

DENTAL ARTISTRY

DONALD REID DDS

Winter 2008/2009

Dr. Reid Mentors Dental Colleagues

A New High Tech Facility

Dr. Reid chose Lake Tahoe to practice because of its grandeur and recognition as an attractive destination for dental continuing education. "It's been my lifelong desire to develop other dentists' practices clinically, managerially and spiritually and appears the time has come," says Dr. Reid. His dream to teach fellow colleagues in paradise has become a reality.

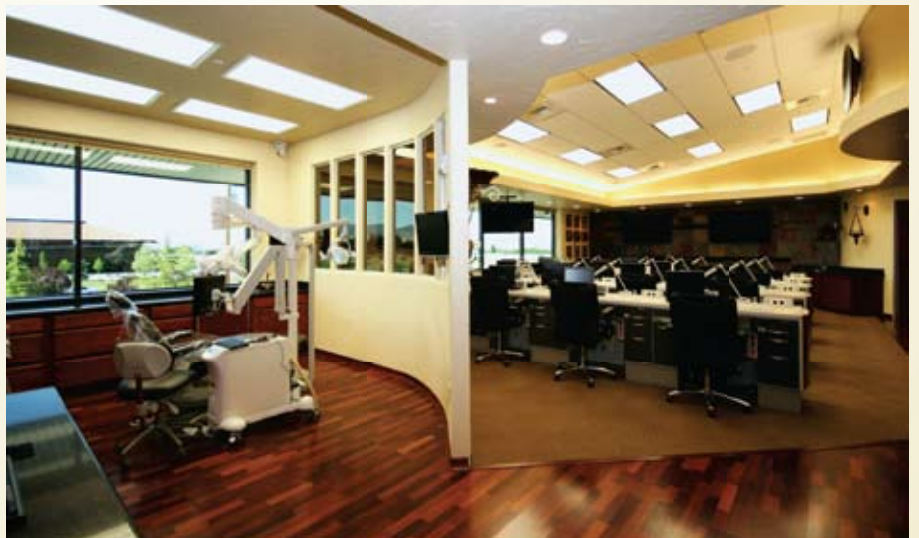
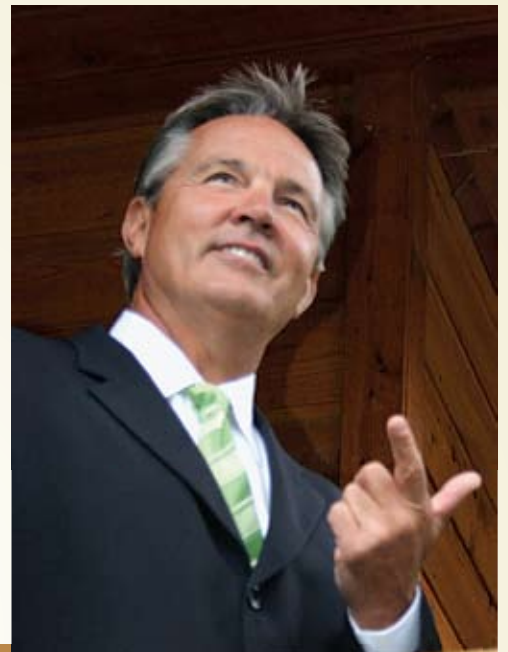
Recently, Don conducted a one day hotel seminar in Las Vegas for a study club of Loma Linda University graduates. The eight hour workshop was so successful the entire group requested to meet again for a two day hands on 'over-the shoulder' workshop with Dr. Reid. The current office can't accommodate a large group for clinical training however he received a windfall opportunity from colleague and friend. Daniel Llop, owner and CEO of N-Sequence Center For Advance Dentistry laboratory in nearby Reno, www.n-sequencedental.com, offered his facility for all Dr. Reid's workshops. The learning center contains a 21 stations complete with computers, dental drilling units and demo mannequins. Additionally, there is a dental chair with filming and projection capabilities for live patient demonstrations.

Dr. Reid's curriculum will include smile designs, full mouth reconstruction, implant treatment planning and occlusion. He plans to

incorporate outdoor activities into the curriculum also. "The real learning will occur while fly-fishing or taking a break from snowmobiling and rehashing didactic time."

Dr. Reid is addressing the prestigious Academy of General Dentistry in Washington State in 2009. He hopes to develop mentor relationships from that meeting as well.

"I plan on practicing clinical dentistry until I can no longer. The infamous cardiologist, Dr. Debachy, taught physicians into his mid nineties. Heck, I'm just a kid and besides to teach is to learn twice" says Reid.



State of the Art Training Facility



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?





Relationship Alley

My Ceramist

A personal letter from my good friend and ceramist, Steve Killain, from Newport Beach. He is the 'Man' responsible for the beauty of many of your smiles.

Dear Don,

I had no idea when I approached you 29 years ago as a client, what rewards were in store.

You have always encouraged me to provide the very best, often outdistancing my personal highest visions. You've inspired me to study and learn as you were growing in knowledge.

You've mastered more in dentistry than any other dentist I have worked with concerning the masticatory system whether it relates to diagnosis, treatment, implants, smile design, TMJ, practice management, doctor/client relationships. I could go on.

Whenever I'm asked if I know of a great dentist, although Lake Tahoe is a bit out of the way for some, I still recommend you first. As a lab owner with over 75 clients, I can only wish the other 74 were up to your level.

Great dentistry is not easy to come by. It takes the highest levels of communication as well as artistic skill. Working with you, I feel like I'm part of something extraordinary and the rewards are indescribable.

I've also come to appreciate how you keep your life in balance with your family, your practice, your community and your faith. When it's all said and done, the relationships we have are all that matters and ours is wonderful. I luv ya man!

The Lab Guy,

Steve

www.killiandental.com

office information

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**DONALD REID DDS
DENTAL ARTISTRY**

Happiness is being a grandparent!

Sept 19th, 2008 our oldest daughter Leah, and her husband Ken gave us a very special present.

**Sydney Ann Schmidt
7lbs 2oz 19 inches**

