



# DENTAL ARTISTRY

Summer 2007

## From Dr. Reid

At Temple University Dental School, I discovered the cause of my own rather serious dental problems. To my dismay, I discovered that 100% of my problems were avoidable. The bad news had a positive side. I learned with fine restorative dentistry and better habits I could end this downward spiral.

In general, most dental disease is lifestyle induced similar to many leading causes of early death such as obesity, alcoholism, smoking induced heart and lung disease and not wearing seatbelts! Genetic causes exist of course but most are seen in textbooks and rarely in clinical practice.

Consider this. All of my grandparents had full dentures, my parents had upper dentures only and two of my five children had zero dental disease at age twenty. Grandma and genetics didn't cause these problems; rather the culprit was Tony the tiger and lack of education. "Frosted Flakes are not so great after all!"

For nearly thirty years, I observed hundreds; no thousands of clients maintain consistently disease free mouths. Many of you readers are part of that group. If not, I'd invite you to join the fold of clients who know for sure their mouths are stable and healthy, year after year.

Tip for the Day; Read labels and remember "Double Mint gum won't double your fun".

Donald Reid DDS, FICOD

Dr. Reid is a member of The Clean Plate Club and attends label readers anonymous

## Founder of Microscope Dental Academy

Dentistry isn't brain surgery but, in early 2000, Dr. Reid's wife, Marilyn was diagnosed with a benign brain tumor. The Reid's sought diligently for the best possible surgeon. The surgery was a complete success and Marilyn was skiing 2 months later. The surgeon encouraged Dr. Reid to explore the use of microscopes for dental procedures because the enhanced information they provide was critical to the surgical success. The same operation performed in 1970, before neurosurgeons microscopes, had an 80% mortality rate!

Dr. Reid's gratitude and desire to be a better clinician inspired him to purchase, train and begin using an operating room microscope in his practice.

### The Origin and Heritage of the Academy

The Academy of Microscope Enhanced Dentistry, [www.microscopedentistry.com](http://www.microscopedentistry.com), was established in 2002. Dr. David Clark the original visionary for creating the academy contacted Dr. Reid to become a co-founding father and speaker at the inaugural meeting. There were 76 dentists attending from the USA and Canada. Since that first meeting in Scottsdale, Arizona, the membership has grown into the thousands and still growing. Dr. Reid believes microscopes will be the standard of care one day in dentistry similar to neurosurgery and hopes to influence that paradigm shift.



Contact us at (530) 587-9560 or [bitefx@yahoo.com](mailto:bitefx@yahoo.com)

## **G**oodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

## *Fabulous Lips!*

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

**Glorious smile!**



## **Crown Your Day!**

*Light up your beautiful smile – discretely!*

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

**1** A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

**2** When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

**3** A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!



# Don't Pout!

## Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!

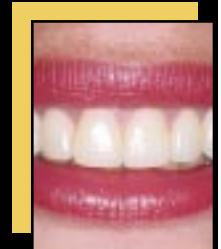


## Smile Talk

Color has a lot to say!

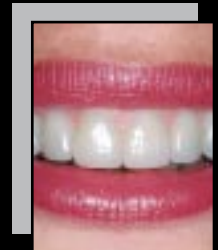
Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

**Yellow?** The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



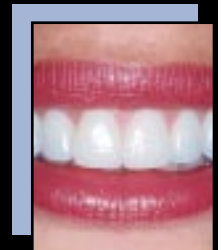
Yellow

**Gray?** It's likely that you have experienced tetracycline damage – probably sometime during your youth.



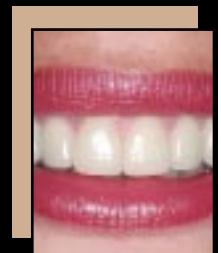
Gray

**Blue?** Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



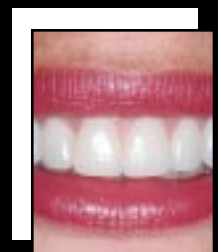
Blue

**Beige?** Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

**White?** You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.



White

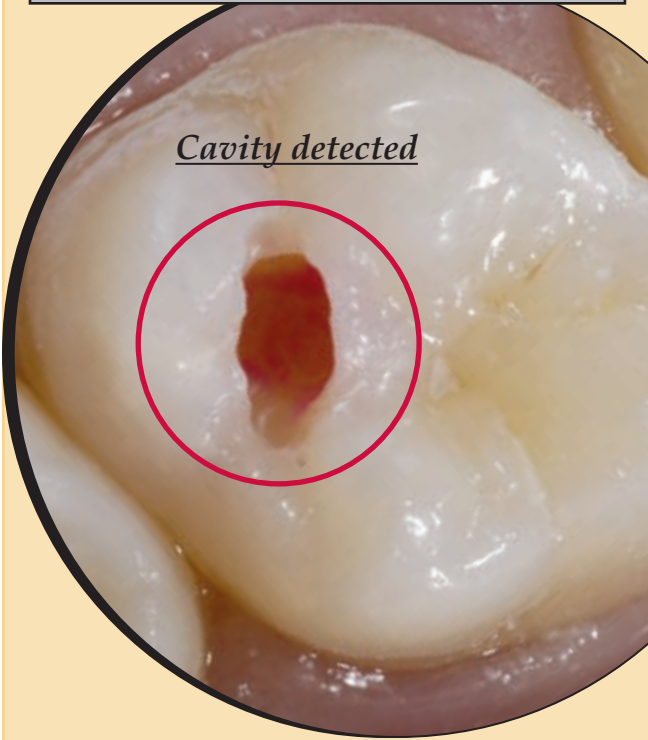
# Seeing Is Believing

Case Study #1: A molar on one of our client's with a small cavity upon examination.



Hold this paper 14 inches from your eye. This is the typical view seen by a "naked-eye" dentist.

*"Anything the eye can see the hand can do"*  
Don Reid DDS



Cavity detected



Original decay:  
*Actual microscope view at 12X power*



Cavity cleaned out and ready to restore



*"The more I see, the more there is to do!" says Dr. Reid*

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DENTAL ARTISTRY

**FINAL RESTORATION**

Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

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