

DENTAL ARTISTRY

DONALD REID DDS

Produced to improve your dental health and awareness

Fall 2011

from the dentist

CyberDentistry

Teaching Patients and Dentists

As part of our continued commitment to communicate with our patients and other health professionals, we are happy to announce two new internet websites. They are: www.tahoedentalartistry.com and www.bitefx.com.

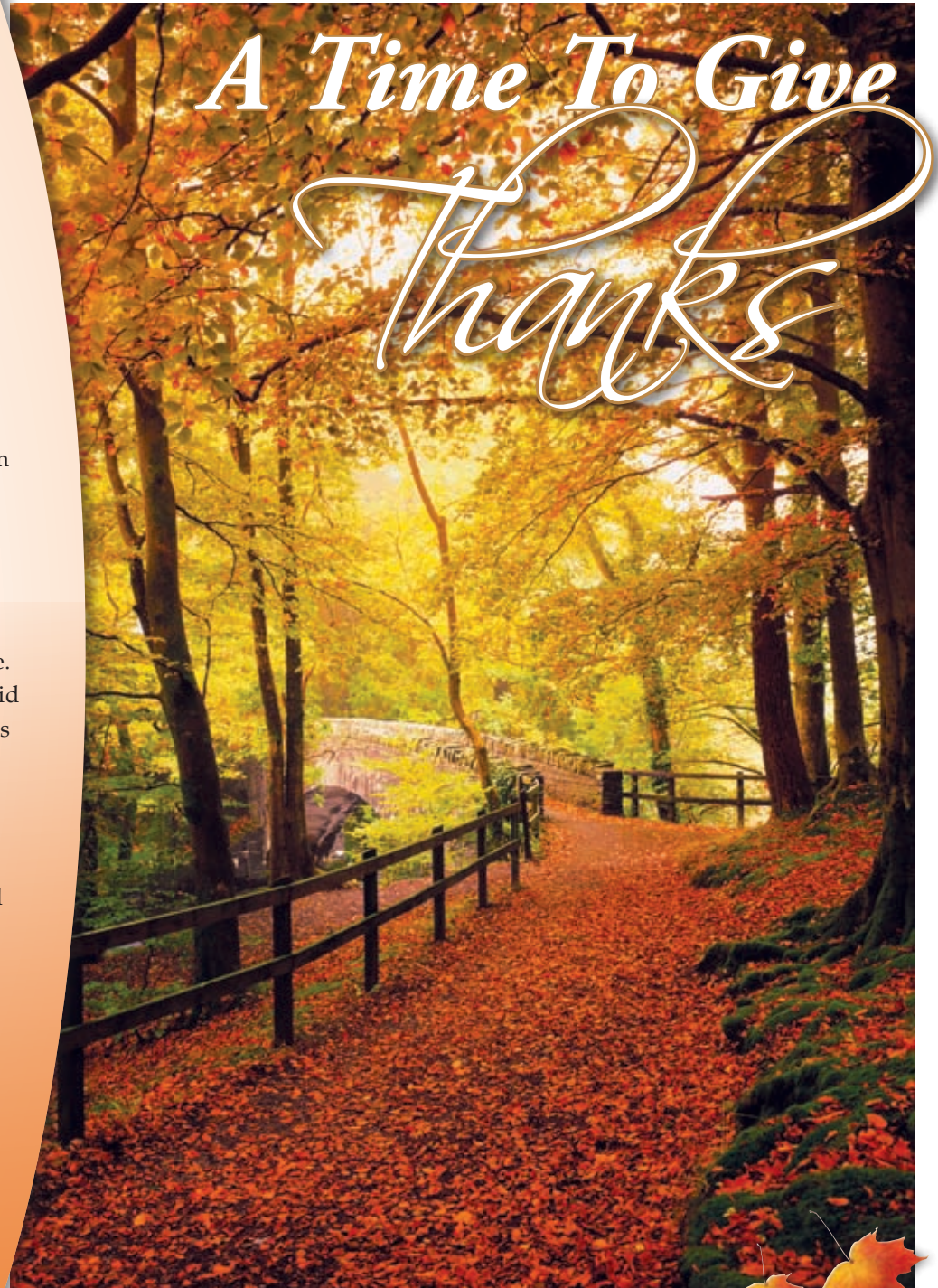
At our sites you can view various articles on dental health, new technologies as well as information on the elements of a good stable bite. You'll see links where Dr. Reid is working with other dentists and physicians to improve their understanding of the tooth-jawbones-muscle working relationship.

Dr. Reid may be contacted by email at either site to address any questions or health issues you may have. He promises a speedy reply.

In good health,



Don Reid DDS, FICOI



Have a Wonderful Fall & Happy Thanksgiving!



5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



"Ascared" Of The Dentist?

Not your kid!

Kids' fear of "going to the dentist" is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for "brain freeze." It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!



Lasting Impressions

Popular treatments can rally your smile

A dazzling smile can ignite a room. It projects strength, confidence, and beauty. For decades dentists have worked on ways to treat dental problems. We can now change the way your teeth look and the way you feel!

Because your mouth is one of the focal points of your face, it plays a major role in how you perceive yourself and how others perceive you. And now, taking steps to improve your appearance is an investment in your long-term health and well-being.

Here's a glossary of what some of the most popular treatments can do for your smile ... apart from making a lasting impression!

■ **Whitening** - Erases unappealing stains and discolorations for a brighter, whiter smile.

■ **White Fillings** - White composite, porcelain, cast glass, or resin inlays and onlays replace silver-colored fillings.

■ **Veneers** - Stains and chips, or overlapping and uneven teeth, may require veneers which are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. Veneers can be designed to improve the proportions of your smile.

■ **Crowns** - Teeth that have had root canal treatment or extensive restoration can be repaired and strengthened with a crown that fits over a tooth to restore its normal shape, color, and function.

■ **Implants** - If your smile is suffering because of missing teeth, implants may be the answer. They can be an esthetically pleasing alternative to dentures and bridges.



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DONALD REID DDS
DENTAL ARTISTRY

Thanks
For Everything
You're the best!

Every time you visit with us, we enjoy catching up with you, and when we hear about all the activities, events, and obligations that fill your personal calendars, we're really very thankful that you've included regular dental care into your busy lives - for the sake of your dental and overall health. This appreciation also extends to all of you who remember that we always gladly accept new patients and send referrals our way. Referring your family, friends, and the people you work with means a lot to us personally and professionally, and we go all-out to provide the same quality service and care to your referrals as we give to you.

Thank you again for coming back time after time, and we hope you'll continue to tell others great things about us!

Don't Fall Behind!

Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!