

Dr. Ann M. Campbell's WORD OF MOUTH

Spring 2005

Laser Comfort Zone

Dental technology is constantly developing methods and procedures that make dental visits a more pleasant experience for patients. This evolution is beneficial to all patients, especially to the millions of people who fear dental visits.

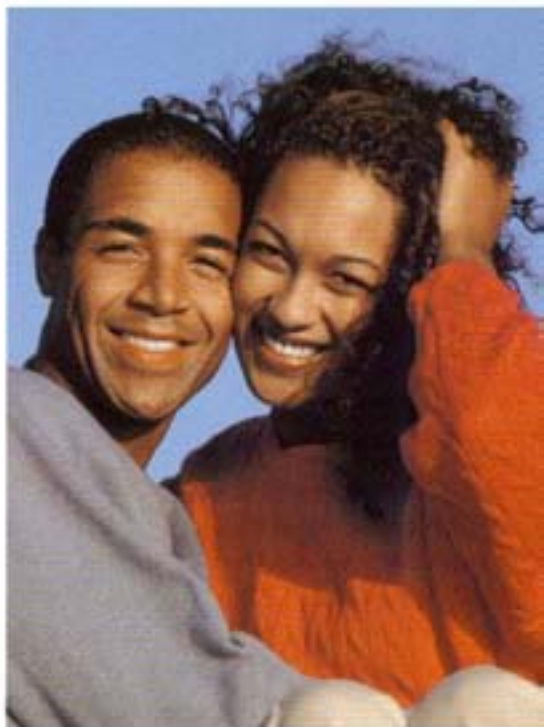
The Waterlase,[®] MD by Biolase (www.nopaindentistry.com) is an excellent example of patient-friendly dental progress. It operates through a combination of air and water spray, which allows the dentist to perform treatment very precisely and less invasively. It is so versatile, it can be used on soft tissue like gums and on hard tissue like tooth enamel ... something that was not possible until recently.

- The laser produces no heat and no vibrations.
- The Waterlase, MD cleans and decontaminates the area as it removes tissue. This reduces the chance for bacteria to contaminate the area.

- Anesthetic is generally not required. The pulse duration of the laser blocks the mechanism that the body uses to produce pain or discomfort.
- Patients heal more quickly from laser treatment than from traditional methods, which means less discomfort after procedures.

This evolution is beneficial to all patients, especially to the millions of people who fear dental visits.

As dental professionals, how does the Waterlase, MD help us? We appreciate the many technical aspects that make the laser safe, effective, and efficient. What is most important to us, is that we can treat you and your family with less invasive treatment and alleviate old fears about going to the dentist!



Office Information

**We Are Your
Local Dental
Office.**

**We Welcome
New Smiles!**

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Office Hours
By appointment only

**For A Brighter,
Healthier Smile
Call Today!**
(775) 853-1999



Our Services Include:

- ❖ Laser dentistry
- ❖ Nitrous oxide sedation
- ❖ Mercury-free fillings
- ❖ Tooth whitening
- ❖ Bonding & veneers
- ❖ Crowns & bridges
- ❖ Gum treatment
- ❖ Latest in sterilization techniques
- ❖ Gentle dentistry
- ❖ Relaxing & friendly environment
- ❖ Visa, MasterCard, Discover, and Debit welcome



Best Smile Forward

Let dentistry help you create an impression

Whether you're dressed to the nines or standing around the barbecue, your smile is the *very first thing* people notice about you. There's just no question that smiles make a big impression on people. Cosmetic dentistry can make sure that it's the right one.

One of the most common smile dimmers is virtually unavoidable. It's called *Life*. Just eating and drinking can stain your teeth. Period. Some foods and beverages have a worse reputation than others. Coffee, tea, red wines, and berries are notorious smile sulliers. Then of course, there's smoking. Dentists call these *extrinsic* stains. They affect only the enamel surface of the tooth, and are easily remedied by teeth whitening.

■ Teeth whitening can be done reliably and conveniently in a number of ways. Your dentist-supervised whitening program will be customized to ensure

the whitening product is right for you.

If you have *intrinsic* staining, you probably know it. It's discoloration within the tooth which is permanent. There are a number of non-surgical solutions, but by far the most popular is veneers.

■ Veneers are paper-thin, ultra-strong translucent shells that are applied to the surface of one or more teeth to both whiten and re-shape your smile. They can also be used to close gaps, correct chips, or smooth out a crowded-looking smile.

We have many tried and true smile solutions! Let us help you put your best smile forward.

Tired Of Snoring?

It doesn't have to affect your daily life

Think of snoring and what do you see? Probably an overweight, middle-aged man. For this group, researchers have found a link between sleep apnea marked by the cessation of breathing for up to several seconds and the risk of stroke. Many people are surprised to find that whole families including young children snore. And did you know that virtually all North Americans associate sleep loss with impaired work performance? One solution may be a well-made, well-fitted dental appliance to reduce or eliminate snoring, and relieve symptoms related to sleep apnea.

Are you savvy about snoring? Try our quiz below!

True or False



Over 50 million North American adults snore. **T or F**

About 20% of children snore on a regular basis. **T or F**

Up to 30% of those who habitually snore have sleep apnea. **T or F**

Chronic snorers can benefit from treatment. **T or F**

Snoring by a spouse or partner is the leading reason for sleep loss. **T or F**

Do I Have Cracked Teeth?

A dentist can help

How Would I Know?

- Teeth hurt upon biting, and pain disappears right away;
- Cold or hot drinks cause sharp and immediate pain.

How Does It Happen?

- Years of biting down on hard objects;
- Teeth clenching and grinding;
- Accident that affects the mouth;
- Stress on heavily filled teeth.

How Are Cracked Teeth Treated?

- *Craze lines*, the tiny cracks that affect only the outer tooth enamel, cause no discomfort and require no treatment, but they can be hidden with cosmetic veneers.
- Deeply cracked teeth may require crowns to reinforce the tooth's structure, or root canal treatment if dental pulp is affected.

Stellar Smiles

Consider fast, accessible cosmetic dentistry

Star light, star bright, first star I see tonight ... A poignant reminder of childhood longing, this 19th century American nursery rhyme resonates with wishes past. Fortunately, grownups in the 21st century can make their own dreams come true. And for many, number-one on the wish list is a stellar smile.

It's hard for men and women to admit that their confidence is still affected by an inherited trait like an obvious overbite or genetically discolored or missing teeth. But 21st century cosmetic dentistry has solutions

that can truly transform and restore that confidence!

Non-surgical dental procedures can create smiles that are so natural looking that your friends will definitely notice the difference, but they won't be sure what's changed!

Cosmetic dentistry treatments are faster and financially more accessible than ever before. But only you can decide whether simply whitening your smile will make your wish come true, or whether a complete smile makeover is the key. Call your dentist and help make your inner star shine brighter.



Before & After



Restore your confidence! Worn-down, misshapen, or too-small teeth can be recontoured to esthetic harmony with natural-looking and translucent porcelain veneers that add a bright new glow to your smile.

Nourish Your Smile...

With a well-balanced diet



Eating correctly not only reduces the risks of diabetes, heart disease, and being overweight, it benefits your *periodontal health*. Here's how:

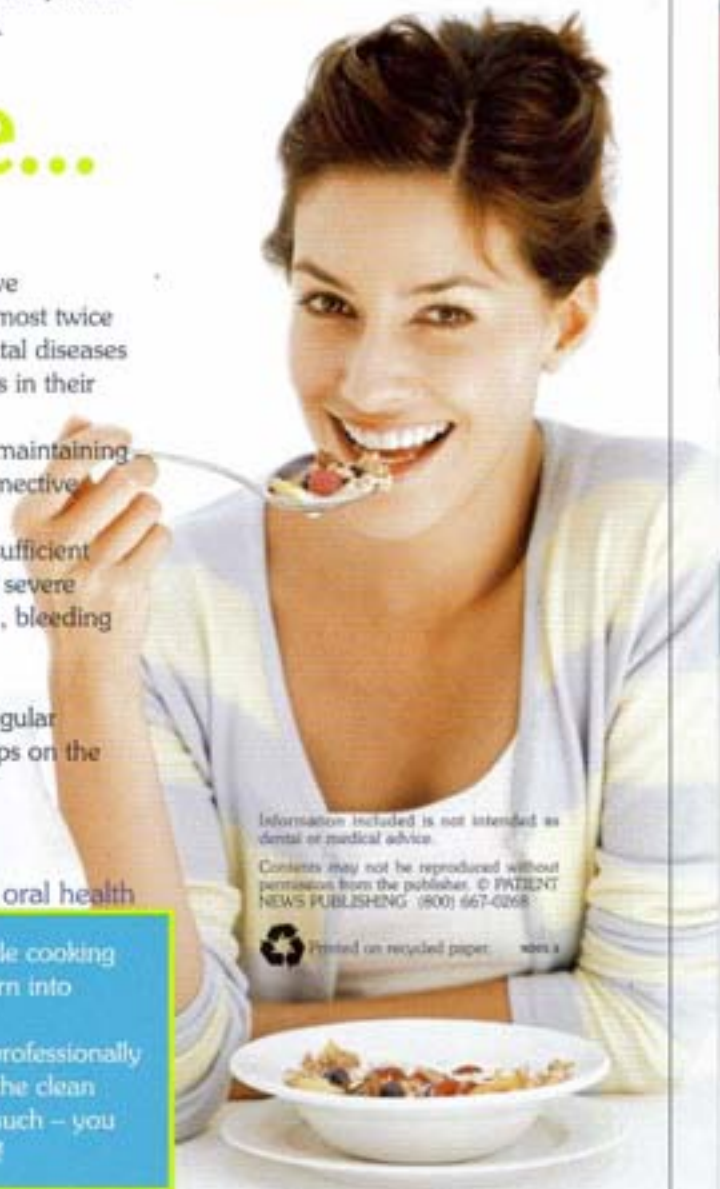
- Diets low in important nutrients weaken the immune system's ability to fight off infection.
- *Periodontitis* is a bacterial infection that destroys the tissues and bone that support the teeth.
- Calcium builds bone density in the alveolar bone that supports the teeth.

- Men and women who have insufficient calcium are almost twice as likely to have periodontal diseases – particularly young adults in their 20s and 30s.
- Vitamin C plays a role in maintaining and repairing healthy connective tissue.
- Patients who consume insufficient vitamin C risk developing severe gingivitis and red, swollen, bleeding gums.

Adequate nutrition and regular dental care are important steps on the road to periodontal health.

Dental Diet Tips Maintain your weight and your oral health

- Brush your teeth right after meals to keep from snacking beyond being satisfied.
- Drink water to curb your appetite, to avoid excess calories and carbohydrates, and to keep your mouth fresh.
- Chew sugarless gum while cooking so "sampling" doesn't turn into snacking.
- Get your teeth cleaned professionally ... regularly. You'll enjoy the clean look, feel, and taste so much – you won't want to stain them!



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Back To Basics

Brush ... Floss ... Rinse

Sometimes, the word *dazzling* is no exaggeration. The advances in dental technology and non-surgical cosmetic dentistry are just that. Even so, the true foundation of any attractive smile is healthy teeth and gums, and occasionally we all need a reminder to go back to the daily basics. *Brush ... Floss ... Rinse.*

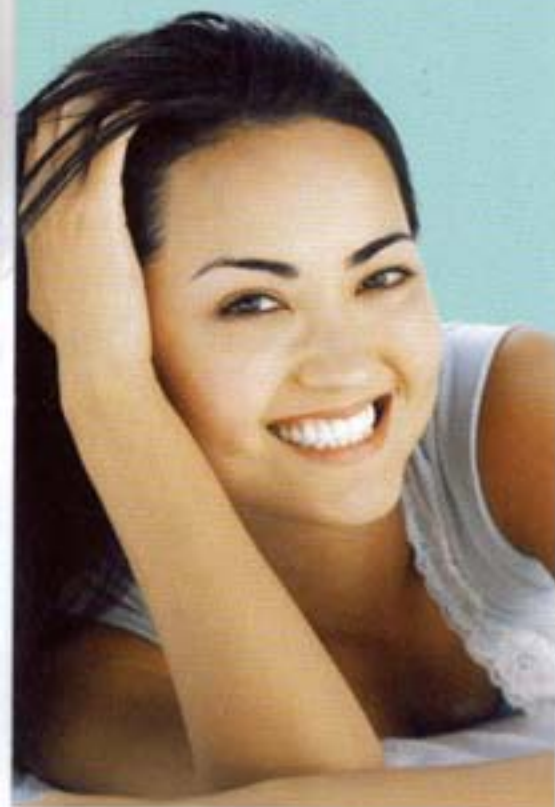
Brushing plaque and food from your teeth, tongue, and gums should be done at least twice a day. **Flossing** once a day removes the plaque that causes gum disease. **Rinsing** products can kill bacteria and freshen breath.

Regular visits to our office are another essential component of oral health maintenance. We can identify little problems before they become big ones, and help you with your home care routines.

...And then we can talk cosmetic!



Call Today!
(775) 853-1999



You Deserve A Happy Smile!

Don't be embarrassed to share it

Think you're alone because you're embarrassed to smile? Embarrassed to visit a dentist? You are not alone, and we understand.

At our practice, we've been able to help other people who are dissatisfied with the appearance of their smile. But smile flaws don't have to negatively influence your business, social, or romantic relationships. No matter what they are, we know that your smile concerns are vital to you.

Dentistry has a solution that will suit your needs whether you are uncomfortable with your smile because you have:

- Stained teeth that require whitening;
- Avoided dental treatment;
- Unattractive decay and gum disease;
- Crooked or uneven teeth;
- Bridgework or dentures that are uncomfortable and conspicuous, or;
- Premature signs of ageing because of visible decay, gum disease, or recession, discoloration, or worn down teeth.

Many people can relate to these imperfections. Whether you need a slight smile lift or a significant smile makeover, we can help you to improve your smile and your appearance ... and boost your self-esteem.

Please call our office for a cosmetic dentistry consultation and let us help you! We'll be happy to answer all of your questions, and show you the simple, safe, and efficient treatment options you can consider. Then you can visualize your bright, smiling future!

Yours in good dental health,

Dr. Ann M. Campbell

P.S. Openings for cosmetic dentistry consultation appointments usually fill quickly, so please call our office today at (775) 853-1999 Remember ... this consultation could be the best time investment you've ever made!

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