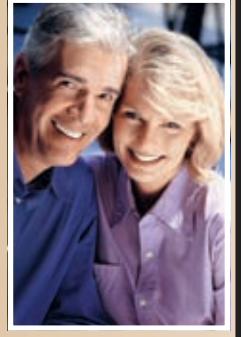




# Something To Smile About Julie M Gillis DDS PC



Produced to improve your dental health and awareness

Fall 2010

## fromthedentist

Recently, I was pondering ways to give back to the community that has given me so much. Many people may be suffering from a tooth ache, severe decay, periodontal disease, or even oral cancer who cannot afford to go to the dentist. I wondered what I could accomplish if I were to donate ten hours of dental treatment to those most in need. I discussed this with my staff and ALL very willingly agreed to donate their time.



Later I thought about how much more we could achieve if I were to get an oral surgeon and a periodontist involved. Very little coaxing was required to get Dr. Perino, an oral surgeon, and Dr. Weenig, a periodontist, to participate with me.

We will screen patients on Friday, September 24th at my office and at Dr. Weenig's office. I am hopeful that between us we will be able to see 200 patients on Saturday, September 25th.

Services will include oral cancer screenings, x-rays, cleanings, fillings and extractions - one or two procedures per patient. This will be a first come, first served event and we anticipate people arriving early.

***We'll let you know how it turns out!***

*Keep on smiling,*

*Dr. Julie Gillis and team*

## Our Dental Lasers



**Technology for comfort and efficiency**

Fear of the dentist is a common affliction. So over the years, dentists have been working hard to find new technology and techniques to help make dental appointments as patient-friendly as possible. As we strive towards this goal, we're proud that we can offer you a variety of soft tissue treatments with our state-of-the-art diode laser.

Diode lasers convert light energy into heat, which is directed so precisely at treatment areas that it protects the surrounding tissue from damage. Plus, the heat from the laser seals blood vessels and nerve endings, preventing much, if any, bleeding or discomfort. Since procedures are virtually pain-free, we can perform most diode laser treatments without the use of any anesthesia or the need for sutures ... speeding up and improving the healing process.

**Our diode laser allows us to provide you a comfortable treatment alternative for:**

- tumor removal,
- gum recontouring,
- uncovering dental implants,
- cold sore and canker sore treatment,
- eliminating dangerous periodontal bacteria,
- and loosening a tight frenum.

We continue our quest to provide you with the most state-of-the-art technology and techniques, which will make your fears about dental care a thing of the past. Our diode laser is a great leap towards this commitment by making your soft tissue procedures effective, accurate, and virtually pain-free ... all with little to no anesthesia or stitches!



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

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

## Here are five fruit-friendly tips...

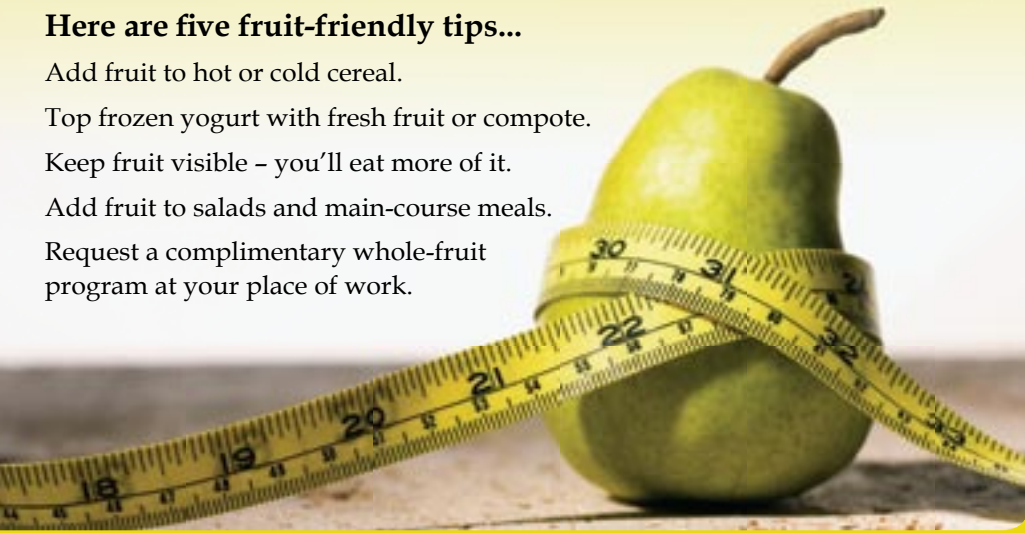
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

# What's Precious To You?

**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



# What Do You Expect?

## Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

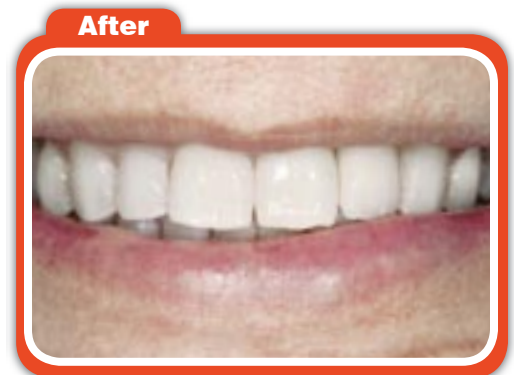
### Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



# Laser Technology For Cavity Detection

Catching problems while they are small and less costly to repair

For the past few years, we have been using laser technology to help detect cavities in their earliest stages. The traditional way to check for cavities was by looking for visual signs of decay on the tooth, checking x-rays, or feeling for a soft area with a dental explorer.

Sometimes, it was difficult for us to diagnose cavities, especially in the pits and grooves on the biting surfaces of your back teeth until the cavity was very large. Now, however, we have a diagnostic tool called the *DIAGNOdent™* that helps us locate even the smallest amount of decay.

The *DIAGNOdent* unit uses laser technology to scan your teeth with harmless pulses of light. When a cavity is present, fluorescent light of a different wavelength bounces back to the sensor which is translated to a digital read-out. In general, the higher the number, the greater the amount of decay in the tooth. When a cavity is present, the *DIAGNOdent* also produces an audible signal.



You'll benefit from our use of the *DIAGNOdent* because it helps us to find decay that may have previously gone undetected. By diagnosing decay early in its development, we can prevent more extensive damage. Your restorations will be smaller and less costly, and you'll be able to retain more of your own natural, healthy tooth structure.



## 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

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### Your Dental Team

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



## Our Contribution To A Cleaner Planet

Since we installed our solar photovoltaic system in March, 2009, our panels have generated over 21,000 kilowatt-hours of electricity or an average of 1,327 kilowatt-hours per month. (The average home consumers 936 kwh per month)

This graph of monthly production shows how the power generated varies with the length of the days and position of the sun during the year. Our solar panels deliver about one third of the electricity required to power our office.

Many businesses and homeowners are installing systems throughout our community as the interest in producing cleaner energy grows. We are excited about contributing our share on a daily basis.

