

DENTAL ARTISTRY

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Fall 2009

Dr. Reid's Occlusion Webinar Reaches 25 Countries Global Effort to Improve Dental Education

Dr. Reid addressed nearly 400 dental practices representing 25 countries on the topic of occlusion, the most controversial and poorly understood within the profession. "The attendance suggests a worldwide desire for sound scientific education and the internet is an awesome tool to fill the void", says Reid.

Dr. Reid graduated from a prestigious dental school lacking an extremely critical piece of the puzzle in solving patient's problems, namely the destructive effects resulting in an unstable bite or occlusion. Personal discontent with his own teeth deteriorating despite good oral hygiene inspired him to study the entire system of mastication after dental school. After learning from the worlds foremost authority on bite disorders, Peter Dawson DDS, he went on to co-create software animations, www.bitefx.com, that depict bite problems and solutions for better patient understanding. His passion is to disseminate this information so all dental graduates are

equipped to diagnose and treat these problems.

Using clinical examples and the BiteFx software, Dr. Reid also presented three one hour webinars on the same topic in which 58 practices attended. Since then, several dentists have requested personal one-on-one training from Reid.

Being committed to preventive dentistry and tooth preservation requires the dentist to recognize ALL of the causes for tooth loss. Many well intended dentists from Brooklyn to Bangkok have patients with immaculate oral hygiene suffer from needless tooth loss caused by bruxism.

Bruxism is the name for forceful grinding of your teeth. Grinding is usually noisy; occurs at night and in many cases people are unaware of the problem. The effects are widespread and cause problems that go beyond the mouth.

Some of the signs and symptoms include:

- Worn-down teeth

- Loose and sensitive teeth
- Gum recession and bone loss
- Headaches, facial and neck pain
- Jaw joint noises, popping and locking
- Cracked and broken teeth

All of these problems are readily solved and are part of a routine examination at Reid's office.



Malocclusion:

poor

alignment

The dental term for bite disharmony when one jaw has not grown in alignment with the other.



PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

Restore gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

Prevent or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

Sculpt your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

STEP UP TO THE WINNER'S CIRCLE!



Winner Takes All!

Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

Brighten your teeth by up to eight shades quickly, reliably, and safely.

Camouflage more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

Say goodbye to old silver fillings with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

Set Your Sights On Health

Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.



Mercury-Free Practice For 29 Years!

Promoting your safety and ours!

The fashionable gas masks adorned by Dr. Reid and his nurse, Wendy Vossberg RDA are used during the removal of mercury fillings in patient's mouths. It was once believed that if a tooth was filled with amalgam, the mercury in the amalgam would harden and become inert. Now we know that's not true, and that low levels of mercury vapor are released over time.

Mercury is a poison that in large doses can cause brain damage, kidney malfunction, memory loss, and depression. What we don't know is the cumulative effect of very low doses on your body over a long period of time. For most of us, the amount of mercury released from fillings is our major source of exposure to mercury, together with mercury in the atmosphere from pollution.

To protect you, we use very high volume vacuum suction as well as rapid removal. To protect us we use our masks. It's not comfortable or attractive but worth the effort.

As a chemistry major at UCLA, Dr. Reid worked in extremely controlled settings when working with mercury or other toxic material. Mercury fillings contain as much as 70 % liquid mercury by volume



Microscope Enhanced Dentistry

Benefits Everyone!

Several years ago, Dr. Reid addressed the inaugural meeting of the *Academy of Microscope Enhanced Dentistry*. As a founder of the Academy, he continues to motivate other dentists to explore the benefits of the surgical microscope.

Its ergonomic benefits to the dentist are immeasurable. Many clinicians are required to retire early due to postural strain often when their knowledge and ability to help is at its prime.

These photos clearly show the technical benefits to the client. Dentists see the minutest discrepancies in their work as well as tiny areas of decay or fractures on the tooth.



Cavity viewed with the naked eye



Cavity view under a microscope



Naked eye view after restoring the tooth

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**DONALD REID DDS
DENTAL ARTISTRY**

FINAL RESTORATION