

DENTAL ARTISTRY

DONALD REID DDS

Winter 2008

From Dr. Reid

The Spiritual Foundations Of Health-Centered Dentistry

You are forgiven!

A wonderfully composed heartfelt letter from a new female patient arrived after her initial visit and prompted my writing this article.

This woman had put off dentistry for various reasons but as decades passed; her guilt grew faster than the disease. Her oral health was obviously compromised. Before I began my examination, we talked and the verbal and non-verbal communication was crystal clear. "I know I've neglected my mouth, it's a mess and it's my fault", she stated.

Sitting knee to knee and eye to eye, I said "You know it doesn't do much good to dwell in the negative past, you're here, and we'll help. **You are forgiven** for whatever is going on." As tears flowed, we exchanged hugs as she expressed her feelings of relief. She said her fear of being judged for irresponsibility and neglect far

exceeded her learning of her dental disease.

The examination completed, we agreed on a course of action that would require efforts from both her and our team to achieve optimum oral health. She is progressing remarkably well with our hygienist, Julie and has renewed confidence and hope.

When I began my practice, management gurus told me people put off dental treatment for three main reasons: **fear** of pain, **time** restraints or **financial** concerns.

I've discovered another reason that is never talked about in dental circles. People often feel they will be judged for their lack of responsibility and subsequent or breakdown in their mouth and it is the **guilt and shame** that keeps them away! Where else can you go and find two relative strangers, 14 inches from your face, peering into your very private oral cavity and listen to a laundry list of all the things that are **wrong with**

you and what you should and should not be doing and so on.

This isn't meant to humor as it's a common scenario for the prototypical dental office.

My practice philosophy of Health - Centered Dentistry.

- **There's not much benefit dwelling in the negative past.**
- **Health is a gift that should be cherished and managed.**
- **When we fail at managing our health, and we do, we're forgiven.**
- **Grow and learn and do better next time.**
- **Others can be inspired by our efforts**

I've only heard of one perfect person and I've never had Him as a patient. When I have the perfect waistline, resting heart rate and body fat, I'll consider judging my patients who don't brush and floss as much as they know they should!

Smile.

Don Reid DDS, FICOI

Contact us at (530) 587-9560 or bitefx@yahoo.com

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Risk Factors

Could *you* lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time

if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you or someone you love fits any of these nine risk

indicators identified by dental experts, you or your loved one could be susceptible to gum disease and the tooth loss associated with it.

1
Are you older than 35?

2
Are you male?

3
Have you never received – or avoided – dental care?



4
Have you never – or only irregularly – used dental floss?

5
Do you smoke? Have you ever?



6
Do you have diabetes?

7
Do you have high blood pressure?

8
Do you have rheumatoid arthritis?

9
Do you have gum disease around your front teeth?



These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care.

Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! In fact, teenagers can get

periodontal disease and virtually all adults will have some aspect of it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

flossing

Eschew This

Ask us how!

Which of these tools would be part of your "top ten" to use when dental floss just isn't handy?

- (1) screwdriver (2) earring (3) needle (4) key
- (5) paper clip (6) matchstick (7) nail file
- (8) pencil (9) card (10) none of the above

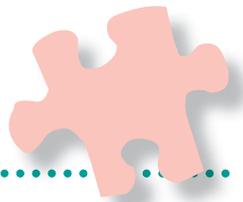
We hope you picked (10) *none of the above!* Believe it or not, over 60% of participants in one survey admitted to using at least one of these potentially gum-damaging methods to remove food from between their teeth. Another 23% just left the food there – increasing the risk of disease and bad breath!

Flossing once a day is essential to oral health, removing food and plaque buildup from between your teeth.

Ask us about flossing instructions and safe flossing alternatives.



Is Something Missing?



Crowns & bridges can bring back your beautiful smile!

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's *crowns* and *bridges* can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

● A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and

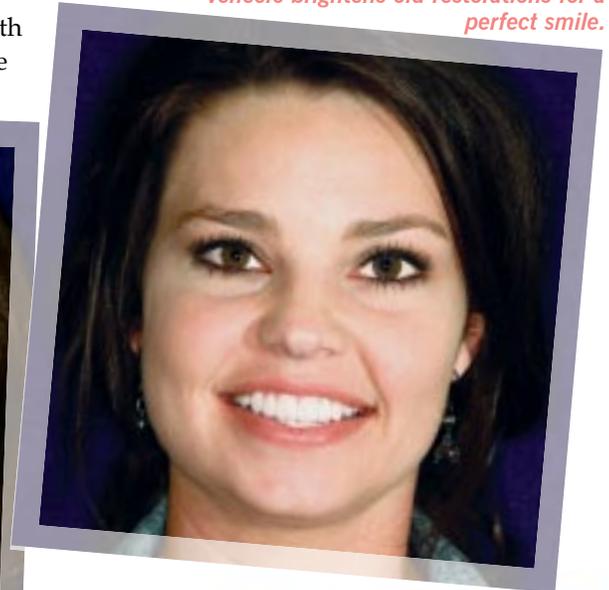
protect a damaged tooth.

● To fill in gaps, crowns are combined with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge

has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.

New crown & bridge technology plus veneers brightens old restorations for a perfect smile.



It Could Be Related!

Dental origins

Millions of people suffer from discomfort that only *seems* unrelated to dentistry. Do you have any of these symptoms? Tender jaw muscles... restricted jaw opening ... clicking or grinding jaw joints ... earaches... facial or head pain? Call us. Dental intervention may help.

Here are some discomforts that may be dental in origin...

● **Temporomandibular Disorder (TMD)** can create head, jaw, and ear pain when the jaw joints located just in front of your ears become misaligned or traumatized, or when surrounding muscles become strained.

● **Chronic Heavy Snoring** can interrupt breathing and usually occurs when your lower jaw and tongue drop back during sleep.

● **Headaches** can be related to TMD, interrupted nighttime breathing, and nighttime tooth grinding.

Don't Hold Your Breath!

Dine with friends

A yellow, sulphurish-smelling stain which has survived on an arctic glacier has been linked to extraterrestrial life. You've probably felt a little alien yourself if you've experienced yellow stained teeth or bad breath from volatile sulphur compounds (VSCs) in your mouth. We can help with oral hygiene but you're on your own with what you eat!

Volatile sulphur compounds are infamously present in some popular foods like onions and garlic. Both foods are low in calories and fat and have no cholesterol, but contain fiber, vitamins,



minerals, and antioxidants. Many people simply can't do without their intense and wonderful flavors.

What can you do about garlic or onion breath?

- Feed them to other people so no one will notice?
- Eat a bouquet of parsley?
- Your best bet is to brush, floss, and rinse!

Our Clients Talk!

"Dr. Reid's impeccable eye for aesthetics is amazing. I have several dentists in my family and they've commented that the work done by Dr. Reid was, truly some of the finest cosmetic dentistry they had ever seen."

Brinn Wellise
President/Owner
Switchback PR + Marketing, Inc.
Truckee, CA



"Thomas Edison once said that "genius is 1% inspiration and 99% perspiration." This principle applies to Don Reid's dental artistry as well: Don is talented, passionate, and proud of his work, but most importantly he attends to every detail, no matter how microscopic, to ensure the most satisfying results. And his office has also impressed me with its solid teamwork: Marilyn, Julie, and Susan deserve a lot of credit for making this happen."

David Fenimore
Director of Undergraduate Studies in English
University of Nevada, Reno

Countless dentists and doctors have tried to solve the severe neck, head, and jaw pain that I have suffered with for nearly 40 years!

A year ago, I became a patient of Dr. Reid and within a few days of his proper adjustment of my bite, the pain completely disappeared and has never returned. I will forever be grateful to Dr. Reid and his wonderful warm,

welcoming, and professional staff. Ron and I now LOVE going to the dentist!

Susie



Ron & Susie Towle
Truckee, CA

Since finding Dr. Reid a year ago, my dental health has improved drastically. His expertise in the art of dentistry is only surpassed by his sincere concern and warm connection to his patients. I was profoundly affected when a stranger complimented me on my great smile ... that was a lifetime *first*."

Ron

"I have been a client of Don's since he arrived in the Truckee/Tahoe region 11 years ago. Don's care has been outstanding and I have truly benefited from his pro-active approach to dentistry. His staff is outstanding, appointments are timely, and follow up is a breeze. Don is on the cutting edge of dental technology and his attention to the finest details of his dental artistry has given his patients incredible options to restore and maintain dental health."

James E. Simon/Attorney
Porter-Simon Law Firm
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DONALD REID DDS
DENTAL ARTISTRY

Quotable Quotes
If you love your work, you'll never
work another day the rest of
your life.