

DENTAL ARTISTRY

DONALD REID DDS

Spring 2008



You've Got Better Things To Do With Your Time...

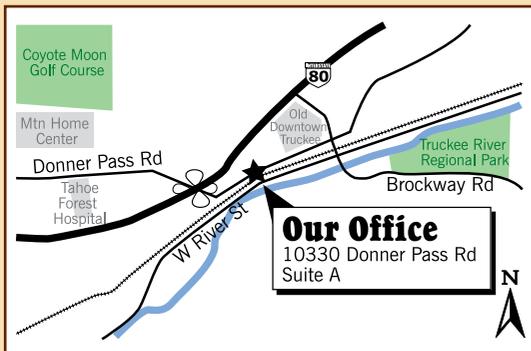
Than go to the dentist!

Experience beautiful computer designed ceramic crowns. No uncomfortable impressions.

Everything is done in one visit, in about an hour - leaving more time for whatever is important to you.

DONALD REID DDS
DENTAL ARTISTRY

Dr. Reid is a member of the Dental Organization for Conscious sedation and certified in Advanced Cardiac life Support



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Dental Artistry**
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Office Hours
Mon-Thu 8:00 am – 5:00 pm

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Our Services Include:

- Personalized Cosmetic Dentistry
- Esthetic Implant Dentistry
- Conscious Sedation
- Single Visit Ceramic Crowns
- Preventive Periodontal Care
- Bite Disorder Treatment

Visit our website @ www.tahoedentalartistry.com

Call Today! (530) 587-9560

Grin... Or Grimace?

You tell us!

The average person can exert up to 200 lbs of muscular force on their back teeth... that's a lot of pressure! So much so that for some individuals, stress-related teeth grinding and jaw clenching can cause serious dental damage. Men especially often wait too long and only seek help after tolerating increasing pain and injuring their smiles' function and appearance.

Here are 9 telltale signs that indicate a stressed-out smile...

- 1 Ground-down eye teeth
- 2 Popping, clicking jaw joints, and difficulty biting
- 3 Recurring headaches
- 4 Chipped edges on front teeth
- 5 Feeling stressed and anxious
- 6 Worn cusp tips on premolars and molars
- 7 Loss of tooth enamel and dentin
- 8 Cracked teeth
- 9 Damaged restorations

Recognize yourself?

Don't just grin and bear it. Let dentistry help you.

Think About Links

Connect with
dentistry for
better health



Even if you think your teeth and gums are healthy ... and even if you don't have rheumatoid arthritis ... reading this could help you. According to research, people with rheumatoid arthritis could be more than twice as likely to have gum disease with accompanying jawbone loss and tooth loss. What does this have to do with you? Well, understanding that each of these is an autoimmune disease with chronic inflammation could provide clues to improve treatment – or even prevent – both disorders.

Science hasn't confirmed a cause-and-effect relationship between the mouth and the body, however, scientists theorize that either: (a) Oral bacteria enter the bloodstream and release toxins that affect other parts of the body; (b) Bacteria-fighting blood cells trigger the body's own immune system to actively work against itself.

How can dentistry help you?

- Dentists can simply and effectively monitor the health of your gums over time.
- Because bone loss in your jaw can occur without obvious gum damage, dentists can use safe and effective x-rays to evaluate the health of your gums and bones.
- Dentists can provide professional instruction in home-care routines that, along with cleanings at the dental practice, will help ensure your oral and overall health.

Gum disease may be associated with heart, lung, and kidney diseases, cancers, diabetes, and osteoporosis, as well as rheumatoid arthritis. How can you help yourself? Visit a dentist regularly.

And The Winner Is...

Guava!

Move over blueberries, broccoli, and pomegranates! Red carpet *superfoods* like these will soon be vying for the limelight with ... guava! This exotic yet readily available fruit also boasts a high antioxidant content, so it's good for your immune system and can help lower cholesterol and protect your heart.

For centuries guava leaves have been chewed to relieve toothaches and used as a decoction for gargling to relieve oral ulcers, inflamed gums, and sore throats.

Guava's distinctively aromatic fruit looks much like a small pear or apple, and once ripe, every part is edible. The rind alone contains over five times more gum-protecting vitamin C than an orange, and the fruit is exceptionally high in calcium for healthy teeth and bones. The glamorous guava: good for you and delicious too!



Would You Do It?

Go ahead – wear a crown – and smile again!

Today, self-improvement opportunities abound – from gyms to plastic surgery to spa treatments. Why? Because people like you demand them. Same thing with dentistry. Appearance matters, so patients like you are asking for treatments that will help them look great *and* feel great. Dental crowns, for example, can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile. The crown is the part of the tooth that you can see above the gumline. When even one becomes damaged, it can affect your appearance and your ability to eat, speak, and smile.

Crown restorations fully cover the damaged tooth to prevent further trauma and provide a seal against bacteria when...

- Too-large fillings have challenged the integrity of tooth structure;
- The tooth has broken or fractured;
- Root canal therapy has left the tooth brittle and weak;
- A gap needs a bridge to prevent shifting teeth and an altered bite.

Dental implant crowns are placed permanently onto an artificial root..

- To replace a single tooth;
- For full-mouth reconstruction;
- To retain an overdenture;
- To retain a fixed bridge.

Today's crowns are the most popular restoration option for people like you who want to improve their oral health *and* their smiles – so add dentistry to your list of terrific things to do *just for you!*



Dental crowns can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile.

**Think
Lunch
Break!**

5 Reasons To Recontour

You've probably heard about one-hour teeth whitening, but did you know that you can also get tooth reshaping or dental recontouring done over your lunch hour? Tooth-colored materials can be used quickly, easily, and comfortably to create a dramatically straighter-looking, more-even smile.

One-visit tooth recontouring is a great choice for minor smile flaws – and it can create virtually instant results.

Re-invent your smile and camouflage teeth that are...

1. Ridged or pitted
2. Chipped or fractured
3. Crooked
4. Uneven in length
5. Crowded or overlapping

Call the dentist for a consultation and find out how dental recontouring can make a dramatic difference in your smile! And if you want to create even more drama – your dental team will be happy to discuss other cosmetic options!

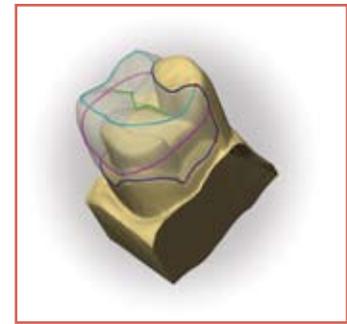


"When I came to Dr. Reid my teeth were very dark brown due to taking tetracycline as a child. My smile is more beautiful than I could have dreamed for. He worked a miracle on my teeth."

*Gabrielle Marshall
Portland, Oregon*



**For A
Complimentary
Smile Analysis,
Call Today!
(530) 587-9560**



Single Visit Crowns

The Future of Dentistry now in Truckee!

Remember all the fuss and steps required for conventional crowns? First you get numbed, then the tooth is shaped followed by an often cumbersome rubber-like mold of the tooth. A temporary crown is fitted and a second visit scheduled. Often the temporary comes loose, isn't comfortable as it's worn for three weeks. Another trip to the office, more anesthesia, the temporary removed, tooth cleaned up, crown fitted, cemented and bite checked for comfort. Whew!

Imagine...

- A digital camera takes a picture of your tooth.
 - That allows Dr. Reid to quickly design a properly shaped crown on a monitor.
 - A ceramic block of the right color is placed in a CAD-CAM milling machine. Minutes later a beautiful porcelain crown is bonded in place.
- If you're a fearful you can safely sleep through the entire procedure.



Call Today for a Single Visit Crown experience and enjoy Sleep Dentistry for no charge. A \$300 value.

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