



Something To Smile About Julie M Gillis DDS PC



Produced to improve your dental health and awareness

Winter 2011

fromthedentist



Special thanks this season

Although I always try to extend my thanks and holiday greetings in person, I'm very happy that you're reading this newsletter so I can be sure no one is missed. Please accept my sincere best wishes for the year ahead.

It means a lot to me that you have chosen me as your dentist and this practice as your dental home. I am grateful to be able to look forward to another special year with you and your family.

Yours in good dental health

Dr. Julie Gillis



Turn the Page...

How can you make a difference?

What else we've learned from monkeys...

Blast that belly fat!

Your Wordless Smile

Others will listen ... and look ... at you!

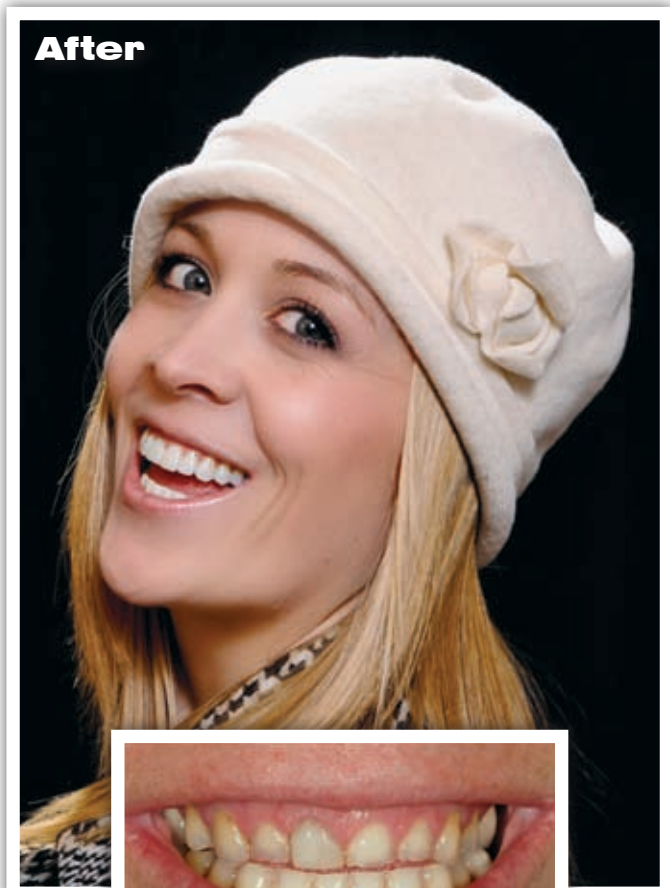
The image you project is worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to makeover a smile from boring to beaming. With in-office and/or take-home bleaching, we can brighten most teeth.

Veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth. We can also change the length, shape, and color of your teeth.

Tooth-colored fillings can strengthen your teeth - and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined



with bridges or implants, can replace gaps from missing teeth.

So, please - go ahead - give yourself the gift of a great-looking makeover like the one Rachel received in our office last year. Without saying a word, your smile will shout, "I'm the best I can be"!

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

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

Free Dental Day Results

In order to give back to our community this past September, our office along with the offices of Dr. Perino, oral surgeon; and Dr. Weenig, periodontist, held a free dental day. With lines out the doors, all of the available appointments for the day were filled during the first 2 hours of screenings. Our three offices were able to help 118 people with their dental concerns including the following:



- \$53,400 of dentistry
- 66 cancer screenings
- 39 cleanings
- 37 fillings
- 122 extractions
- 5 gum surgeries



After 10 hours of nonstop dental care, we were exhausted but pleased that we could make a difference in the lives of those we were able to see! Check out our Free Dental Day Video on our Facebook® page.



Looking For Us? Try Facebook!

I suppose that “geek” would be the last word to come to mind when you think of me, but even dentists and dental teams can be cool. We’ve been hip for some time now, actually, but I’m amazed now that I didn’t sign up for Facebook® sooner.

Not only is it a great way to get information out, it’s a terrific way to reconnect with old friends and maintain personal and professional relationships when face-to-face contact is interrupted.

I’m pleased that a number of you have found me already and flattered to have been “friended” by you. I would like to invite all of my patients to connect with me on facebook.com. Just look me up under Dr. Julie Gillis or go to our practice website and click our Facebook link.



office information

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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



Congratulations Melanie!

Beau joins the family

On October 26, 2010 our hygienist, Melanie, gave birth to her second child, Beau, weighing in at 8 lbs 15 oz and measuring 20 ½ inches.

Describing the changes at home Melanie said, “We are so thankful to have a son and a daughter. We feel like our family is complete”.

Melanie found life much busier with two children; however she said, “Beau is a very good baby. He is very calm and doesn’t cry that much. Addison is a wonderful big sister and loves her little brother. She always wants to hug and kiss him.”

