

DENTAL ARTISTRY

DONALD REID DDS

Produced to improve your dental health and awareness

Spring 2011

from Dr. Reid

Eating Green

If you haven't watched the documentary movie "Food Inc.", I'd highly recommend it. The movie impacted me and Marilyn such that we've altered our diet to eat as organic as possible as well as significantly pumped up our intake of fresh fruits and veggies.

There's strong evidence that your greengrocer may have access to cancer protection you won't find in a doctor's office. Studies show that foods like broccoli, peaches, cantaloupes, spinach, and other sources of vitamin A can lower the risk of cancer in the larynx and esophagus. Fruits and vegetables, and whole grain cereals like oatmeal, bran and wheat, may help lower the chance of colorectal cancer.

My 89 year old dad works 36 hrs /week and has never taken a sick day from work. He was raised on a farm!



turn the page

Do you have *Hourglass Syndrome*?

The Fountain of Youth ... is here!

Workout for your tastebuds!

To Teach Is To Learn Twice

Dr. Reid teaches colleagues



Surrounded by fellow dentists from the *Washington State Academy of General Dentistry*, Dr. Reid is shown demonstrating techniques to evaluate for signs of destructive biting forces. This prestigious group invited Reid to Seattle after discovering his software animations, BiteFX, as they have a particular interest in filling in missing gaps from institutional teaching on the nuances of the bite or occlusion.

He finds sharing his expertise extremely rewarding and particularly enjoys the off the podium -over the shoulder- approach. Reid says, "My first mentor, the dentist for late president Richard Nixon, took me under his wings and shared decades of professional pearls of chairside wisdom. It's a tremendous honor to give back to younger colleagues."

Aside from addressing various dental societies, He's accepted part time faculty positions in both Arizona and Florida at the *Scottsdale Center for Dental Excellence* and *Dental EDU.TV* respectively.

www.tahodentalartistry.com

Tick Tock

Forget the clock!

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know - as you wait ...and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



Look Younger Without Surgery!

Ask us about your dental facelift options



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

Cosmetic Dentistry:

The non-surgical alternative to a facelift!

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

Smiles That Go Miles

Home and pro care

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your "attractive quotient." Isn't it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don't smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

VIVACIOUS VENEERS

Once we've decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we'll take into consideration your face shape and the proportions and symmetry of your face and smile.

We'll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

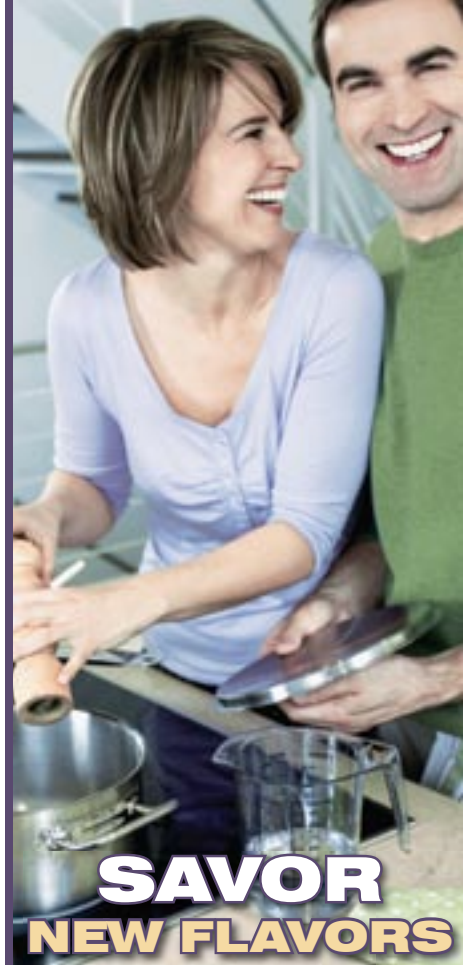
Based on these dimensions, your occlusion (bite), and your preferred smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

A new smile in just a little while

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications
 - gaps that trap food and make you feel self-conscious about smiling
 - overlaps and crowding that create an accordion appearance, especially in profile
 - unsightly chips or cracks that catch on dental floss and attract stains like magnets.
- ### Reproportioning
- an uneven or too-gummy gumline
 - teeth that appear too long due to receding gums
 - poorly shaped or sized teeth that don't suit the proportions of your smile
 - worn down teeth from clenching and grinding or enamel erosion.



SAVOR NEW FLAVORS

Train your taste buds

Ever since you were a kid, you've known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

- Experimenting with aroma, texture, shape, and color can all improve anyone's dining experience.
- Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means "savory" in Japanese. You can mix 'n' match foods and seasonings that are more healthful and yet appeal to your palate.
- Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!

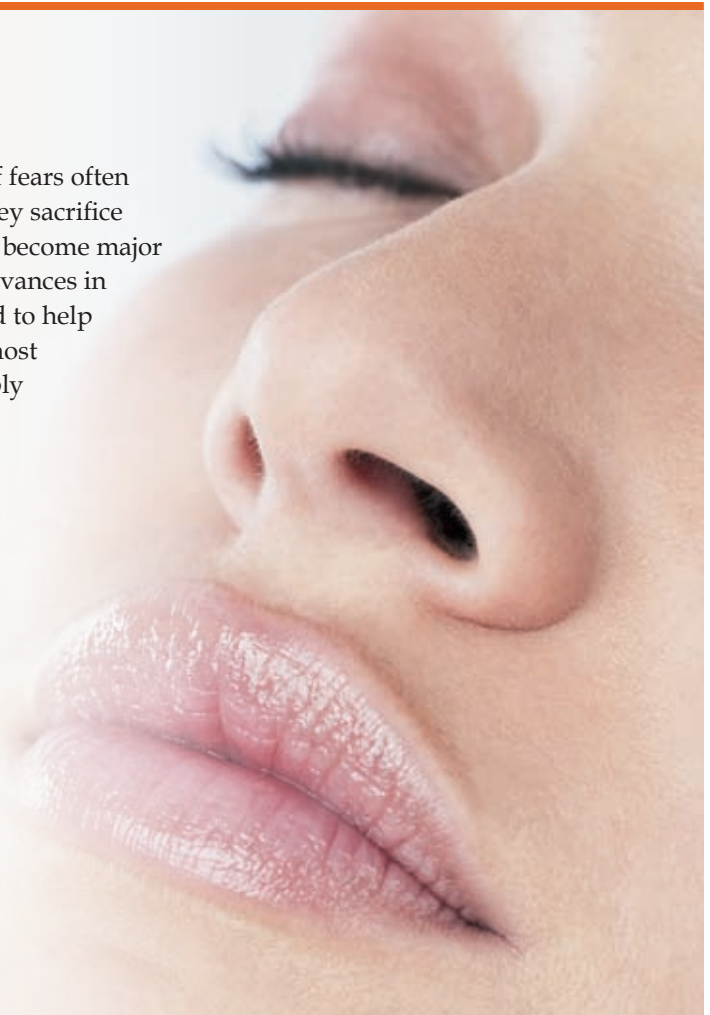
Sedation Dentistry

A dream come true

Millions of people avoid necessary dental care because of fears often founded in previous unpleasant experiences. In doing so, they sacrifice their dental and overall health, and minor problems rapidly become major ones. All of us here understand that, despite the amazing advances in modern dentistry, we recognize the reality of those fears and to help we offer oral conscious sedation or sleep dentistry. Unlike most sedation techniques, you achieve this "dream state" by simply swallowing a pill!

While sedated, you remain conscious and will be able to understand and respond to requests from your dental team. For most people, conscious sedation, OCS, induces a state of deep relaxation and a feeling of not being bothered by what's going on. OCS sedation is so effective that most patients who choose it reduce the number of visits required to complete their dentistry because they are so relaxed and at ease, we are able to address more than one concern and accomplish more. And remember, you can receive IV sedation for any type of dental work, even a cleaning!

Dr. Reid has attended extensive postgraduate training in order to provide you with the option of sleep dentistry, so if you're apprehensive about the dental procedures, the first step is to phone us. We'll review your medical history and work with you to eliminate the discomfort and fear that are often barriers to optimal oral health.



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Dr. Czytajlo?

Little did you know Dr. Reid could easily have been Dr. Czytajlo if his father hadn't changed his name.

During WW II Don's dad, Nick, an army aviator changed his name because the men under his command had difficulty pronouncing Czytajlo. (She-ta'-low).

Nick spoke Russian growing up on the farm and the word for read, as in reading a book, is Cztash (She -Tahs).

That's where Reid as a last name came from. Dr. Reid admits he wishes he had his original family name but it would be a serious hassle to reclaim it.

