

Dental Health News®

Compliments of Dr. Marc Dyer

News from the office of...



Dr. Marc Dyer

Welcome to our first newsletter for 2012! Let's work together to make this the healthiest year ever, from both a dental and an overall health perspective.

Remember, an excellent preventive measure to avoiding serious dental problems is to maintain a regular schedule of continuing care visits, which will detect any problems early, before they become big, expensive issues.

If you haven't already booked your next checkup, you may want to do that now. In addition, if, now that the holiday party season is over, you notice that your teeth are stained from too much coffee, tea or red wine, please ask us how easily we can bring the original sparkle back to your smile.

We look forward to seeing you again soon!

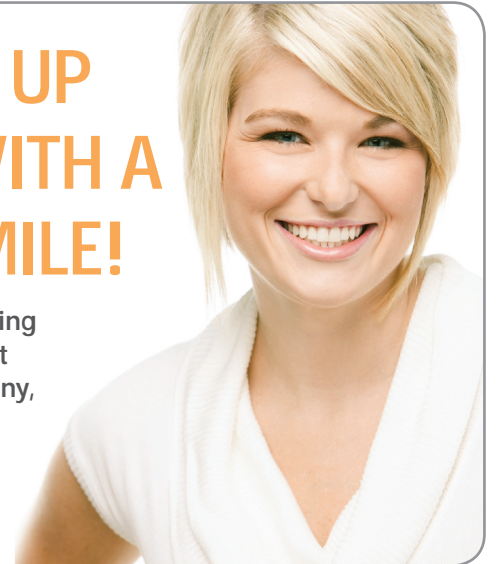
All the best,

Marc Dyer

Dr. Marc Dyer

BRIGHTEN UP WINTER WITH A SUNNY SMILE!

If you find yourself suffering the winter blahs, why not fight it with a bright, sunny, new smile? It can be as easy as investing in a set of beautiful, natural-looking dental veneers!



Veneers are thin shells of porcelain that are individually crafted to bond onto the front of each tooth to close gaps, hide surface ridges and correct uneven or chipped teeth. Between the precise color-matching to your surrounding teeth and the natural enamel-like quality of the porcelain veneer itself, they are usually undetectable to the human eye. In fact, you have probably admired other people's teeth without even realizing they had veneers!

In some cases, dental veneers can even be used when tooth whitening isn't effective, as a way to whiten and brighten a smile. Veneers are a popular option that provide a quick, attractive and pain-free solution to a number of common cosmetic imperfections.

In addition to the relative ease and speed of applying

dental veneers, there are two more major advantages:

1. A natural-looking appearance. Porcelain veneers' ceramic material replicates the appearance of natural tooth enamel.
2. Stain-resistant characteristics. If you're fond of coffee, tea, red wine, cigarettes, fruits, or other foods with deep, staining colors, you will have better stain-resistance with your dental veneers than with your natural tooth enamel!

Please call us today to arrange a time when we can discuss whether dental veneers are appropriate for you, or whether another solution may be more applicable to your situation.

Together we will find the best way to help you put your brightest, most confident, sunny smile forward!

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MIND THE GAP!

Missing a tooth? Don't leave a gap in your dental care!

If you're missing one (or more) of your front teeth, you will most likely – from a cosmetic standpoint – want to fill the space as soon as possible. A missing back tooth usually doesn't result in the same urgency, but there are very good reasons why you still need to replace any missing back teeth (even if it's not as visible as a missing front tooth).

Your teeth keep each other in line. When one is knocked out, or lost due to dental decay, the resulting gap opens up space for surrounding teeth to drift out of position, shift, or tip into the empty space and change your bite. This could possibly lead to pain in your jaw, cavities, gum disease and the potential to lose more teeth.

As more teeth go missing, you'll be forced to chew in other areas of your mouth, which can sometimes lead

to tooth fractures from overloading, excessive erosion and/or TMJ (jaw joint) problems.

Please call us to arrange a full explanation of all your tooth replacement options, including one, or a combination of, the following:

- Removable partial dentures.
- Fixed dental bridges.
- Full dentures, for patients who have lost all of their teeth on the top and/or bottom of their mouth.
- Dental implants, which involve surgically implanting a replacement tooth root and then capping it with a natural-looking replacement tooth.

Early intervention will help you avoid more extensive — and expensive! — dentistry in the future.

GET ON THE SMART SNACK TRACK

If your well-intended New Year's resolution to eat healthier is already starting to waiver, here's some support to help you through your next snack attack...not only in the benefit of your overall health, but your dental well-being too!



It's important to be able to identify between a real need for food, and a diversion from stress or boredom through food. If you are indeed responding to physical hunger, it's tempting to just grab the first thing that comes your way. Instead, plan ahead for snack attacks by making sure there are always healthy options available to satisfy your cravings.

Nutritious snacks that are also teeth-friendly include fresh fruit, vegetable sticks, plain popcorn, nuts, seeds and cheese. Not only is cheese a nutrient-packed snack idea, it's even recommended as a post-meal option to help protect your teeth against cavities!

Eating cheese after a meal helps increase the amount of saliva in your mouth, which helps rinse food particles away. After a meal, the pH level in your mouth often drops, and your mouth becomes more acidic – a potentially damaging situation for teeth. Cheese can neutralize the acidity in your mouth and help maintain a pH balance that is safe for teeth and, as a final touch, provide a coating of calcium.

Looking for a healthy smile? It's as easy as saying "cheese"!

LIGHT UP THE ROOM WITH YOUR GOLDEN SMILE



Because the appearance of your teeth often sets the tone for peoples' first impression of you, and because first impressions are so important, it's worth having a discussion with your dentist about any dental improvements you should be considering.

There is a natural law of beauty called Golden Proportion which, when applied to dentistry, means your smile should have the natural symmetry, shape, size and contour to fit your face.

A golden smile includes symmetry of the two front teeth as well as the neighboring teeth. Your smile line, which ideally follows the curve of the lower lip, connects the biting edges of the top teeth. A curved smile line can make you look younger, while a flat or reverse smile line can look aged and worn.

When embarking on a smile makeover and deciding on dental veneers or other dental procedures that can significantly define your smile, you should think through which dental smile design matches your personality. Sporty? Sexy? Sophisticated? Your teeth and gums can set the tone for a whole new you!

Please ask us to explain the perfect ratio of the face, and how dentistry can provide you with your own perfect, golden smile.

CELEBRITY KISSES – AND MISSES!

With the 2012 Oscars just around the corner, you may be interested in finding out what dentists participating in the 2011 American Academy of Cosmetic Dentistry (AACD) survey thought of last year's Oscar nominees.

According to the 2011 survey, 91 percent of participating dentists ranked Natalie Portman's smile #1, while James Franco followed close behind with 82 percent of the dentists giving his smile an award-winning nod.

You can't rate teeth without thinking about the appearance of the whole mouth, which leads right into the "Most Kissable Celebrity Mouth" category. Angelina Jolie had no problem winning this category, followed by Natalie Portman in second. As for the most kissable man, past nominee Jake Gyllenhaal got the approval of the participating AACD dentists in that category.

On the other end of the scale, Tom Cruise had the dubious honor of winning the celebrity "Whose smile needs improvement?" category.

Ask us how we can create an award-winning smile for you!

Dyer Family Dentistry

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Our Services Include:

- General Dentistry
- Cosmetic Dentistry
- Tooth Whitening
- Denture Fittings
- Dental Implants
- Bonding & Veneers
- Crowns & Bridges
- Emergency Dental Care

