

DENTAL ARTISTRY

DONALD REID DDS

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FromDr.Reid

A Tribute to Julie Younger *World's Best Hygienist*

I came to Lake Tahoe in 1996 as a consultant to a practice on the North Shore. The office had several hygienists on staff with Julie being one of them.

After interviewing all the team with an assessment tool developed by Selection Research Inc, I was pleasantly surprised to realize Julie's ability to help people assume responsibility for their total health, was in the top percentile of talent nationally.

Tahoe grabbed me by the heart and a year later our family moved here. Julie joined our team and we've been professional colleagues ever since.

She has an uncanny ability to get under your skin, pun intended, and help you do the right thing for your oral health. The proof of the pudding is in the eating and you, our clients, maintain exceptionally excellent hygiene on average. I'd estimate 80% of you are in this category, where nationally less than 25% compare.

Somehow Julie manages to perform excellent services, share experiences, laugh from her soul and schedule your next visit, all within an hour.

God Bless Julie

Mouth-Body Connection

by Julie Younger RDH

When I measure the tissue pocket depths in your mouth and there is bleeding, you're at risk for much more than mouth problems.

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those you could develop.

Concerning heart disease and stroke, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that plaque and oral bacteria find their way into the blood stream through the bleeding tissue sites and contribute to the thickening of the walls of the

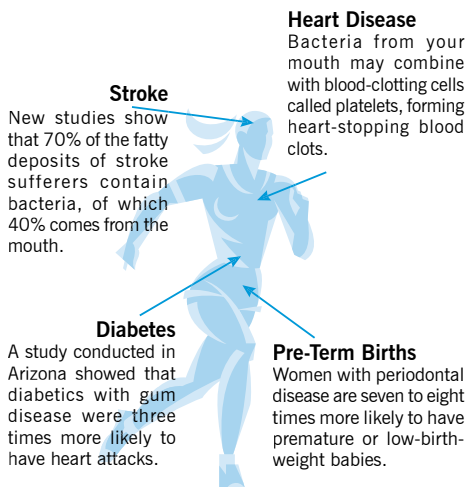


coronary arteries. I've had patients with serious bleeding and subsequent gum infection that the ulcerated tissue could be the equivalent of a 3 square inch open wound!

Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. Gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to premature birth. Pregnant women who have periodontal disease may be seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

There is also evidence that periodontal disease contributes to respiratory diseases and osteoporosis. Simply put, periodontal health is a top priority for your overall continuing health.



The shortest distance between two people is a smile.

FAQ



How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.



My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs – tape, thread, unwaxed, and shred-resistant.



How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.



Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common

About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



You're Never Fully Dressed Without A Smile

Whether you're dressed to the nines or standing around the barbecue, your smile is the very first thing people notice about you. There's just no question that smiles make a big impression on people. Cosmetic dentistry can make sure that it's the right one.

One of the most common smile dimmers is virtually unavoidable. It's called Life. Just eating and drinking can stain your teeth. Some foods and beverages have a worse reputation than others. Coffee, tea, red wines, and berries are notorious smile dullers. Then of course, there's smoking. Dentists call these extrinsic stains. They affect only the enamel surface of the tooth, and are easily remedied by teeth whitening. Teeth whitening can be done reliably and conveniently in a number of ways. Your dentist-supervised whitening program will be customized to ensure the whitening product is right for you. If you have intrinsic staining, you probably know it. It's discoloration within the tooth which is permanent. There are a number of non-surgical solutions, but by far the most popular is veneers.

Veneers are paper-thin, ultra-strong translucent shells that are applied to the surface of one or more teeth to both whiten and re-shape your smile. They can also be used to close gaps, correct chips, or smooth out a crowded-looking smile.

We have many tried and true smile solutions! Let us help you put your best smile forward.



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**DONALD REID DDS
DENTAL ARTISTRY**

TMJ Splints

**Now digitally
designed and
fabricated**

Dr. Reid, an expert in dental circles on occlusion and TMJ issues, is using the latest technology from Great Lakes Orthodontics Laboratory.

Previously, TMJ appliances were man made and often required chair side adjustments to create perfect fit. Now the molds of the teeth are manipulated with a virtual bite motion and the entire appliance is machine made. The fit, comfort and strength of these appliances should allow for decades of usage.

This is the same technology that the **invisalign** company uses for orthodontics without braces.

Computers are changing the world of dentistry.

