remain positive about the future. By working harder and continuing to invest in our business, we can rebuild a better economy.

Dr. Julie Gillis and Team

Powered By The Sun

Our Contribution to a Cleaner Planet

For the past few months, we have been performing dentistry using the power of the sun. High Noon Solar, a local solar power contractor, installed a 10 KW photovoltaic system on our rooftop in late March. The system consists of 44 solar panels which generate an average of 1,350 kilowatt-hours per month or about one third of our monthly power consumption.



The system has no moving parts and therefore, very little maintenance. The project is expected to payout in about 5 years and the panels should last 20 to 25 years. As *Dr. Gillis* noted, "It makes long term economic sense, but it also feels good knowing we're generating a portion of the power we use rather than just consuming non-renewable energy sources."

The next time you are leaving our office, check out the SunPower monitor by Linda's desk to see how much power is being captured from the sun.



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

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right Way And A Wrong Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

In The Spotlight

Shelly Stewart

If you have not yet had the chance to meet her, we would like to introduce you to Shelly Stewart our new business assistant. Shelly joined our team this past February when we decided we needed additional help with scheduling, communications, and accounting in order to provide our patients with the highest level of care. After a month of intense training, Shelly was up to speed on our systems and began making a big contribution to our team's ability to deliver exceptional dental care.

Shelly and her husband, Sean, moved to Grand Junction last fall from Windsor, Colorado in order to be closer to family members. After earning her Bachelor's Degree in Business Management from the University of Northern Colorado, she worked in retail sales and banking for several years. Shelly enjoys using her skills to help people solve their problems and was excited to be able to work with patients on the personal level available in a dental office.

Outside of the office, Shelly enjoys cooking, sewing, reading, and spending time with her family. She has three stepsons Austin (age 14), Dante (age 10), and Riley (age 7). Her family is excited to be part of our community and lately have been very busy with little league baseball as two of her stepsons and several nieces and nephews play.



office information

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

Contact Information

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Your Dental Team

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

CareCredit



It's All About Time

Thank you for understanding

Your appointment times are reserved specifically for you and our treatment rooms are set up to meet your unique requirements. We'd like to let you know what a last-minute cancellation or a "no show" means to us as these are the two greatest sources of stress and expense in running our dental practice.

It takes hours to realign our timetable, but more importantly, there is usually insufficient time to schedule other patient(s) who could really benefit from the now-available appointment. Plus, un-kept appointments can adversely affect your health, either by delaying necessary treatment or interrupting a series of treatments which jeopardizes the ultimate outcome.

Please keep your appointments. If you absolutely cannot, then please give us as much notice as possible.

Thank you!

Play Safe! Just wear it!

Did you realize that one-third of dental injuries are related to sports activities? Wearing a mouthguard makes absolute sense in sports such as hockey - we're sure you know that - but it can also provide protection in football, soccer, and lacrosse.

It's imperative that the mouthguard fits well and does not impair breathing. Be on the lookout for telltale signs of wear, which means decreased effectiveness: tears or holes, or loss of shape due to chewing. Kids need theirs replaced yearly, sometimes more often, as their dentition changes.

Store your mouthguard in its container and clean it after use with a toothbrush, cool water, and toothpaste, or drop it in a glass for 15 minutes with a fizzy-tablet denture cleaner. Bring it to every appointment so that we can insure your protection is first rate!

