

# smile more

by Nordhus Dentistry

Produced to improve your dental health and awareness

Summer 2009

## fromthedentist

### Not Just A Pretty Face

#### *A beautiful smile*

Today's tooth-colored invisible fillings can give you more than just a pretty face - they can strengthen your teeth, seal out bacteria, and decrease tooth sensitivity to hot and cold. After all, besides wanting to look great, there are many reasons for replacing older fillings. Chewing can eventually wear down restorations (allowing bacteria into the tooth) and can create cracks that may require further restoration.

Attractive, invisible fillings and crowns made from porcelain, cast glass or composite resin. Comparable to the strength and beauty of natural teeth, these can be colored and formed to fit so well that you can hardly detect them. In fact, with new self-confidence, you'll be laughing out loud again - and not showing those fillings off!

*Yours in good dental health,*

*Dr. Byron J. Nordhus & Team*



### *Payment Options*

*We have flexible payment plans available to help you achieve your goals.*

*Call Today (316) 721-6730*

## *We Love Summer!*

### **Balance your schedule & your life**

Don't you find that the slower pace of summer is very welcome? Like you, we find our schedules are very full and pretty structured from autumn right through spring. We've been busy with continuing education, volunteering, and let's not forget chauffeuring family to holiday, sport, and school events. Thankfully, summer provides some much-needed balance and way more flexibility both at home and here at the practice.

Now, with so many people traveling and pursuing summer pastimes, we can be more available to accommodate your family's schedule. This is a great time to book appointments you've been feeling too pressured to keep...

.....  
**Has it been more than six months since you've seen us?** We'll clean and check your teeth for cavities, chips, cracked or worn fillings, and gum and bite issues.

.....  
**Could your smile use brightening?** We'll book you in plenty of time to look great at the beach or for that special wedding or other photo-filled event that's coming up.

.....  
**Do you have a partial or other restoration that's getting worn or loose?** We'll do an assessment to ensure your ability to speak or eat isn't affected.

.....  
**Planning to participate in summer sports?** The more active you are, the greater the chance of mouth injuries, so we highly recommend a custom-fitted mouthguard for energetic kids of all ages.

*Please call and book your appointment. An ounce of prevention really is worth a pound of cure.*



*Smile - sunshine is good for your teeth!*



## Not For Women Only

### 6 perio facts

**1** Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

**2** Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

**3** Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

**4** Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

**5** Tobacco and alcohol should be avoided, especially in combination.

**6** Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

# Healthy You

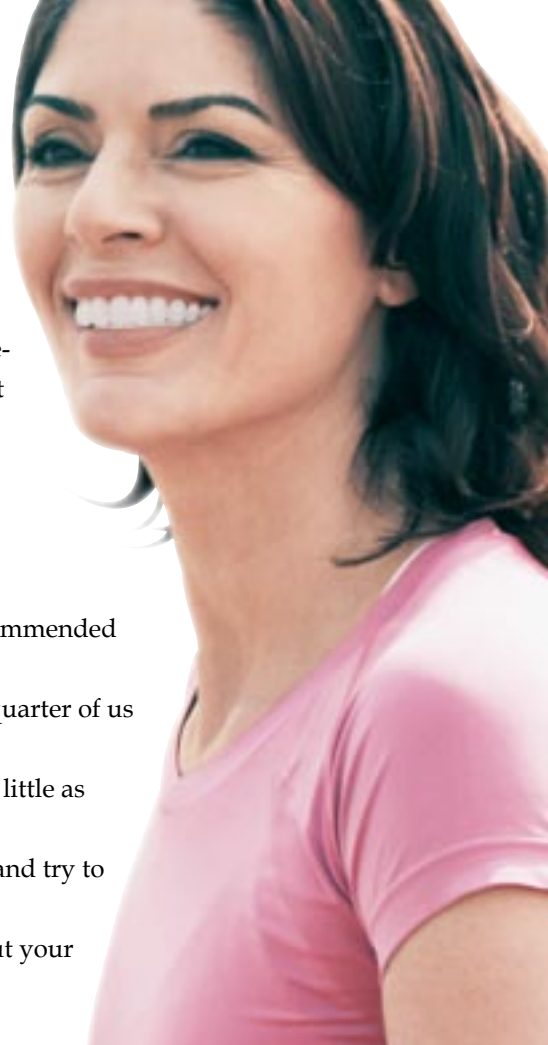
## Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

### *Did you know...?*

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



## Wish No Longer

### Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

### **Cosmetic veneers could give you your dream smile if...**

**You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.**

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

**You are unhappy with the shape and proportion of your teeth.**

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

**You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.**

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

# A Little Or A Lot

## You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

### Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

### Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

### Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

### Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

## TEMPT YOUR TASTEBUDS

### TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

# Comfort & Convenience

Maximize and restore your smile power!

Millions of people today are looking great thanks to dentistry's ability to protect and strengthen damaged teeth and rejuvenate smiles with natural-looking crowns. As beautiful and as natural-looking as these restorations are, it's their architecture – the physical properties of the materials and the biomechanics that go into the design – that make them so realistic, safe, and long-lasting. Now we also have *Cadent iTero™ Digital Impression System* that ensures an accurate, comfortable, natural looking fit... without time-consuming, unpleasant, tray and putty impressions.

More than a decade of research went into this technology to maximize...

**Comfort:** No goopy mess, unpleasant taste, or gagging. The

system uses a compact hand-held wand so there's no pulling, stretching or poking in your mouth.

**Efficiency:** The iTero process is complete in approximately three to five minutes – there's no tray filled with goop left to harden in your mouth.

**Calm and Wellbeing:** You stay in control. The iTero scanning process can be stopped and started as many times as you need.

**Precision:** The iTero creates a precise copy of the restoration site and a more accurate fitting crown or bridge.

Not only that, but with Cadent iTero Digital Impression System you can rely on an accurate impression the first time around. Less precise methods can require retakes with delays of up to three weeks.

**So you get to spend less time in the dentist chair ... and more time smiling!**

## Cavity Free Club Winners!

March	Jonathon
April	Lexie
May	Eason

*Dr. Nordhus is the official pageant dentist of the Miss Teen Kansas and the Miss Kansas US International Pageants.*

*In May he had the privilege of selecting the candidates with the best smile and presenting them with their awards.*



### officeinformation

**Nordhus Dentistry, LLC**  
**Dr. Byron J. Nordhus**  
 11940 W Central Avenue, Suite 100  
 Wichita, KS 67212-5180

**Office Hours**  
 Monday 8:00 am – 5:00 pm  
 Tuesday 8:00 am – 5:00 pm  
 Wednesday 8:00 am – 5:00 pm  
 Thursday 7:00 am – 1:00 pm  
 Friday Closed

**Contact Information**  
 Office (316) 721-6730  
 Fax (316) 722-2736  
 Email [smilemore@nordhusdentistry.com](mailto:smilemore@nordhusdentistry.com)  
 Web site [www.smilemorekansas.com](http://www.smilemorekansas.com)

**Office Team**  
 Teresa and Laurie.... Patient Coordinators  
 Julie and Maggie..... Hygienists  
 Adrianna and Paige ..... Assistants

*Communication is important to us – don't be afraid to ask questions!*



## New Patients

**We Welcome**

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. From implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments and offering supportive payment options. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and have enclosed our new referral card ... asking you to spread the word!

## Go Wireless with invisalign®

Special offer!

Save **\$500** or **Interest Free Financing for 24 months** when you start your *Invisalign®* case **before September 30th, 2009**

