

# smile more

by Nordhus Dentistry

Produced to improve your dental health and awareness

Summer 2007

from the dentist



## Referrals

### *Truly appreciated*

Our Care To Share program was such a great success that many of you have requested additional cards. We appreciate the feedback, and more importantly, we appreciate you!

We rarely have a chance to tell you just how much your loyalty to this practice, and to this team, means to us. Every day your actions speak volumes: you continue to trust us with your and your family's oral health care. Your enthusiasm is contagious and encourages your friends and family to come and see us.

We have included more referral cards with this newsletter. Be sure to fill in your name so we'll know who to thank ... then feel free to pass them out to friends and associates you think might benefit from our services.

*Thank you!*

*Dr. Byron J. Nordhus*

## Straight Talk

*Invisalign® ... because metal is just a memory*

### *How Does Invisalign® Work?*

Invisalign straightens crowded, protruding, or too far apart teeth without metal braces. First, we take an impression of your teeth, then with the impression, the Invisalign lab uses computer technology and your smile prescription to create a series of clear, biocompatible aligners. These will move your teeth in tiny, comfortable increments. You wear each invisible aligner for about two weeks before graduating to the next ... until you have the smile you want.

### *Is Invisalign technology really new?*

Yes, and it is built upon reliable, sound, scientific principles.

Invisalign uses:

- Advanced laser technology to create an accurate 3D digital image of your teeth;
- Advanced computer software to simulate time-lapsed tooth correction;
- Advanced computerized fabrication of customized aligners.

### *Invisalign benefits you because you are:*

- Sophisticated about and appreciative of technology;
- Computer-literate so you can understand treatment;
- Expectant and appreciative of: wearing invisible appliances; faster results; shorter and fewer appointments; an accurate projection of end results; normal home care routines; use of a biocompatible material to decrease allergic response; minimal discomfort because teeth move in small increments and muscle soreness is rare even with a history of myofascial pain.

### *Can any dentist prescribe Invisalign?*

No. Many hours of special training are required. As your dentist, I am the interface between your clinical needs and Invisalign technology.



Learn how to smile again.

**invisalign®**

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

# DENTAL ANXIETY

## Shifting The Focus

### Stay positive

In a study where people were asked to solve math problems, there was no difference between men's and women's scores until the women were required to wear bathing suits. Suddenly their focus shifted to self-consciousness. Uneasiness and anxiety can hold anyone back. Don't let these feelings keep you from benefiting from preventive, restorative, or cosmetic dentistry.

#### What you can do

- Share your fears with us;
- Keep appointments – delaying

may complicate treatment;

- Avoid caffeine and sugar;
- Interrupt us if you need a break;
- Ask questions – knowledge is power!

#### What we can do

- Consult with you to develop your best treatment strategy;
- Provide you with distractions;
- Use technology to minimize discomfort;
- Offer sedation so that you can have more treatments in one visit;
- Provide non-surgical treatments.

## Ask Us Anything!

Can't figure out how to keep the paste on your electric toothbrush without it splattering? Try waiting until the brush is in your mouth before turning it on. So you see... You *can* ask us anything about dental procedures or home care techniques!

### 5 Great Reasons For Good Home Care

- [1]** Saves on both dental and medical costs particularly if you are diabetic or suffer from cardiovascular disease.
- [2]** Expands cosmetic options that require a solid oral health foundation.
- [3]** Keeps your breath sweet by managing the bacteria and sulphur compounds that cause oral malodor.
- [4]** Saves your smile for years to come – every minute in the US, a patient loses a tooth due to cavities or gum disease.
- [5]** Boosts your social life – everyone notices your smile first!

## CLOSING THE GAP

*Men, women, & health*

The gap between men and women's oral health concerns is less than you might think. Here are some similarities triggered by hormones...



- Adolescent hormonal fluctuations can contribute to gingivitis for both genders.
- Oral contraceptives can intensify existing oral problems in women, encourage gingivitis, or reduce saliva flow.
- "New-mom gums" happen when progesterone causes inflammation of the gums after the baby arrives.
- Andropause is a normal mid-life stage of male development that can increase risk for cardiovascular disease and osteoarthritis which have been linked with periodontal disease.
- Menopause may trigger dry mouth, jaw pain, or a burning sensation in women's mouths.
- Millions of men, as well as women, have osteoporosis which

has been linked to gum disease which has been linked to systemic diseases, jawbone loss, and tooth loss.



# Change For The Good!

Look really great ... for real!

Don't you feel badly for people who wear themselves out trying to improve things about themselves that they just can't change? It's great to know that there are still some enhancements you can make where you will absolutely, positively see a for-real difference ... and everyone else will too. Restorative dentistry can help change your smile for the better.

## enhancement

Brighten stained or discolored teeth, or replace missing or worn teeth

## technique

Teeth whitening can be enough but if your teeth have become stained or discolored through age or from tetracycline or other medications, bonding or veneers are a beautiful solution.

## enhancement

Rebuild chipped, cracked, or worn teeth

## technique

We can strengthen damaged teeth with custom-designed crowns or restore the appearance of less damaged teeth with bonding materials or ultra-thin porcelain veneers. All of these methods are completely natural looking.

## enhancement

Give proportion to an uneven or too-gummy smile

## technique

We can even out your gumline and reveal your natural enamel by removing excess gum tissue.

## enhancement

Replace missing teeth or correct a bad bite

## technique

Crowns, bridgework, dental implants, or a combination of all three could offer your best improvement for functional or structural problems.

## enhancement

Close gaps between teeth

## technique

Some gaps can be filled by using porcelain crowns or camouflaged with veneers which have been called *instant orthodontics*. Sometimes braces and other appliances are required to move teeth over time.

before



after



before



after



## Smile Signals

### It's about complex interrelationships

At the *Institute for Human and Machine Cognition*, researchers are using helmet-mounted cameras and other technology to send signals to the brain ... through the tongue! People without sight have perceived people walking in front of them and have been able to locate doorways. If this doesn't demonstrate the complex interrelationships between our mouths and other systems in our bodies, then what can?

Gum disease has a tendency to sneak up on you. That's probably why so many people lose teeth because of it. If we don't keep our teeth and gums scrupulously clean and healthy, then plaque (bacterial film) will build up and harden into calculus. If allowed to accumulate, it can cause swelling, tenderness, and even bleeding ... and that's not all! Gum disease has been *linked to toxemia, premature births, cardiovascular diseases, diabetes, and osteoporosis.*

Only a dentist or hygienist can remove calculus. But the best cure is prevention through regular brushing and flossing, a diet adequate in vitamins like A, C, and B-complex that build healthy gums, and regular dental exams.







# Lumineers™

No more reasons to wait with Cerinate® veneers

because for most patients, there is no discomfort, no needle, no drilling... and no loss of tooth enamel.

As if that weren't enough, in most cases, your new smile can be created in only one or two dental visits. These revolutionary cosmetic veneers have been clinically proven to last for 18-20 years.

Why is this so important? A beautiful smile has become the new social barometer for many people today. A smile is the first thing people notice when they meet you - before they notice your eyes! An independent study revealed:

### Most attractive smile characteristics?

- ❖ Straightness
- ❖ Whiteness and color of teeth
- ❖ Cleanliness of teeth

### Least attractive smile characteristics?

- ❖ Discolored, yellow, or stained teeth
- ❖ Missing teeth
- ❖ Crooked teeth

Lumineers are the veneers of choice. They can give you the smile you've always dreamed of: a smile that looks clean, healthy, straight - and even glamorous.

If you've been waiting to try veneers, don't wait any longer. Please call today to see if you are a candidate.



For centuries, porcelain has been used by artists. In the last few years, porcelain veneers - some as thin as contact lenses - have become the technique of choice for treating discolored, chipped, or stained front teeth. In some cases, veneers can even replace traditional braces. Lumineers™ by Cerinate® Porcelain are unique

## office information

**Nordhus Dentistry, LLC**  
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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

### Contact Information

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### Office Staff

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



## Congratulations to our Cavity Free Club Winners

*Rose, February winner*

*Jett, March winner*

*Kline, April winner*

*Congratulations to Holly, the winner of Guess the birth date of Dr. Nordhus' new baby. Baby Boy Berkley was born on March 11, 7lbs.15oz. and 19 1/2 inches long.*

*Congratulations to Pat, the winner of the Jelly Bean Guess, she was only 3 beans off! The total was 1192.*

## Check out our new look!

We're really excited to show you our new logo for easy and definite recognition of our practice.

