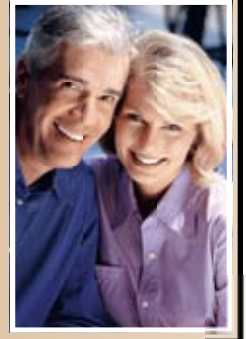




Something To Smile About

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Produced to improve your dental health and awareness

Winter 2010

fromthedentist

Time For Reflection

Remember what matters

The holidays are always a special time.

After the hustle and bustle there are moments to slow down and think about the things that we

are grateful for. I am thankful for family, friends, good health, and the lovely place we live.

My passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is you, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

Please accept my very sincere thank you as we start the new year together!

Yours in good dental health,

Dr. Julie Gillis and Team



turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

So Many Toothpastes...

So Many Choices

It used to be easy to choose a toothpaste. Nowadays there are so many kinds, it can be confusing and difficult to decide which toothpaste is best suited for your smile. Here's a helpful guide offering descriptions of different toothpastes and how they work:

Tartar Control - These help prevent tartar buildup - the hardened plaque that can lead to gum disease. Only a professional dental cleaning can remove tartar once it has accumulated on your teeth.

Baking Soda - With its mild abrasive action, baking soda helps to remove stains from teeth but doesn't have any proven effect on periodontal disease. You might brush more often with this toothpaste because you may like the taste and feel. However, excessive use may irritate your gums.

Desensitizing - These products help decrease your tooth sensitivity to hot or cold drinks and food. They work by providing extra protection on exposed root surfaces of your teeth. It will take about four to six weeks of regular use before you notice any sensitivity improvement. You should have your sensitivity checked by us first, to be sure it is not the result of a more serious problem.

Antibacterial - These brands control mild superficial inflammation of the gums (gingivitis) by reducing levels of bacterial plaque. They won't reverse more severe gum disease.



Whiteners - Most whiten by removing surface stains. Avoid excessive use as they can abrade the tooth enamel. If you do want your teeth whitened, talk to us. These pastes really aren't strong enough to make a difference.

Regardless of which toothpaste you choose, you still need to brush at least twice a day using a soft-bristled toothbrush. It is also important to floss once a day, as even the best toothbrush and toothpaste can't remove plaque trapped between teeth.

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



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

If Only They Had Come Up With This Sooner...

The Mini Dental Implant System

Since our last article on mini implants, several patients have enjoyed the life changing experience of having mini implants placed to secure their loose dentures or partials. As one patient noted, "I've struggled with dentures for 20 years. The difference with mini implants is as clear as black and white. If only they had come up with these sooner!"

Mini implants consist of miniature titanium alloy implants that act like the roots of your teeth. The implants have



retaining fixtures that are incorporated into the base of your denture or partial. The heads of the implants protrude from the gum tissue and provide a strong, solid foundation for securing your denture or partial. It is a one-step procedure that involves minimally invasive surgery, no sutures nor the typical months of healing.

Our patient Pat noted that her denture was loose for many years and she had difficulty chewing all foods. "With mini implants the denture feels like part of you. Sure, there is a little pain after they are placed, but really it was less annoying than the denture sores I put up with for years. With the implants, I can eat any food I want and I am pain free."

If a denture or partial is causing problems for you or someone you know, please call and make an appointment to discuss mini implants with Dr. Gillis. We would be happy to let you know if this procedure is right for you.



**With the implants,
I can eat any food I want and
I am pain free!**

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Your Dental Team

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

CareCredit



Inspired By your referrals

This is the perfect time to look around and appreciate all that we have received. We think it's important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment – and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

We hope that you will continue to benefit from our services and send your thoughtful referrals our way.

*We look forward to seeing
you throughout the new year!*

Around The Tooth Perio primer

Periodontics is the branch of dentistry dealing with supporting structures of teeth and diseases that affect these important structures. The name originates from the Greek, peri, meaning around, and odons, meaning tooth. This amazing system allows us to apply great force to our teeth when biting and chewing, but sometimes these structures can be attacked by infection and weakened. Bacteria from the naturally occurring biofilm can build up crusty deposits (tartar or calculus) that can result in infection. If not corrected, infection can lead to the destruction of the ligament and bone that hold teeth in place.

How can you support your periodontal health?

**Brush with care after meals, or at
least twice daily, and floss every day.
Good perio health is essential to
a healthy smile and a healthy you.**