

the ART OF COSMETIC DENTISTRY

Everyone knows that appearances are everything and your smile can dramatically affect your look. Crooked, spaced or just plain unattractive teeth can really overshadow your personality and the way you feel about yourself. We offer a number of cosmetic procedures so you can achieve your goal of having a terrific smile.

“If you have any questions, or would like an appointment to see if bonding, veneers or any other cosmetic treatments are right for you, please contact us any time. We always welcome new patients.”

WHITENING – We can help you restore your teeth to their natural color in no time. Whitening is an easy, cost-effective way to have whiter and younger-looking teeth. Ask us today, we can help you find the treatment best suited for you.

BONDING & VENEERS – This treatment is used to repair chipped or stained teeth, and can also reduce tooth gaps. This will not only perk up a smile, it may increase your self-image and self-esteem, too!

IMPLANTS – We can help you restore your smile with permanent, natural-looking implants. No one but you will know the difference.

You might be able to have a total smile makeover in as little as a couple of appointments. Ask us and we can help you find the treatment best suited to give you a rejuvenated smile and spirit.

SMILE MAKEOVER



BEFORE



AFTER

Ask The Dentist

Q. Since I lost a tooth, I really hate my smile. On top of that, I'm worried my teeth might go crooked since I now have a space in my teeth. What can I do?

A. I understand how an unattractive smile can affect your self-confidence. And you're right, a space left by a missing tooth might cause your teeth to shift in an unpleasant way. Luckily you can have that gap filled with what we call a dental implant, which looks and feels natural. We anchor it permanently to your jaw so you don't have to worry about losing it or having it pop out of place. It won't interfere with your speech or eating patterns and you no longer have to worry about your teeth going crooked because of an empty space. Once we have fitted you with an implant, you simply care for it like any other tooth in your mouth. No one will notice the difference, except that maybe you're smiling more than you used to.

Smile-licious Recipes VEGETABLE BEEF SOUP

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| 1 pound beef stew meat, cut into 1-inch cubes | 28 ounces canned tomatoes, chopped |
| 1 Tbsp oil | 1 1/2 cups carrots (2 carrots), sliced |
| 1 cup onion, chopped | 1 cup celery, chopped |
| 5 cups water | 3 cups cabbage, shredded |
| 2 Tbsp beef bouillon granules | 2 cups frozen mixed vegetables |

1. In a large stock pot or Dutch oven, heat oil and brown meat. (This browning process produces a rich broth, so don't hurry.) Add onions to pot and cook until soft.
2. Stir in water and bouillon and bring to a boil.
3. Add tomatoes, carrots, celery, and cabbage, and simmer covered for 30–60 minutes, stirring occasionally.
4. Add frozen vegetables and simmer for another 30 minutes.

Take the BITE out of bruxism

Ever wake up with an aching jaw, sore teeth or even a headache? You may not realize it but you might be suffering from bruxism. Bruxism is when you grind or clench your teeth, usually during sleep. This can be a very painful and even damaging habit over time that can cause your teeth to wear down, break, feel more sensitive and even lead to receding gums.

Why are you clenching or grinding? Well, one big reason for bruxing is STRESS. The more stress you have, the more your body tends to subconsciously take over dealing with it. A misaligned bite, or malocclusion as it's called, might also be the culprit for clenching and grinding. Either way, we can help repair the damage and prevent further injury.

How? In the case of stress, we can fit you with a nightguard to help reduce the impact bruxing has on your teeth. This piece of plastic, which is customized to your mouth, creates kind of a buffer zone for your teeth, covering them and keeping them from coming together and causing further damage when you grind or clench. A nightguard is not a solution to bruxism, it merely decreases the damage. To bring bruxing to a halt you need to find another way to deal with stress.

With a malocclusion, we can help realign your bite with treatment, which should cease further bruxing. If not, we can discuss further procedures to help ease your discomfort.

Whatever the cause, we would be happy to help any way we can to stop and repair bruxing damage - whether you need a nightguard, advice about correcting malocclusions, or just want a bruxing evaluation. Feel free to call to make an appointment.

