

smile more

by Nordhus Dentistry

Produced to improve your dental health and awareness

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from the dentist



Save A Smile!

With a custom mouthguard

We are absolutely committed to the prevention of one of the most common injuries among sports participants. Dental injuries can be painful, expensive, and damaging to appearance and self-esteem, yet most are preventable with a *custom-fitted* mouthguard. If you've ever had a mouth injury, you'll know how important this is!

Think about it: people of all ages don helmets, knee pads, shin pads, and elbow pads because they know the risks if they don't. But despite the mouth injury stats that make us wince, many don't use mouthguards. We don't understand why, and that's why we want to spread the word...

If you know someone who could benefit from the best kind of mouth injury protection, please give them our card. They'll thank you for it.

Yours in good dental health,

Dr. Byron J. Nordhus

Trauma And Children's Teeth

No matter how careful you are as a parent, cuts, bruises, nicks and scrapes will be regular features in your child's life. But there are some common child injuries that can't be treated with a band-aid, peroxide and loads of TLC. In their hurry to explore the world, children often hurt or chip teeth. Here are some tips on first aid for kids' teeth:

Chipped Tooth

Give our dental office a call. If it's only a tiny chip, you might be able to wait before coming in, but call us anyway. If the chip is big enough, we may need to see your child right away. At a later time we can either smooth down the fractured area or rebuild it with special tooth-colored material.

Knocked Out Tooth

Call our dental office immediately. If it's a baby tooth, we'll determine if a retainer is needed to keep the space clear for the permanent tooth. Never try to re-implant a baby tooth, but keep it for us to examine. However, if it's a permanent tooth that's knocked out, try to put it back in right away. Hold it in place with a tissue or other soft material. If dirty, you should rinse the tooth but don't scrub it as you could remove some of the vital nerve or fiber. Go right to a dentist or dental emergency room. The faster you get the child there the better the chance the tooth can be saved. If the tooth can't or won't go back into its hole, carry it in a cup of milk or cool water, or better still, if possible, have the child hold the tooth in the mouth under the tongue until your come into our office!



Back To School Mouthguard Special!

Come see us for custom made athletic mouthguards ... we can even match your school colors!

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



Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

Answers: all of the above; gum disease; seconds of brushing

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

Type Of Crown: **All-Metal**

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type Of Crown: **Porcelain Fused to Metal**

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type Of Crown: **All-Ceramic or All-Porcelain**

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Increase Your Shelf Life

Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

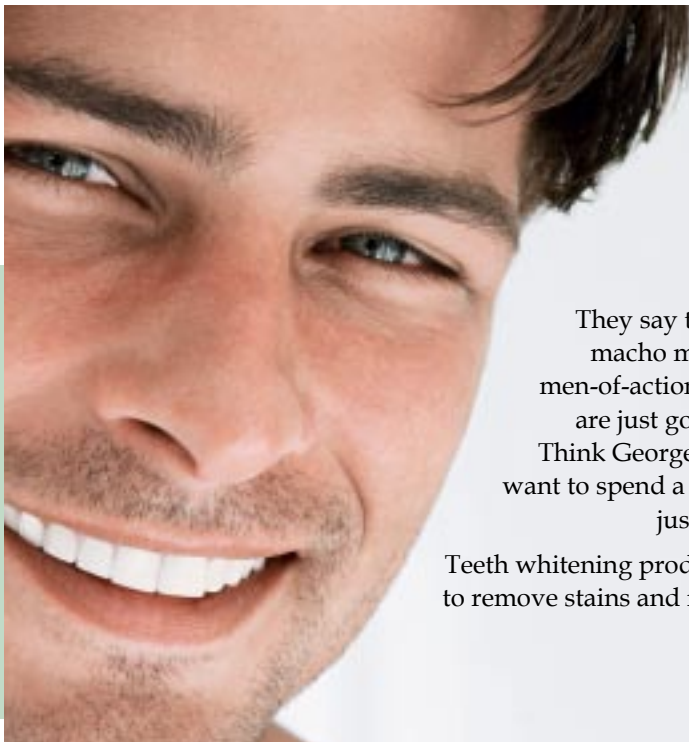
Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



Assert Yourself!

Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

YOU BE THE JUDGE

Our team will be having a pumpkin decorating contest October 22nd thru October 31st. We would like to invite everyone to come by and vote on their favorite pumpkin, or you can visit our website at nordhusdentistry.com to view the pumpkins and vote.

A big thank you to everyone who voted last year.
Guess which one was Dr. Nordhus'



Bring On The Candy

Our 5th Annual Candy Buy Back will be held on Wednesday November 1st from 2:00 pm to 5:30 pm.

Dr. Nordhus will be buying Halloween Candy at \$2 a pound.

This project has been a huge success! We have bought hundreds of pounds of candy, which has been donated to various charities. Tell your friends and neighbors, we look forward to a great turnout.



Congratulations...

To our Cavity Free Club winners!

May Winner: *Kaeden*
 June Winner: *Mallory*
 July Winner: *Jacob*

officeinformation

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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 – 2:00 pm
 Friday Closed

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Office Staff

Teresa and Laurie.... Patient Coordinators
 Shantay and Julie Hygienists
 Adrianna and Paige Assistants



Oral Cancer Check

It could save your life!

Did you know that every time you come to us, you also get an oral cancer check? Nine thousand people

We are trained to detect the signs and symptoms of oral cancer before they have a chance to develop into serious problems

die of oral cancer every year. Early detection could cut this statistic in half. That's why every patient that steps into our office receives an oral cancer exam whether they know it or not. We are trained to detect the signs and symptoms of oral cancer before they have a chance to develop into serious problems. It only takes a minute to do the screening, but it can save a lifetime.

Get The Most

Your dental insurance

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2007 dental insurance expires. So give us a call!