

smile more

by Nordhus Dentistry

Produced to improve your dental health and awareness

Summer 2008

from the dentist



Committed To You Now and always

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

Yours in good dental health,

Dr. Byron J. Nordhus & Team

Keep Your Secret!

Invisalign[®]

We are one of the first practices to offer *Invisalign*[®], one of the most advanced components of cosmetics for teens and adults. It's a new, yet proven method for correcting orthodontic problems like crowding and spacing. *Invisalign* uses a series of custom-made, nearly undetectable aligners.

Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. No metal wires! No food restrictions! Many benefits!



If you're inspired and think you're a candidate for *Invisalign*, please call us for a consultation. We want you to feel happy and confident about your smile!

What can you expect with *Invisalign*?

- They are invisible - no one can tell they're being worn.
- You can really smile at parties, weddings, and on dates.
- They are simple to put on and take off.
- You can eat and drink just like normal while in treatment - just remove the aligners.
- They are comfortable - no metal wires or sharp brackets.
- You can wear them playing sports and woodwind and brass musical instruments.
- If you lose an aligner, it can be reproduced.
- Treatment is finished faster with fewer appointments.
- Biocompatible material decreases allergic response.
- Using virtual technology, you can see your straight teeth - in advance!



We encourage new patients. Please pass our phone number to friends and family

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Ensure You Mix It Up

Could vitamin water hurt your smile?

There's a lot of buzz these days about flavored vitamin waters which appeal to just about everyone. They're so tasty you *want* to take your vitamins, they contribute to keeping you hydrated, and they can give you a little energy boost. Designed to provide a wide variety of vitamins and minerals to supplement your daily diet, they hold a definite attraction. But, *dentally* ... not so much.

For one thing, most brands of vitamin water contain a large amount of sugar which contributes to the formation of plaque which harbors the bacteria that cause tooth decay and gum disease. As well, many brands are high in vitamin C which is ascorbic acid. Too many acidic foods or beverages can erode away the hard surface enamel of your teeth and lead to yellowing, tooth sensitivity, grooves, or notches in the sides of the teeth, and eventually, worn down teeth.

Although these drinks have been supplemented with vitamins and minerals, they can be just as harmful as too many sugary soda, sports, and energy drinks, or acidic fruits, juices, and wines. So please try to rinse with water afterwards, switch beverage types, and resist the thought that if one bottle of vitamin water is a good thing, then more must be better.

Tooth enamel that's lost to decay or erosion won't grow back. We can repair the damage, but the best solution is prevention.



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



Smile More With Lumineers™

With Lumineers™ by Cerinate® from Dr. Byron Nordhus you can have a beautiful smile without removing any natural, sensitive tooth structure, unlike traditional veneers.

Lumineers provide a comfortable, great looking solution for gaps, chips, worn or discolored teeth.

Because porcelain Lumineers are so strong they can be made as thin as a contact lens and placed over your natural teeth. This helps Dr. Nordhus beautify your smile without anesthesia or loss of healthy tooth structure. Call us today to see if Lumineers are right for you.



Cavity Free Club Winners!

March

Colton

April

Alythya

May

Joel

