

# DENTAL ARTISTRY

DONALD REID D.D.S.

Produced to improve your dental health and awareness

Winter 2010



*Wishing All of You a Merry and Blessed  
Christmas From Our Home To Yours  
Dr. Don & Marilyn Reid and Team*

## The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- |   |  |
|---|--|
| <input type="checkbox"/> Garden           | <input type="checkbox"/> Play tennis     |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim            |
| <input type="checkbox"/> Canoe or sail    | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk             | <input type="checkbox"/> Run             |
| <input type="checkbox"/> Bike             | <input type="checkbox"/> Hike            |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



## Whitening & Veneers



## Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

# Pregnancy Perio Risk

## Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

*No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.*

*We screen for gum disease at every visit ...because we like to see you smiling.*



## Easy On You

### Easy on your wallet

*Here are some budget-friendly ways to de-stress:*

**Picnic in the park.** Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

**Dine at home.** Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

**Step back.** Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

**Create a home spa.** Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

# Just Lose Five

Drop these now...

### Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

### Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

### Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

### Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

### Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

# Christmas is for Kids

*Remember when  
Christmas took so long  
to get here and the  
last twelve days before  
Christmas took forever?*

*When you were 4 years  
old it was 1/4 of your  
lifetime away. That  
would be like waiting  
15 years if you're 60!*

*Pictured are Dr. Reid's grandchildren  
and one still on the way.*



*Sydney  
loves her  
mommy*



*Bindi  
loves to  
dress up*



*Our daughter  
Katie, due  
December 18th*



*Julian is going  
to ski school with  
Nanna Reid in  
February*

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