

DENTAL ARTISTRY

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Produced to improve your dental health and awareness

Winter 2012

Sick And Tired Of Feeling Tired?

- Do you wake feeling exhausted?
- Do you feel tired and sluggish throughout the day?
- Have you been diagnosed with sleep apnea and refused to wear the CPAP that was recommended?

If you answer yes to any of these questions you could be one of the millions of Americans suffering from one of the most missed health issues today.

Sleep apnea and chronic snoring are characterized by the blockage of the air passage during sleep, and can cause a person to stop breathing for several seconds many times a night. The tongue and soft tissues relax and completely collapse the airway during sleep until breathing stops. The brain partially awakens you to restore breathing and the process repeats over and over leaving you exhausted in the morning.

Unfortunately most people who have sleep apnea do not realize the harmful side effects that occur beyond just being tired. Poor supply of oxygen to the brain increases incidents of strokes and TIAs, heart problems, high blood pressure, and increased risk for Type II Diabetes all go hand in hand with sleep apnea. Others realize that they may have a problem but do not realize that there are alternatives to CPAP treatment. A small comfortable, custom fitting oral appliance similar in appearance to a sports mouthguard is helpful for a variety of snoring and apnea problems ranging from mild to severe.

Dr. Reid's knowledge about the TMJ and jaw function are essential in designing custom fitting oral appliances in the treatment of sleep apnea ensuring that it meets your unique needs and will maintain an unobstructed airway while you sleep. We'll be happy to answer any of your questions about oral appliance therapy.



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May your New Year be Filled with Health and Happiness.

PROTECTING *Your Smile*

Mouthguard selection

Your adult teeth should last a lifetime with daily flossing, twice-daily brushing, regular dental care, and a good diet. No problem ... almost. It takes more than maintenance to keep a cool smile – it takes *protection*.

It's easy to forget to protect your teeth from injury when you're pumped about hitting the ice, the bike trails, or making those spectacular slam-dunks. But your teeth are as vulnerable as other parts of your body and mouthguards are an essential aspect of your sports equipment. While there are many off-the-shelf styles from which to choose, please *don't compromise!* We will custom-fit a comfortable mouthguard especially for you, and we will take into consideration your budget and requirements.

You play the sports. We'll protect your teeth!



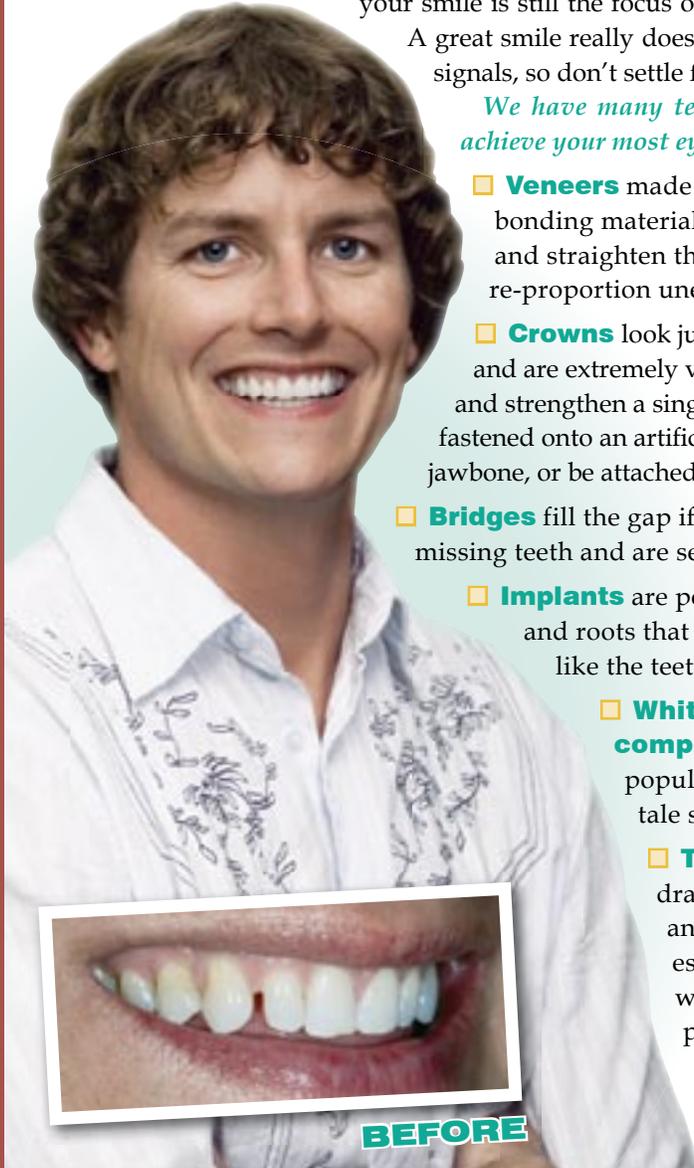
Make A Statement

Smile starters that really connect!

From our earliest ancestors onward, facial expressions that started with the lips and mouth emerged naturally to form a part of our emotional vocabulary. Could that be why your smile is still the focus of so much attention today?

A great smile really does transmit the most positive signals, so don't settle for less than your best.

We have many terrific options to help you achieve your most eye-catching smile...



■ **Veneers** made of either porcelain or bonding materials can instantly whiten and straighten the appearance of teeth and re-proportion uneven gumlines.

■ **Crowns** look just like your natural teeth and are extremely versatile. They can cover and strengthen a single damaged tooth, be fastened onto an artificial root implanted into the jawbone, or be attached to a bridge.

■ **Bridges** fill the gap if you have one or more missing teeth and are secured to adjacent teeth.

■ **Implants** are permanent artificial teeth and roots that look, feel, and function like the teeth they replace.

■ **White porcelain or composite fillings** are popular options to replace tell-tale silver-colored ones.

■ **Teeth whitening** will dramatically brighten and improve your smile, especially when combined with other cosmetic procedures.

*Focus on your new smile
- and more memorable future!*

Make The Connection

Heartburn can jeopardize oral health

People who suffer from heartburn – or *acid reflux* – usually suffer a double whammy: a threat to good oral health often accompanies uncomfortable symptoms such as throat irritation, gagging, and a bitter taste.

Stomach acids are meant to flow through the digestive system, but for people with reflux, acid will actually flow up into the esophagus and sometimes even into the throat and mouth which may have an impact on your smile. Teeth have a neutral pH of 5.5, but stomach acid, as you would expect, is much more acidic at a pH level of 2.0. Because of this, reflux will erode tooth enamel, inviting sensitivity, pain, and discoloration. Bad breath may also become chronic.

If you suffer from acid reflux, please seek treatment from your doctor and see us to ensure your teeth are protected.



DOUBLE The DAZZLE

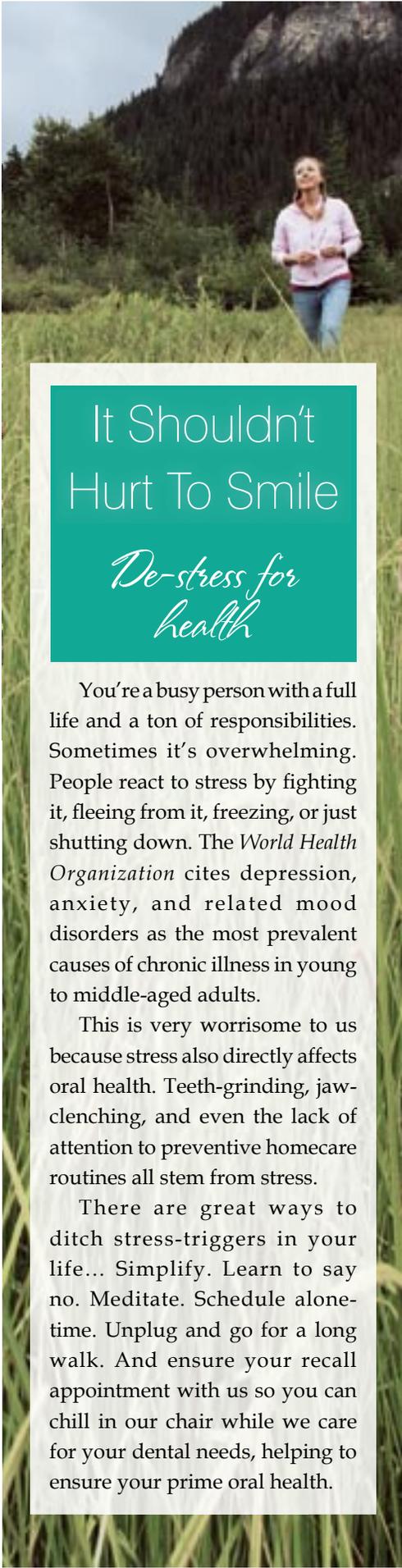
How to improve your health & your smile

Twins in the same household tend to eat the same things and share routines, making them excellent research subjects. In one twin study for example, when researchers added flossing to only one of each set of twins' homecare routines, the flossing twin's cavity-causing bacteria, gum disease, and gum bleeding were significantly reduced. This confirms the importance of flossing in addition to daily brushing of the teeth and tongue, but it's the more serious complications that can arise from gum disease that make prevention and treatment so important.

Your mouth can affect your body...

- When gum disease progresses, it can destroy the ligaments and the bones which support your teeth. This could lead to painful and misaligned jaw joints, limited ability to chew and get adequate nutrition, digestive problems, oral sores, and bad breath.
- Gum disease is an inflammatory disease, and while it does not cause other inflammatory illnesses like diabetes, cardiovascular diseases, and arthritis, research strongly suggests that it does have a negative impact on them.
- Studies have linked gum disease to low birth weight, toxemia, and premature delivery, and though rare, to stillbirth. Nearly half of women with gestational diabetes also have periodontal disease.

Gum disease is present in about 90% of the population. So like the study says, twin up your daily flossing with brushing twice a day. And please - never miss your regular professional cleaning.



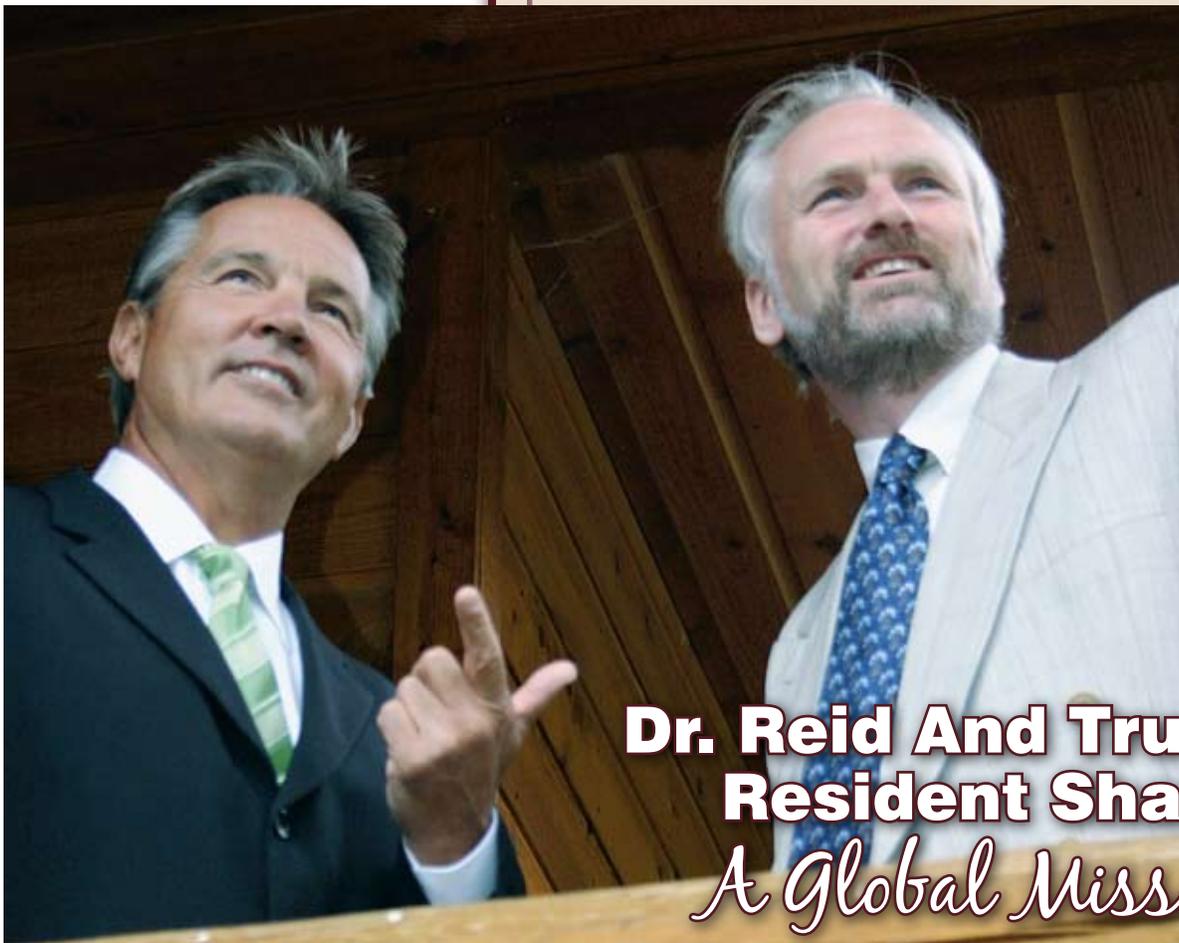
It Shouldn't Hurt To Smile

*De-stress for
health*

You're a busy person with a full life and a ton of responsibilities. Sometimes it's overwhelming. People react to stress by fighting it, fleeing from it, freezing, or just shutting down. The *World Health Organization* cites depression, anxiety, and related mood disorders as the most prevalent causes of chronic illness in young to middle-aged adults.

This is very worrisome to us because stress also directly affects oral health. Teeth-grinding, jaw-clenching, and even the lack of attention to preventive homecare routines all stem from stress.

There are great ways to ditch stress-triggers in your life... Simplify. Learn to say no. Meditate. Schedule alone-time. Unplug and go for a long walk. And ensure your recall appointment with us so you can chill in our chair while we care for your dental needs, helping to ensure your prime oral health.



Dr. Reid And Truckee Resident Share A Global Mission

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Information for bite related problems online

Dr. Reid is considered an expert in the field of TMJ diagnosis and treatment. Several years ago Dr. Reid and Doug Brown, CEO of *Dynamic Thought*, created *BiteFX™* dental software animations to **help dentists explain** to their patient's problems stemming from a bad or unstable bite. BiteFX software has benefited many practices here and abroad and their software is being used by leading dental educators and universities.

Quite recently, they teamed up to provide a series of patient friendly animations and photographs to **help patients understand** why many of the problems their having with their teeth, jawbones and muscles stem from an unstable bite. Because most dental schools provide limited education in the area of occlusion, a multitude of patients have undiagnosed bite problems. Conservative estimates are 20% or sixty million of the USA populace suffers from problems that are bite related.

Dr. Reid hopes patients around the globe can receive the same benefits as his patients. This will be accomplished as BiteFX.com hopes to provide active referrals for patients seeking solutions.

Please view for yourself this educational series for yourself. This is a work in progress. We'd like to know what you think or just click 'Like' when the video ends.

Go To: <http://www.bitefx.com/whats-occlusion.php>.