

Dr. Thomas'

TOOTH TALK

Produced for the Patients of Drs. James Thomas & Paul Chappel

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FROM THE DENTISTS

Special Issue

Cosmetic Dentistry

All the experts agree: it's difficult to over-estimate the importance and impact your smile has on your personal and professional life.

In this special cosmetic dentistry issue, we show you how in the last few years dentistry has moved far beyond its essential tasks of preventive care and tooth restoration. On page three we give you *A Guide To Great Teeth*, and prove what an exciting time this can be for your smile! We identify various cosmetic dental problems, and provide the solutions.

We also investigate just why our appearance, particularly our smiles, have become such an important part of our personal and professional lives and lifestyles. Your smile can even be a key indicator of strength of character and inner confidence. Page two also highlights how modern scientific techniques and inventions like new restoration materials can keep your teeth and smile healthy and happy for life, no matter what your age.

If you have any doubts about your smile, please come and see us as soon as possible for a serious smile consultation!

Yours in good dental health,

*Dr. James Thomas
& Dr. Paul Chappel*

The Season Of Smiles

There's no question about it – this is the season of smiles! With warmer days and gentle breezes ahead, we're all shedding the "SADs" in anticipation of looking and feeling our best. It could be a child's graduation day, it may be a daughter's wedding, or it just may be that spring is fast approaching, but whatever the reason, we've all got something to smile about.

We'd like you to know that we can help to make your smile look as good as you feel. Through the use of some very simple cosmetic techniques we can whiten and brighten, mask stains and hide chips. We can fill in the gaps, cover the cracks, correct the spacing and even ensure that the length of your teeth is as even as possible!

The technical terms are whitening, bonding and recontouring but what is really noteworthy is that many of these procedures are essentially painless, can be done in our office in a session or two, and will help you to improve your spring smile power.

So call us for a free consultation about the cosmetic treatments that may be best for you. In this, the season of smiles, you'll truly have something to smile about!



**New one-hour teeth
whitening service!**



Call us to reserve your appointment!

Thank you for all your referrals - we appreciate them!

IT ALL STARTS WITH A SMILE

How often do we think about our smile? Isn't it just another part of our being, a part of what we've been given, like our hair color, or our height? Well, yes and no. Your smile is one of the first and most important things people notice about you. It can portray many things ... a joy in life, self-confidence, even strength of character. Or it can portray personal insecurity, stress, even premature ageing. In fact, it's truly difficult to over-estimate the importance and impact your smile can have in your life.

This is a competitive and beauty-conscious society, whether we like it

or not, where a pleasing appearance can mean the difference between success and failure in both our personal and professional lives. At the centre of appearance, pleasing or not, is your smile. Vanity is no longer a bad word when it comes to improving or enhancing your oral health, and therefore your smile. One leading dental researcher believes that enhancing your smile is just another way people can present themselves in the best light possible. "It's the same idea as women applying makeup every morning or men shaving. They are self-enhancements that should not be considered vanity. Everyone wants

to look good and to feel good." Now dentistry can help in that pursuit.

As we get older, our smile may reveal worn, discolored, chipped, or missing teeth that can add years to our appearance. Cosmetic dentistry's role in looking younger is often under-estimated. We can take years off your smile, and thereby greatly enhance your overall appearance.

We can perform many procedures, often simple ones, to enhance your smile, your self-esteem, and your personal success. Please come and see us for a smile evaluation at any time. Remember ... smiles, like scowls, come from within us.

As Good As New

Scientists are constantly inventing new techniques to help us keep your teeth and smile healthy and happy all your life. An example is a new type of restoration material called composite, now in use for veneers, crowns and bridges, and inlays and onlays. New ceramics, and quartz and leucite crystals, together with various resins are combined to produce a tooth-colored material that not only rivals the original, but also strengthens the tooth that is being restored. It can even extend the life of your teeth.

A new type of resin composite material called a *resin ionomer* is also now available. This remarkable material seals the tooth, and at the same time releases fluoride that helps prevent further decay. This is

particularly useful in the treatment of root decay, a condition found mainly in older adults. Tooth roots are exposed as the gums recede with age or disease, and are more susceptible to decay. They can also be extremely sensitive to touch, temperature, and some foods. This new resin composite is ideal for treating this condition, and is also an excellent filling for decayed baby teeth.

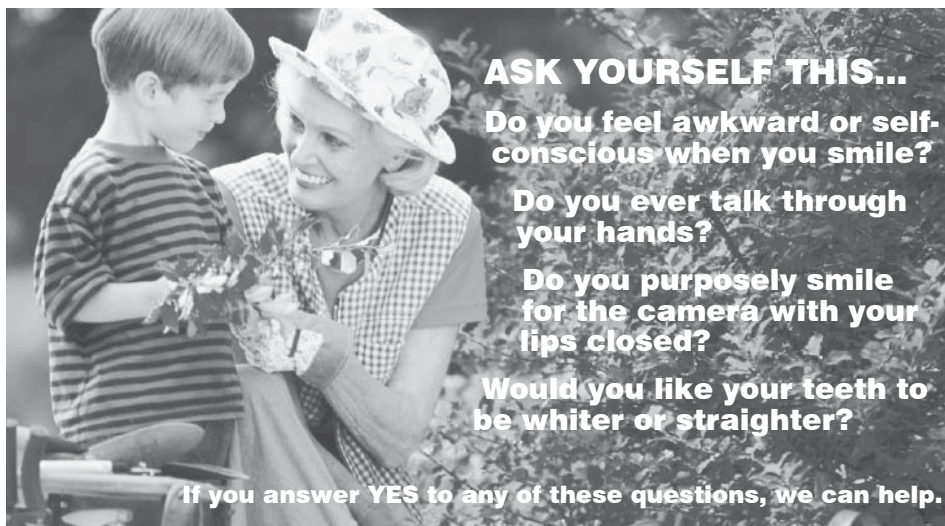
New technology is also helping us to create more durable and esthetically pleasing crowns, veneers, and inlays and onlays.

When we repair a decayed tooth, restore existing fillings, or create new crowns and veneers, we may recommend these new materials. They're almost as good as the original!

Did you know that...

- ;) More than 92% of adults agree that an attractive smile is an important social asset, and it also encourages a smile in return.
- ;) Sometimes teeth do not fully erupt out of the gums, and the outcome is a *gummy smile*. In many cases this can be fixed by a simple cosmetic surgical procedure.
- ;) Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!
- ;) 85% of people agree that an unattractive smile makes a person less appealing to people of the opposite sex.
- ;) Almost 88% of people say that they always remember someone with an especially attractive smile.
- ;) From the distance of a football field, the only facial characteristic we can notice is a person's smile.
- ;) Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.

We are smile experts, and we're enthusiastic about helping to make your smile sensational!



ASK YOURSELF THIS...

Do you feel awkward or self-conscious when you smile?

Do you ever talk through your hands?

Do you purposely smile for the camera with your lips closed?

Would you like your teeth to be whiter or straighter?

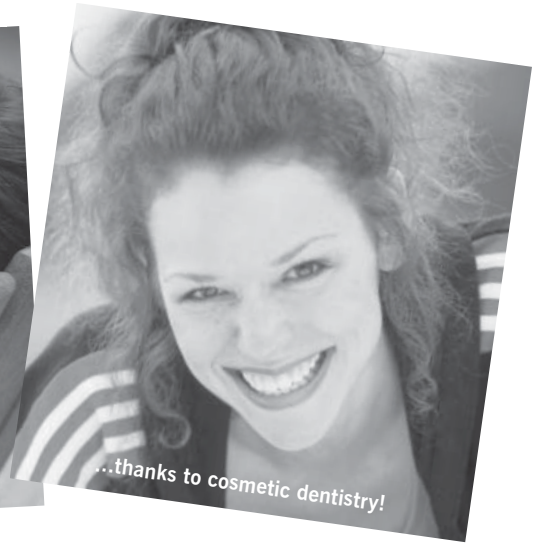
If you answer YES to any of these questions, we can help.

a guide to

GREAT TEETH

What an exciting time this is for your smile! We can now offer you the healthy and beautiful smile you deserve, quickly and efficiently. New techniques and materials allow us to repair stained or discolored teeth, or replace missing or worn teeth with metal-free inlays, crowns, veneers, and bridges.

You no longer have to be afraid to smile. The examples below are just a few

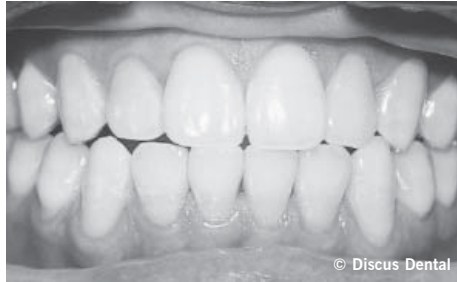


of the many conditions that our new restorative techniques can correct. We can make your smile bright, happy, and

healthy, just the way it's supposed to be!

Imagine what cosmetic dentistry could do for your smile!

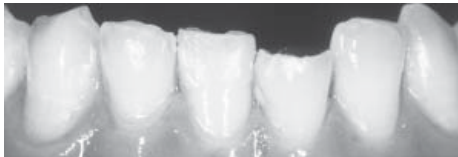
Problem: Stained, Discolored, Or Dull-Looking Teeth



Solution

If you're happy with your smile the way it is but would just like to brighten it up, all you may need is a whitening treatment to get rid of those stains. Whitening is a safe and effective means of returning your teeth (or even just one tooth) to their original dazzle. It's very important to consult with us regarding the best method for you. We'll suggest either in-office treatment, or a customized, at-home system supervised by us.

Problem: Chipped, Cracked, Or Worn Teeth



Solution

We can restore your cracked, chipped, or worn teeth with crowns or ultra-thin ceramic veneers. New materials and bonding techniques are not only cosmetically pleasing, but can strengthen the teeth that are being restored.

Problem: Gaps Between Teeth



Solution

As we grow up, our jaws also grow to accommodate our new adult teeth. But occasionally, the size of our permanent teeth does not match the space available in our jaw, and the result can be spaces or crowding. In some cases, gaps can be corrected by using porcelain crowns or veneers. In other cases, you may need orthodontics, where braces and other appliances are used to move teeth into their proper position.

Problem: Bite Dysfunction Or Missing Teeth



Solution

We can replace your missing teeth with fixed bridges or dental implants. Crown or bridge work is best for correcting major functional or structural problems involving individual teeth, missing teeth, or general bite dysfunction. We can also replace missing or severely broken teeth with new porcelain and ceramic technology that looks so real, no one can tell the difference from your natural teeth. Dental implants can also be a wonderful solution for missing teeth.

Tips For Sound Dental Nutrition

Traditional wisdom holds that sweets and snacks are the biggest culprits when it comes to cavities. But certain carbohydrates found in breads, cakes, pizzas, and even rice can be just as damaging as a candy bar.

How we eat and drink has a major effect on dental health. Research shows that the cavity-causing power of a food depends on many factors: frequency of consumption; texture (stickiness); and how long the food remains in your mouth before being rinsed or brushed out. A balanced, nutritious diet is also important because your body's total health is directly related to your dental health. The order in which foods are

eaten during a meal is also important. Some foods with a high fiber content, like carrots, can be helpful at the end of a meal, increasing salivary flow which decreases the time harmful sugars and starches remain in your mouth.

A soft drink sipped throughout an afternoon is far more damaging than one consumed quickly. Drinking it with a meal lessens risk further because other foods interfere with the drink's potential to do damage. The number of meals or snacks consumed during a day is also an important factor. Our body's natural decay-fighting mechanisms need some "down time" between eating and

drinking to do their job - not enough recovery time weakens their effectiveness.

Low fat choices like raw vegetables, fresh fruits, or popcorn are smart snack choices. Make sure you brush well with a fluoride toothpaste after snacks!



When Thinking About Snacks, Consider...

- 1 The number of times a day you eat sugary snacks.
- 2 How long the sugary food stays in your mouth.
- 3 The texture of the sugary food. Is it chewy? Sticky?

OFFICE INFORMATION

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Chris, Susie, Heather, Amanda, Jamie ...
..... Clinical Assistants
Carol, Kim, Tanya Dental Hygienists

Brush • Floss • Smile



Why Does The Dentist Need My Medical Information?

New scientific research proves that your oral health is an essential component of your overall health. This is why we need to know your general medical history in order to provide you with the best care possible.

Some patients wonder why we collect this information in the first place, and further, why we sometimes ask for a medical update at every recall appointment. Firstly, your general medical condition, and your personal nutritional and lifestyle habits give us valuable clues to understanding your dental health. Secondly, we now know that your dental health has a direct impact on a wide-ranging variety of medical conditions from diabetes to heart and stroke disease, to osteoporosis and even some stress-related conditions. We're also on the front line when it comes to early diagnoses of a wide range of oral cancers.

If you have any questions about this, or have any other concern about the links between your dental and overall medical condition, please don't hesitate to ask us.

Your New-Patient Referrals Are Welcomed

And very much appreciated

Some of our patients assume that our dental practice is closed to new patients. The truth is that we are selectively accepting new patients, particularly if they come to us as referrals from current patients.

If you know someone who is looking for a dentist, is not satisfied with their current dentist, has ongoing dental problems, or who you think would benefit from our state-of-the-art dental practice, we would very much appreciate you referring them to us.

When you refer new patients, we promise we won't let you down. They will receive the same courteous, skilled, professional, and friendly service that you receive.

