

DENTAL ARTISTRY

DONALD REID DDS

Produced to improve your dental health and awareness

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The Power and Benefit of Microscope Dentistry



Hold this paper 14 inches from your eye. This is the view of a 'naked-eye' dentist.

"Anything the eye can see - the hand can do."
- Don Reid, DDS.

In 2002, Dr. Reid as a founder of the *Academy of Microscope Enhanced Dentistry*, (www.microsopedentistry.com), addressed his colleagues about the benefits of using a clinical microscope.

See for yourself what 'Micro-Dentistry' looks like to Dr. Reid. The benefits of complete diagnosis and clinical excellence are self evident. Reid says " I couldn't practice without my scope".

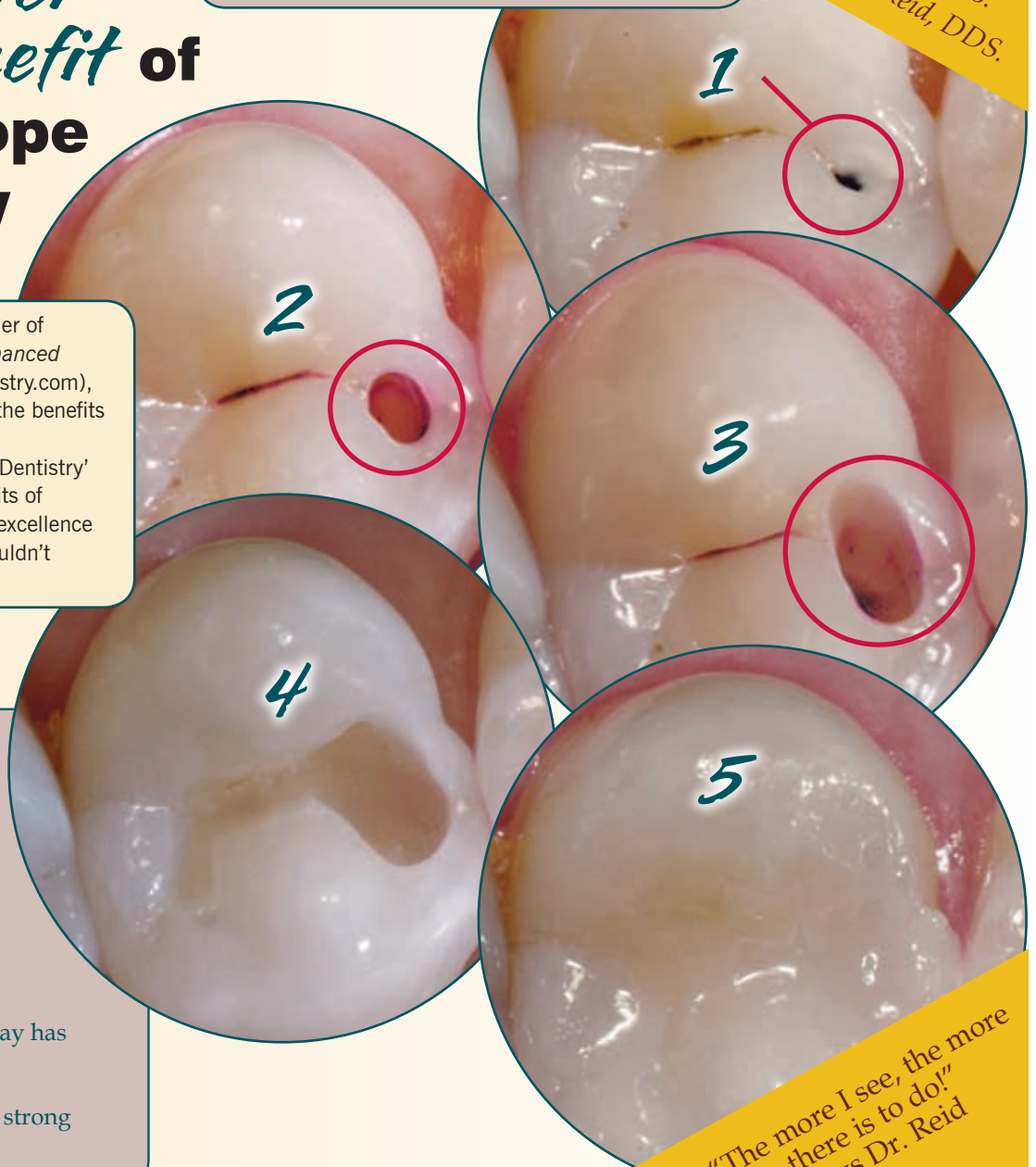
1. The same tooth showing the small cavity at 12x power

2. After initial exploration into small decay

3. More decay is found after opening is made larger

4. Tooth after all the decay has been cleaned out of cavity

5. Final restoration with strong composite filling



"The more I see, the more there is to do!"
says Dr. Reid



5

Smile-Saving Strategies

Delightful dental implants

You know that sunken look around the mouth and cheeks that you associate with ageing? That isn't inevitable, and often, it isn't even necessary. When teeth are lost, there is also a loss of jawbone so that surrounding teeth shift, resulting in a lack of support to the cheeks and lips. This can create lines around the mouth. Dental implants can save your bone structure which helps you to avoid premature facial changes.

What a dental implant is... A dental implant has two parts: a root made of biocompatible metal and a custom-made tooth crown which is attached to it.

How it works...

- 1 The root is anchored permanently in your jawbone, preventing future bone loss.
- 2 The crown does not rely on other teeth for support & doesn't affect surrounding healthy teeth.
- 3 An implant can replace one tooth or two, or the teeth in an entire jaw.
- 4 Implants can anchor dentures to prevent shifting & can replace partial dentures & bridgework.
- 5 Multiple implants & implant-supported dentures require no plates that cover the roof of your mouth.



LEMON Aid

A word to the wise

You'd think that acidic food would digest meals faster, but weirdly, the opposite is true. Citric acid in lemons, for example, slows down gastric emptying, holding food in your stomach longer so you feel full longer and avoid snacking.

That's great if you're watching your weight! Lemon juice tastes terrific on poultry, fish, or salads and when combined with oil and herbs for salad dressing. But just a note - you can get too much of a good thing. Lemons, like many foods that contain acids naturally, can cause enamel erosion if consumed excessively.

Still, go ahead and release your inner gourmand! Wise choices and a little moderation will let you enjoy great meals, your best weight, and a fabulous smile!

What you can do...

Consider safe reliable easy-care and natural-looking dental implants, and call us for a consultation.

Lose Weight...

And keep your smile

Here's a dental perspective that could help you reach your weight loss goals and add to your motivation. Don't overlook the liquids you're consuming! You may know that many beverages can stain your teeth, and that sodas and juices can erode teeth enamel and cause cavities, but here's more...

- A *Harvard* study found that drinking only one diet or regular soft drink a day increased the risk of obesity by 31%.
- Evidence suggests that diet drinks may actually promote weight gain, although the mechanism is unclear.
- Compared to real fruit and vegetables, the lack of fiber in soda can leave you feeling hungry - and heading back to the fridge.

Here's another dental angle... Experts suggest you create cues to signal it's time to stop eating 2-3 hours before bed time. Brushing and flossing is highly recommended!



Veneers Q&A

Here's what you want to know

Q: What are the benefits of veneers?

A: An improved smile can increase your self-confidence which improves your work and social life. Veneers are an effective cosmetic technique used to cover flaws and strengthen your teeth with beautiful results.

Q: How do I know if I'm a good candidate?

A: If your teeth are stained, chipped, or have other minor irregularities like small spaces, uneven lengths, or exposed roots, veneers can work for you. For slightly crooked teeth, veneers can give your teeth a straighter appearance without braces.

Q: Will my veneers stain?

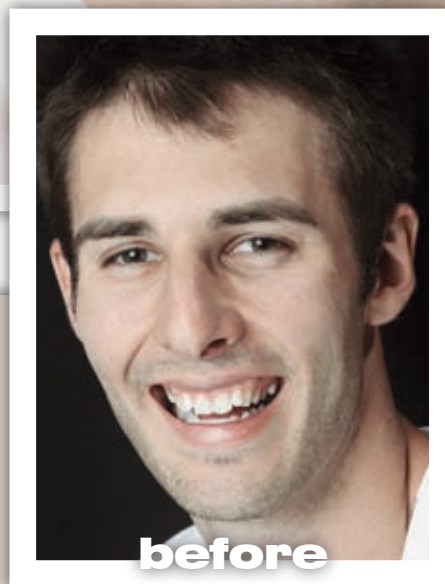
A: Porcelain veneers should never stain, although some other veneer materials are more porous and could. To keep your natural teeth bright, try to reduce or avoid foods and beverages like coffee, tea, red wine, and dark fruit juices, as well as tobacco products. Most patients whiten teeth surrounding their veneer(s) to ensure a good match.

Q: How long will they last?

A: They can last up to 20 years when you take care of your oral health to avoid decay and gum recession.

Q: Is getting veneers a long process?

A: No, it usually takes just two to three appointments for diagnosis, treatment planning, preparation, and placing your veneers.



Common Sense Care

For veneers and crowns

Great news! Veneers can be cared for just like your natural teeth. Brush them regularly with toothpaste, floss once a day, and keep your regular hygiene visits. Just as with your other teeth, it's important to limit your sugar consumption and confine sweets to meal times to help prevent decay.

Although your veneers don't require special care, give them the same respect that you'd give the rest of your smile. Anything that will break or chip your natural teeth could do the same to a veneer, including ice, hard cookies, brittle candy, candy apples, hard nuts, pumpkin seeds, and popcorn. Other culprits? Habits like nail biting, pencil chewing, using your teeth instead of scissors or bottle openers, and even for pulling on your gloves. Once you get the picture, it's easy to take care!



Dental Products Of The Future

Dr. Reid and Team Beta testing BEAM toothbrush



Reid's practice has been asked to test the soon to be released Beam toothbrush.



The Beam Brush is a response to the prevalence of oral disease, even in oral health conscious societies like the US, where millions of Americans are living with dental caries, periodontal disease, and oral cancer. A growing body of evidence has linked oral health to systemic health; yet oral care compliance is still an issue amongst Americans. Today, the average person brushes their teeth for only 46 seconds, but is 50% more likely to brush their teeth for a full 3 minutes by using just a simple timer. Dr. Reid believes if people brushed twice a day for a total of 6 minutes, oral health could be maximal. Although the feedback from a timer will reinforce inadequate brushing time, Reid has suggested the company add a GPS to demonstrate to the dentist and patient exactly 'where' they place the toothbrush during brushing.

Enter the Beam Brush and its interactive app that displays a 2 minute timer with the ability to play any song on the phone through the app while brushing. It even issues alerts when it's time to replace the brush head and can even order it automatically! Multiple brushes can be managed from a single app, so the whole family can easily compare statistics and interact.

There are two problems with patients brushing habits according to Dr. Reid. "People don't brush long enough and they habitually miss very critical areas of the mouth when they do, namely along the gum line on the cheek and tongue, and the sides of all teeth"

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Scientists Invent Painless Dental Filling Process—Using Plasma Brush

Dr. Reid says he'll be the first in line to buy one!

Scientists at the University of Missouri have invented a way to apply fillings that is completely painless. It uses a new plasma brush that disinfects and cleans out cavities, killing bacteria and forming a better bond for the fillings. Studies indicate that fillings are 60 percent stronger with the plasma brush, which would increase the filling lifespan

And it does it in less than 30 seconds! According to the scientists, "the chemical reactions involved with the plasma brush actually change the surface of the tooth, which allows for a strong and robust bonding with the filling material."

The cavity can be removed without a drill and it will feel like there is 'Cold Air' being blown on the tooth.

When will it arrive?

Qingsong Yu, associate professor of mechanical and aerospace engineering of the University of Missouri, claims that "there have been no side effects reported during the lab trials, and we expect the human trials to help us improve the prototype."

Human trials are scheduled to begin next year at the University of Tennessee-Memphis. Apparently, they are expecting the FDA to approve this really soon, with the plasma brush arriving to your dentist as early as 2013.