

Aesthetic Dental Associates Word *of* Mouth

Spring 2005

Invest In Yourself!

You deserve a whiter smile!

If you look good, you feel good. If you feel good, you do good. You've heard it a million times before, but have you ever really listened? Like many old-fashioned recipes for success, this simple adage has the ring of truth. That's why many people are investing time and money in themselves – to become more fit, more aware, more attractive.

Teeth whitening is fast becoming the first therapy of choice for millions of people

Even if your lifestyle won't allow you to hit the gym on a regular basis, you can still hit the ground running in your head start to look and feel better. Teeth whitening takes only a minimal

investment of your time, and the rewards are well worth it. Today's modern teeth whitening techniques are safe and effective when undertaken in the professional environment of our dental office.

Life's little lapses like tea, coffee, smoking, or red wine can gradually leave surface stains that are easy to remove. Just getting older or inheriting a darker tooth color can also dim your smile. Some smiles have lost their sparkle due to root canal treatments, fluorosis, or tetracycline use.

Teeth whitening is fast becoming the first therapy of choice for millions of people just like you. For a brighter whiter smile, please give us a call. There's nothing old-fashioned about it.



Office Information

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Boerne, TX 78006-1626

**Your Neighborhood
Dental Office!**

Call Today!
(830) 249-8407

www.aestheticdentalassociates.com



We Welcome New Smiles!

**If you presently have a dentist
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consider this information helpful.**
**If you are looking for a dentist,
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Our Services Include:

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- ❖ Most insurance plans accepted
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Striking A Balance

Healthy gums

Healthy gums help create balance and symmetry in the appearance of your smile. They draw our eyes to small areas of vibrant pink **color** of sufficient **intensity** to contrast against the whiteness of your teeth. They also provide contrast of **shape** and **scale** by creating a small, intricately shaped frame for each larger tooth shape. So why tip the balance with periodontal disease?

Red, swollen gums that bleed easily are caused by an imbalance in the bacterial levels in your mouth. When the good bacteria are overwhelmed by bad bacteria, inflammation, infection, gum and bone recession, and tooth loss can occur.

You have the power to restore your smile's equilibrium! Call for a consultation and bring back nature's symmetry to your smile.

Did you know?

- **75%** of adults over age 35 are affected by gum disease.
- **Up to 30%** of people may be genetically susceptible to gum disease.
- **Regular screening** by the dentist can detect periodontal disease in its earliest stage.
- **Tartar/calculus** are hard calcium deposits that infect your gums, spreading below the gumline, destroying your gums and the bone that support your teeth.
- **Only the dentist** or hygienist can remove tartar/calculus.
- **Brushing, flossing, and rinsing** at home can help you prevent gum disease. Only regular visits to the dentist can help you keep it completely at bay.

Smile Smarter

Music and exercise – a great combo

Turn on some tunes and take care of your teeth. Too much of a stretch? Not if you're physically fit. Music enhances reasoning, and exercise benefits your overall and dental health. What happens if you combine music and exercise?

Apparently, you get smarter. Volunteers who listened to Vivaldi's *Four Seasons* while on a treadmill performed twice as well on a test of verbal ability than when they exercised without music. The next step will be to test people using music they choose themselves.

Getting smarter is nice, but the volunteers said they felt better emotionally and mentally after working out – with or without the music.

Here's how exercise can benefit you.

- Increases bone density for stronger bones and teeth.
- Increases cardiovascular efficiency.
- Increases flexibility.
- Increases endorphins which make you feel like smiling.



+ + + + + + + + + +

You Do **+** **The Math!**

3 minutes/day = 7 years

A lifetime of oral health and great-looking smiles is a substantial return for investing three minutes a day. Only flossing can reach between your teeth where your toothbrush can't. Experiment with different types of floss until you find one that works best.

It's This Easy!

- + Take about eighteen inches of floss and wrap securely around your middle fingers.
- + Hold about a half-inch length between index fingers and thumbs.
- + Gently ease the floss between teeth. Press tightly against each side of each tooth, forming a C shape.
- + Ease floss up and down several times. Be sure to go below the gumline.
- + Research shows this could add almost seven years to your life!

Real Men Really Care

Teeth whitening is a big priority

A magazine survey revealed that 83% of their male readers intended to get their teeth whitened before their wedding. That's twice as many as those getting into better physical shape. This mirrors the experience of many dentists who are seeing more men for teeth whitening procedures.

Dentist supervised teeth whitening is a safe, reliable, non-surgical way to make your smile dazzling. A dentist can provide a system that's right for your smile.

Grooms' Prep Plans

83% plan teeth whitening

46% plan getting into better physical shape

33% plan a self-tan

20% plan manicures

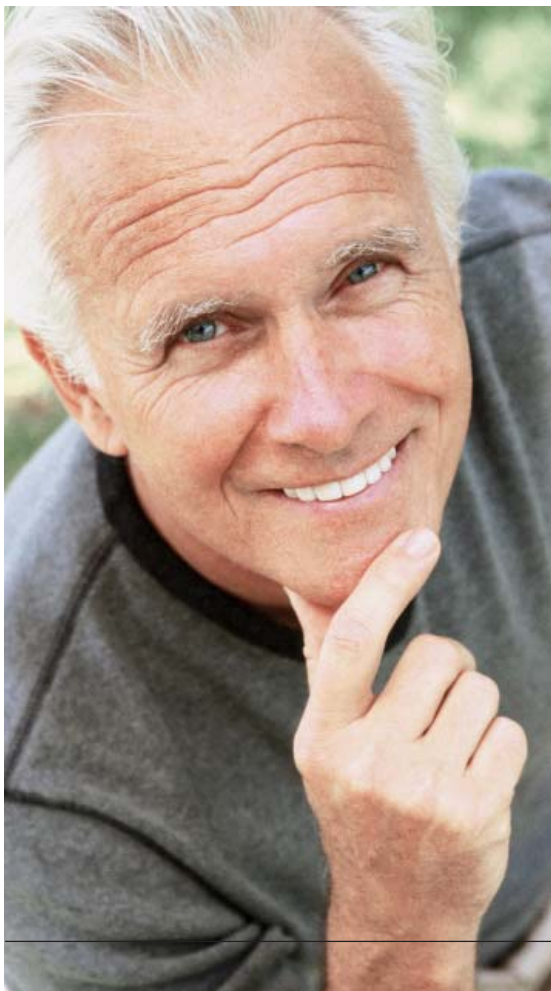
Why should men care about their smile?
Three words: courting, career, and competition.

People notice a smile first.

The opposite sex considers a smile to be number-one on the attraction scale.

A white smile can make you look younger and healthier.

A white smile makes an impression – before you even say a word!



Crown & Bridge

Will make all the difference

Improving your smile enhances more than appearance. True, repairing structural problems like missing teeth with crowns and bridges can only make you look better ... even your best. But when function is restored, so will your ability to chew, speak, and socialize freely.

Here are some crown and bridge facts.

- A **crown** is a cap that covers a damaged tooth. It helps restore its normal shape and size – and strengthens it.
- When a replacement tooth is required to fill a gap, it can be affixed permanently with a **bridge** attached to the teeth on either side of the space.
- If a space is left untended, the surrounding teeth will drift, alter your bite, encourage cavities, and

negatively affect your appearance – beyond the original gap.

- High-tech materials along with custom fitting result in a strong, natural-looking restoration.
- It takes only one or two visits to the dentist to restore your smile and prevent further problems.
- No one will know you have a crown and/or bridge unless you tell them.

Could you benefit from crown and bridge treatment? You may be an excellent candidate. Please consult with a dentist. A crown and bridge can make all the difference.

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Got You Covered!

Facts on dental sealants

What Is A Dental Sealant? A dental sealant is a liquid plastic material that hardens to form a shield over the chewing surfaces of the teeth. It is applied to decay-prone surfaces of the teeth, usually the back molars and pre-molars. **Why Get Sealants?** Sealants keep out the germs and food that cause tooth decay. Food and germs can get stuck in rough, uneven surface areas where toothbrush bristles cannot reach. Germs in the mouth change the sugar in food to acid which can start a cavity in the tooth. Sealants prevent decay from ever starting.

Who Should Get Sealants? Children should get sealants on their permanent molars as soon as the teeth come in, before decay has a chance to attack the teeth. But adults can still get decay, especially patients afflicted with dry mouth, which affects about one-third of the adult population. Sealants also protect worn and sensitive surfaces on adult teeth.

How Are Sealants Put On? The tooth is cleaned, dried, and prepared for bonding with the sealant. When applied, the liquid sealant hardens in just a few seconds.

Besides Sealants, Are There Other Ways To Prevent Tooth Decay? Yes! The best way you can help prevent tooth decay is to brush with fluoride toothpaste, drink fluoridated water, and floss regularly. Sealants and fluoride used together provide the best defense against tooth decay.

Sincerely,

Dr. Brent A. Hallum

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