

DENTAL ARTISTRY

DONALD REID DDS

Produced to improve your dental health and awareness

Fall 2012



Honoring A Soldier From Truckee

Sergeant First Class Heather Harris has served three tours in Iraq since 9/11 and is currently deployed in Afghanistan. Dr. Reid restored her missing back teeth, as seen in the upper photo, with six implants several years ago. ***If every combatant had a beautiful face and smile like Heather, would we still have wars?*** Dr. Reid served with the US Marines in Vietnam during the 1968 Tet offensive and lived for mail call. Heather would covet your thoughts and prayers ... please contact her @ heather.jill.harris@gmail.com





• before gum lift •



• after •



• before veneers •



• after •

Lovin' The Limelight & keeping your balance!

Is it a coincidence that even the ordinary people on reality shows have great smiles? Seems unlikely ... just ask the casting directors! True, looking good can thrust you into the limelight, yet it takes more than white even straight teeth to give you your best smile. Consider proportion, balance, and symmetry. If these are missing from your smile, it might be that your gums need some attention.

Here are some problems we see all the time, along with time-tested solutions that provide beautiful and predictable results...

Too much gum tissue & too-small teeth

Removing excess gum tissue to reveal more tooth can make a great difference! This is called gum contouring, gum recontouring, a gum lift, or crown lengthening.

Teeth that look different lengths

Recontouring can also even out an irregular gumline that makes teeth appear to be different lengths.

Gum recession, exposed roots, & too-long teeth

Root-coverage procedures or natural-looking veneers can restore proportion and help prevent root caries.

Distracting red puffy gums

Gum disease is treatable, so you can prevent the prematurely ageing look of tooth loss and jawbone loss and consider cosmetic treatment options.

Give us a call if you avoid smiling for any of these reasons. We will help you.

Don't Unravel! Get help for TMD

Language can be soooo telling. For instance, the word "stress" is derived from the Latin *stringere* which means to draw tight. That's exactly how your face looks: pinched, tight, and strained when you leave Temporomandibular Joint Disorder (TMD) problems untreated. TMD can impersonate migraines, tension headaches, neuritis, and neuralgia. The pain can lead to fatigue, insomnia, and the symptoms of depression.

The most common cause of jaw-related problems is an uneven bite or jaw position – something you may have been born with, or which you developed through grinding, tooth loss, clenching, and wearing down teeth and restorations.

If you can't open your mouth fully, hear clicking noises or experience pain and tenderness in and around your jaw, face, ear, and head, a simple effective dental solution may be all you need to loosen up and put a smile on your face!

CHEER UP!



Try tropical

Comfort foods can really bring you down! Doughnuts and the like make us feel better for a while – and then comes the crash. Scientists believe that trans-fatty acids cause inflammation that interferes with feel-good neurotransmitters like serotonin. In the long-term, this may lead to depression. Instead, try a tropical powerhouse like papaya that can energize you, boost your immune system, and help prevent inflammation, heart disease, and cancer.

Papaya is readily available – look for one that's soft with red-orange skin like the fruit inside. Sweet yet refreshing, it's loaded with vitamins, minerals, antioxidants, and fiber, as well as enzymes that aid in digestion. You can eat the fruit and peppery seeds as is, or use them to jazz up your salads.

Feel good *and* power up with papaya!

Tune In To Tunes

It's ease-y!

Calming soothing music can help lower your heartbeat and blood pressure by reducing stress hormones. Pumped-up music you can dance to or sing to can release endorphins that revitalize you and lighten your mood.

Perhaps part of music's ability to soothe or inspire is that listening to it allows you to let go of rational thought processes. It engages the right side of your brain which thinks creatively in images rather than words or numbers.

Experiment! Whether you want nature sounds or classical while you meditate, or you just want to crank up the tunes on your radio, you'll feel better by the end. And you'll be reducing your risk for heart disease, the number-one killer of both men and women!



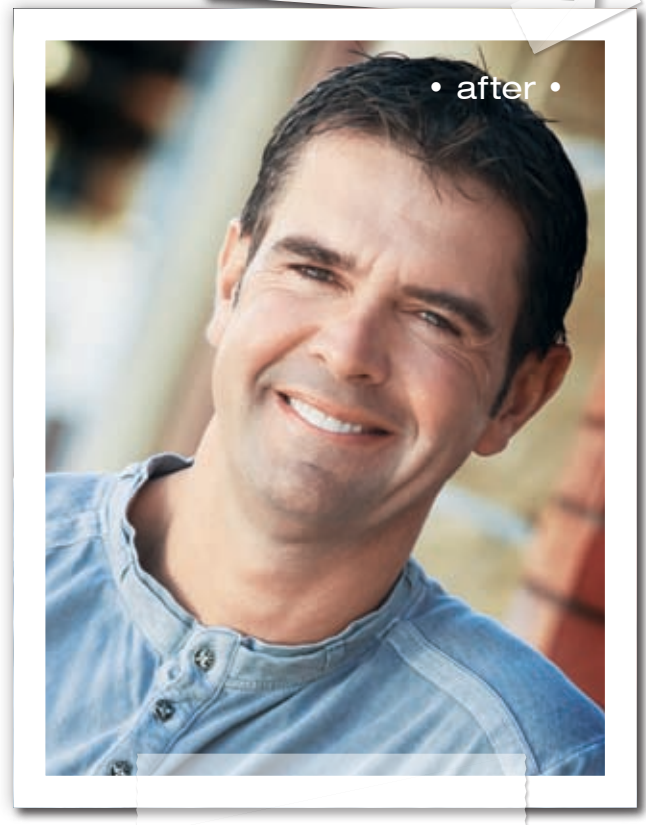
Top 5 Makeover Picks

When losing your illusions is a good thing!

If you want brighter teeth in photos – no doubt there are apps for that, but you'd have to fix *every* picture. And what about those candid cell phone shots that you have no access to? Here are 5 ways you can get the real deal and never worry about retouching again.

- 1 If your teeth are a little dingy, or a lot, get them **whitened** and say goodbye to stains from food, beverages, nicotine, root canal treatments... and age!
- 2 If your smile is looking a little dated from stained or silver fillings, consider virtually invisible **white fillings** and tooth-colored porcelain **inlays**.
- 3 If your teeth are chipped, cracked, or have slight spaces, consider tooth-colored **bonding** materials to cover up these flaws.
- 4 Porcelain **veneers** which are ultra-thin, hand-sculpted shells that cover the front surface of teeth are another excellent, natural-looking option.
- 5 If your teeth have been weakened by clenching, grinding, decay, or root canal therapy, natural-looking **crowns** will restore appearance and function.

Many of these techniques take only a visit or two ... so let's rescue even those teeth you may forget about – at the back of your mouth, and your lower arch!



veneers • natural looking • made specially for you •

What Is A Stomatologist?

While having some esthetic dentistry done in Southern California, Dr. Reid's dentist, Margareta Gavrilla, introduced him to another colleague as "This is Dr. Reid from Lake Tahoe, he's a Stomatologist."

Don was flattered by the formal introduction and replied, "What is a Stomatologist?"

Margareta responded, "Don't you know? It was a term coined in Europe for a dentist that is a physician of the head and neck and performs many of the specialty functions."

Clients of our practice comment and appreciate the fact they aren't farmed out to other dentists for some of the specialty functions. Dr. Reid does enlist the support of specialists on a case by case situation when he feels it is the best interest of the patient.

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Dr. Reid attributes his talent to a long list of exceptional dentists that he's trained under in the various specialties. Here are a few of those mentors and their related specialty expertise.

TMJ / Jaw Disorders:

Dr. Peter Dawson is considered the world's foremost authority on jaw problems. His life's work inspired Don to pursue the study of the TMJ and its related structures

Implantology:

Dr. Carl Misch founded the Misch International Institute for Implant Studies. Reid completed the entire program offered by this implant pioneer in Beverly Hills, Michigan.

Esthetics:

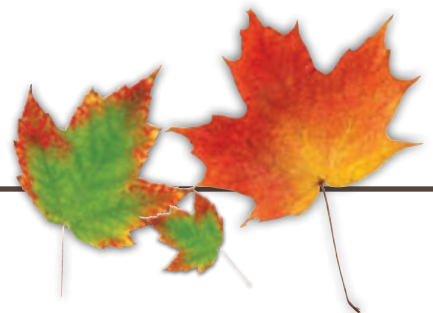
Dr. Frank Spear of the Spear Institute for Advanced Dental Studies in Scottsdale, AZ. His faculty helped Don understand the relevance of tooth shape and individual facial form.

Oral Surgery and Bone Grafting:

The list of mentors here is long but the greatest boost to Dr. Reid's confidence in removing impacted wisdom teeth occurred as Lt.Cdr. in the US Navy dental corps in an oral surgery mini residency program in 1979.

Tooth Alignment/Orthodontics:

Although Don has completed over 250 cases using a traditional orthodontic style, wires and brackets, he abandoned that service to the specialist when he became an adult only practice. He continues to use INVISALIGN® on a case by case basis. His training was in 1980-81 under the guidance of *Dr. Skip Truitt*.



Sneeze UP!

And spare your spine

A client of Dr. Reid's, Ken Balesterei of Incline Village, gave him a tip that prevents undue and unwanted pressure of the spinal cord.

If you are a hearty 'sneezer' it's possible that a hard sneeze or especially two in a row can cause spinal vertebrae to misalign. One time Dr. Reid said he sneezed three or four times in succession and had to visit the chiropractor to realign his spine.

Next time you feel a sneeze coming

on and if it is socially acceptable, look straight towards the sky and let it happen. The force of that chest compression is directed directly downward 'through' your core and not at the back. Try it. You'll probably enjoy it.

FYI: Google says it's impossible to keep your eyes open as you sneeze. See if you can. Dr. Reid can't!