



# Something To Smile About Julie M Gillis DDS PC



Produced to improve your dental health and awareness

Fall 2009

## fromthedentist

### It's All About You!

It's a great privilege to practice dentistry and to serve you. Since we have



become known for our award winning cosmetic dentistry, our patients will often ask if we still do "regular" dentistry. Our answer is an enthusiastic YES!

We know that great health is the foundation of every beautiful smile. We are committed to your goals - whether you want to transform your appearance or simply want to keep your teeth for a lifetime, if it's about your dental health, we are here to help.

We will customize a plan based on your priorities, your time, and your budget. We know that the best relationships are based on mutual trust, respect, and friendship. In fact, our entire team has been carefully selected to support these values.

So, let us know how you want to proceed and we will help you to achieve your dental health goals.

*Yours in good dental health,*

*Dr. Julie Gillis and Team*

## GO AHEAD. . .

### Eat what you want!

Are you having trouble with your dentures? If you are unable to eat what you want and you're sick of the taste and feel of denture adhesives, have we got a solution for you? Mini-implants.

Mini-implants consist of miniature titanium alloy implants that act like the roots of your teeth and retaining fixtures that are incorporated into the base of your denture. Placement of the implants is accomplished quickly and easily in a process performed in our office with local anesthesia or light sedation to help make you more comfortable.

Using a precise, controlled, minimally invasive surgical technique, mini implants are placed into the jawbone. The heads of the implants protrude from the gum tissue and provide a strong, solid foundation for securing your dentures. It is a one-step procedure

that involves minimally invasive surgery, no sutures nor the typical months of healing.

Dental implant therapy has been one of the most significant advances in dentistry in the past 25 years. You may think dental implants are too expensive and the healing process to long, but cutting edge technology has now made them fast and affordable.

In most cases, you can have the mini-implant system placed in about an hour and a half. By the following day, you will be able to eat comfortably, have a pleasant conversation, and laugh and talk with confidence.



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



# You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

**Plaque**, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

**Tartar** is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

**Gum disease** has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

## Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



## Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

# Prime Attraction

## Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

### You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

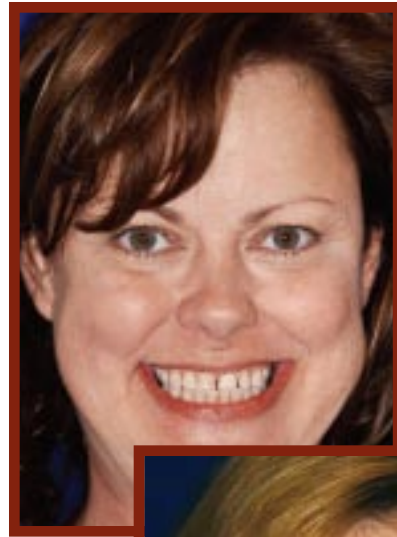
### You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

### You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



## 7 Tips For A Tiptop Smile

### Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

<b>Teeth Whitening</b>	Instantly brighten your smile
<b>White Fillings of Composite or Porcelain</b>	Make tell-tale dark fillings a thing of the past
<b>Tooth-Colored Bonding</b>	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
<b>Cosmetic Veneers</b>	Conceal spaces, crooked, chipped, or discolored teeth
<b>Crown Restorations</b>	Restore severely damaged or broken teeth
<b>Dental Implants</b>	Restore appearance and function
<b>Crown/Implant &amp; Bridge Restorations</b>	Replace missing teeth and prevent further damage to your smile



# Behind The Scenes

## Russ Gillis, Business Manager

Dr. Gillis' husband, Russ, has been with the practice since it opened in 1989. He is responsible for many functions in the office that affect the patients and yet he has limited direct contact with the patients. These responsibilities include accounting, financial planning, facilities, information systems, human resources, and marketing.

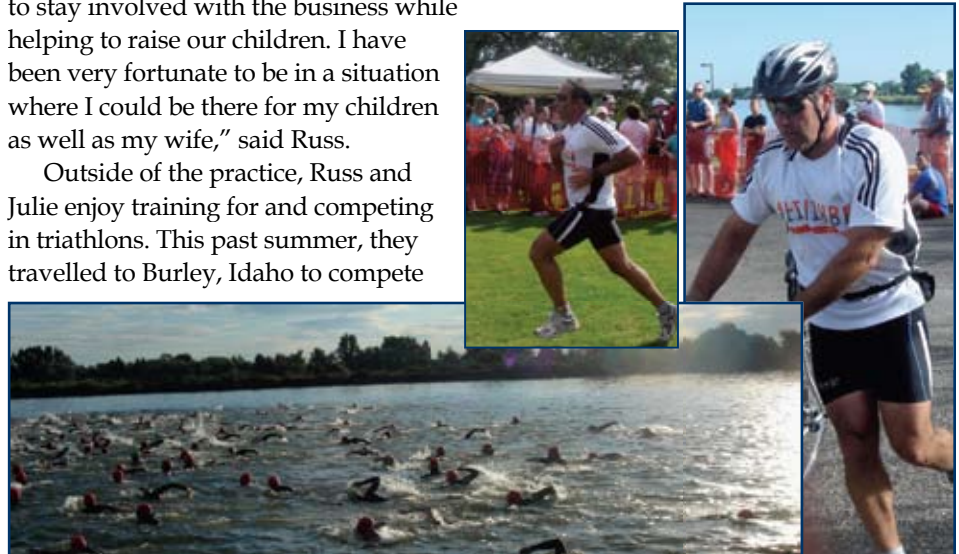
Russ graduated from the Colorado School of Mines with a Bachelor of Science degree in Petroleum Engineering and worked in the oil and gas business for 10 years. During this time while Julie was attending dental school, Russ went back to school himself and earned a Masters degree in Business Administration from CU-Denver. Russ noted, "since Julie was studying all of

the time, I figured I might as well study a field of interest to me."

When Julie and Russ' first child Jessica was born, Russ gave up the oil business and stayed home to take care of the kids. "Working at home allowed me to stay involved with the business while helping to raise our children. I have been very fortunate to be in a situation where I could be there for my children as well as my wife," said Russ.

Outside of the practice, Russ and Julie enjoy training for and competing in triathlons. This past summer, they travelled to Burley, Idaho to compete

in the Olympic distance "Spudman" Triathlon. It was a 1500 meter swim in the Snake River, a 25 kilometer bike, and a 10 kilometer run. "I felt good and finished without injury which is my new goal as I approach 50."



### office information

Julie M Gillis DDS PC  
Caring For And Enhancing Your Smile  
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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 ..... Dental Hygienists

CareCredit



### Yes... We Will!

#### Answers to core questions

Here's how we answer the top three questions that the people you refer to our practice like to ask us...



**Will you take time to provide personal attention to me?** Yes. We pride ourselves in creating a warm, supportive atmosphere and building trusting relationships.



**Will you provide instruction and explain preventive and home care techniques?** Yes. We are committed to preventive care. The best patient is an informed patient.



**Will you provide fee and payment plan information before treatment?** Yes. We'll also help you prioritize treatment that's essential, can be phased, or is elective.

*We sincerely appreciate your referrals of family and friends.*

### Maximize Your Insurance Benefits

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. **If you do not use the benefits you are entitled to, they are gone as of December 31st.** Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2009 dental insurance expires. So give us a call!