

# DENTAL ARTISTRY

DONALD REID DDS

Produced to improve your dental health and awareness

Summer 2011

## REFLECTIONS FROM ROME...

Marilyn and I, along with my sister and her husband, escorted our 90 year old father to Europe this past June. Our special guest of honor tirelessly climbed stairs, hopped buses and walked along beaches in Spain, Italy and France. We enjoyed good food, fine wine and a relentless barrage of majestic sculptures and ancient architecture.

Pondering this living history, being with loved ones and the special meaning of our trip, provided a perfect setting for personal reflection.

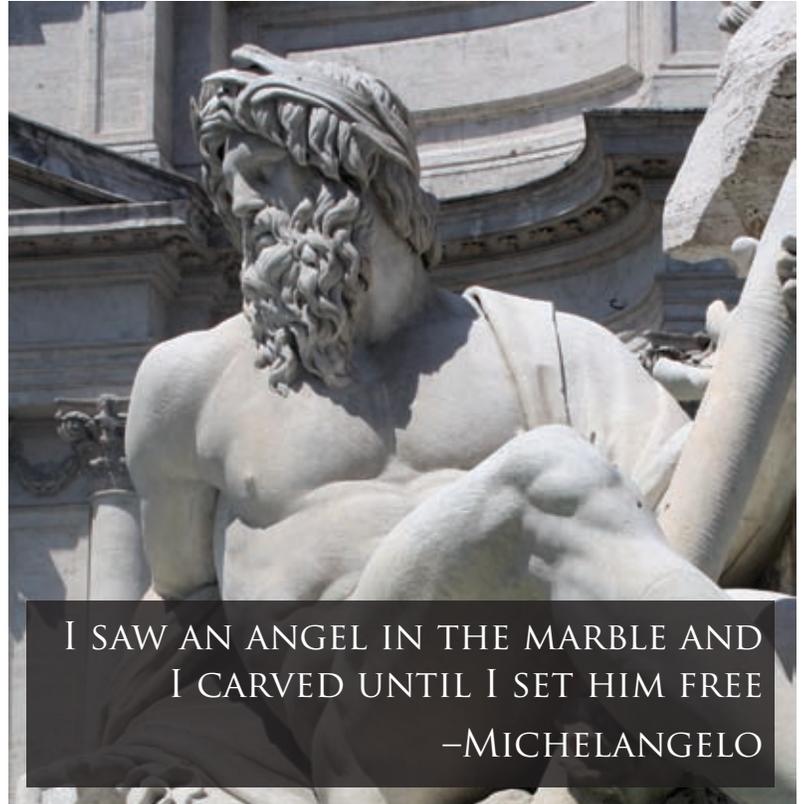
☞ I am thankful for my folks. Hard-working, and living paycheck-to-paycheck, mom and dad provided stability and inspired me to be the best possible.

☞ I'm thankful for the encouragement, knowledge and inspiration from all my dental mentors. I am grateful to work with Marilyn, Julie and Wendy. They exemplify excellence and professionalism.

☞ I appreciate and thank every one of you, my clients, for my very livelihood and the opportunity to practice my life's work as a dental artist.

*People often ask me how I take a broken down smile and restore it to one of beauty. I'd imagine if I could ask Michelangelo how he carved the angels, he'd reply "It's a divine gift."*

☞ I thank God for my gift and I hope your smiles last as long as those statues. They may!



DENTAL ARTISTRY BY  
DONALD REID, DDS



*Thank you for all your referrals. We appreciate them!*

# Don't Be So Sensitive!

## Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

### What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

## That Jarring Jawbone!

### Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce  
the power  
of your  
smile

## PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

# 3 Ways To Age Your Smile

## Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

**FIRST Receding gums.** When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

**SECOND Root cavities.** Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

**THIRD Tooth sensitivity.** Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



## IN PRAISE OF Olive Oil

### Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



# Surmounting the paradox of being a “No Dentistry” dentist



A statement that I heard in my early days of studying occlusion and which helped clarify my mission was: *“The best dentistry is no dentistry and a good bite”*

This statement was coined by one of the finest dentists in American history, the late Dr. L.D. Pankey. The Pankey Institute, founded in his honor, is a premier educational center where enhance their skills after dental school. Pankey understood the beauty and magnificence we observe in nature. **The closer we look the more elements of perfection unfold. A beautiful smile or colorful flowers are fine examples.**

In my early years I was uncomfortable stating my philosophy to patients as it didn't seem to make sense: why would I, a person making his living by doing dental work, tell patients that no dentistry was the best thing for them?

Yet, when I overcame that discomfort and started telling my patients what I believed, that giving them a bite and restorative dentistry that was as close to their created/natural bite and teeth as we could manage, they saw no conflict. They heard that I was offering them dentistry that would last so that, as long as they did their bit, their time in the dental chair in the future would be minimized.

As a result I confidently look my patients in the eye and tell them how I feel about doing the best dentistry I can deliver for them – so much more satisfying than the repeated patchwork that many of them are used to. It's also an excellent segue to communicating my passion/belief in what constitutes an excellent bite.

Paradox resolved.

Don Reid DDS, FICOI

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