

## from Brookside Dental

# Dr. Patricia Pauley Inducted Into Pierre Fauchard Academy

Dr. Patricia Pauley, DDS was inducted into the prestigious Pierre Fauchard Academy on July 13, 2006. *The Pierre Fauchard Academy is an International Dental Honor Organization that recognizes outstanding dentists from around the world.* Dr. Pat was one of only seven new Dental Fellows from Washington State inducted into the Academy in 2006. The Academy celebrates the achievements of its members at the time of induction. There are only 132 Washington State dentists that are Dental Fellows in the Pierre Fauchard Academy. This honor recognizes the many years of dedicated service to the community and to dentistry by Dr. Pat.

The Academy seeks to support the highest ideals of dentistry throughout the world in both ethical and moral practice, through service to community, country and profession. The Pierre Fauchard Academy, founded in 1936 is comprised of

fellows from around the world who have distinguished themselves in their commitment and support of educational, community and research activities within the dental profession. Through its Foundation, the Academy provides grants for a range of academic and public health projects and programs, as well as financial encouragement to dental undergraduate students.

Dr. Pierre Fauchard (1678-1761), the father of modern dentistry, styled himself as a *chirurgien-dentiste* (surgeon dentist), the first practitioner to use this title professionally. He was responsible for developing some new and ingenious designs for dental appliances, which greatly improved the outlook for those patients unfortunate enough to require them. Patients traveled great distances to utilize his skills and services. He was a surgeon in the French Navy, following which he began working as a dentist in Western France. He read widely and studied crafts such as watch making and jewelry making, from which he adapted techniques and instruments that he felt were useful to dentistry. His unprecedented competency and conscientiousness earned him an outstanding reputation as a dentist of unparalleled skill and acumen. Dr. Fauchard's advice and talents were regularly



Fauchard President Dr. Barry Feder with Dr. Patricia Pauley

in demand by some of the most accomplished surgeons of his time.

The practice of dentistry at that time had been stifled by jealousy, because dental knowledge and techniques were regarded as valuable property by the more competent and skilled practitioners, and were rarely shared with other dental colleagues. In a significant break with tradition, Dr. Fauchard published a textbook in 1728 entitled *Le Chirurgien Dentiste ou Traité des Dent* (The Surgeon Dentist or Treatise on the Teeth) in two volumes of over 800 pages, which included many illustrations. In this way Dr. Fauchard shared his considerable knowledge and wealth of observations with colleagues and students, describing his techniques with exceptional clarity and detail. Many of his suggestions were radical for dental practice in those days, but his practice of seating patients rather than having them lie down is still used today. Additional information about the Pierre Fauchard Academy may be obtained at [www.fauchard.org](http://www.fauchard.org).



Fauchard Induction Ceremony



# GAPS

## And what you need to know about filling them

Modern cosmetic restorations like dental implants, crowns, and bridges look and feel just like your own natural teeth. All result in improved appearance and oral health. How? Crowns preserve compromised teeth, and combined with bridges, they prevent teeth from drifting. Implants also prevent drifting and they preserve bone tissue. All three procedures are directly responsible for improved self-confidence ... which will, of course, keep you smiling!

Fact	Fiction
<ul style="list-style-type: none"> <li>■ Crowns, bridges, &amp; dental implants were developed to replace missing teeth &amp; to restore badly damaged teeth with natural beauty &amp; performance.</li> </ul>	<ul style="list-style-type: none"> <li>■ Crowns, bridges, and dental implants stand out from natural teeth, making them easily detectable.</li> </ul>
<ul style="list-style-type: none"> <li>■ A bridge is a combination of crowns &amp; artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile &amp; redistributing the workload.</li> </ul>	<ul style="list-style-type: none"> <li>■ If a person isn't bothered by the appearance of a missing tooth, there's no real reason for replacing it.</li> </ul>
<ul style="list-style-type: none"> <li>■ Placing a crown on a high-risk tooth as early preventive treatment saves time &amp; money ... &amp; maybe even your tooth!</li> </ul>	<ul style="list-style-type: none"> <li>■ You have to wait for extensive tooth damage before a crown is useful or beneficial.</li> </ul>
<ul style="list-style-type: none"> <li>■ If you are in good general &amp; oral health, you may be an excellent candidate for dental implants – no matter what your age.</li> </ul>	<ul style="list-style-type: none"> <li>■ Implants are too expensive, time-consuming, &amp; not secure.</li> </ul>

# TLC

Cosmetic restorations look great and they work hard so that you can eat, chew, and speak with self-confidence. Still, they need some TLC. We can revitalize your restorations and enhance their longevity during your continuous care visits.

By polishing and maintaining a smooth surface texture on your resin composites and porcelain restorations, we can help to encourage healthy gums for a natural appearance and fresh breath. Just as with natural teeth, rough surfaces can create too much wear on opposing natural teeth, foster plaque, and encourage unattractive staining.

We know that you are motivated to keep your appealing smile and fresh breath. Technology and modern materials have made home care for restorations easy. We'll be happy to recommend products that promote periodontal health, promote fresh breath, and work with restorative materials.

## It's Ancient History...

### Ancestors may be responsible for dentition problems

Scientists theorize that human dentition was affected when our early ancestors learned to chop and cook food. By adapting to eat softer food, the human jaw may no longer be big enough to accommodate our molars. Crowded, crooked teeth can lead to malocclusion (bad bite). In turn, this can lead to gum disease because it can be difficult to thoroughly clear food and bacteria from the mouth.

Bacteria in the gum area will cause a buildup of plaque and tartar that can lead to inflammation and chronic infection if not removed by proper and regular cleaning and flossing. This can destroy your gums and the bones that support your teeth.

We screen for bite disorders *every* time you visit.

# Powerful Longevity!

According to the *American Society for Aesthetic Plastic Surgery*, non-surgical cosmetic procedures such as *Botox*® consistently account for about 80% of patient procedures. These are procedures that must be repeated on

a regular basis in order to maintain their benefits. **And cosmetic dentistry?** Effective and popular techniques can **keep you looking younger ...** for decades.

By improving the balance,

proportions, and color of your teeth, cosmetic dentistry can help you look ten years younger ... right away.

Here are some cosmetic dental procedures that are available to improve your smile.



**Tooth-Colored Restorations** – Enamel-colored porcelain or composite resin restorations are now available to replace old conspicuous silver fillings.



**Veneers** – Cover gaps & crooked, chipped, or discolored teeth with custom-made porcelain veneers that adhere to each tooth's surface.



**Gum Sculpting** – Correct a too-gummy smile, make short teeth look longer, and make smiles more symmetrical. (The image below includes veneers.)



This smile gallery clearly illustrates the positive impact cosmetic dentistry can have on a smile, one of your most important communication tools.

## Organoleptic Olfactory Test

### *Sniffing out the truth about bad breath*

Doing your own sniff test for halitosis isn't very reliable ... for two reasons. First, your oral cavity is connected to your nose which filters out background smells like your breath. Second, thanks to advertising, you could have *halitophobia*, an exaggerated needless fear of bad breath.

It's true that bad breath is sometimes chronic. You could be particularly vulnerable if you have diabetes or a gastrointestinal disorder. Dental causes could be *xerostomia* (dry mouth), *gingivitis*, or *periodontitis*. Each of these dental conditions involves oral bacteria, a primary cause of bad breath. Most often, brushing, flossing, and rinsing can take care of normal, temporary bad breath caused by foods.

If you're in doubt, ask us ... your mouth experts!

# Brookside Dental Patients Featured As Examples Of Beautiful Smiles With Regular Dental Care And Checkups

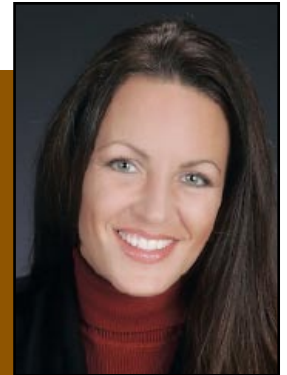
In this Newsletter, we are featuring two long-time patients and good friends that have maintained beautiful smiles with regular dental care and checkups. Kristiina Hiukka (Dr. Cindy) and Johna Weller (Dr. Pat) have been patients, along with their families, at Brookside Dental for several years. Both are successful professional businesswomen.



## Kristiina Hiukka

([www.BigAgendaCoaching.com](http://www.BigAgendaCoaching.com)) is a business and personal coach and member of The International Coach Federation (ICF). Coaching is an ongoing relationship that focuses on helping clients determine and take action to realize their visions, goals

or desires and is intended to help define and achieve professional and personal goals faster and easier than otherwise possible. On May 31, 2006, Kristiina earned a Professional Certification Designation from the ICF, making her the first ICF certified life and business coach from Finland and one of only 948 worldwide. She is co-authoring a book on coaching as an integral leadership key for business services. Kristiina may be contacted at [Kristiina@BigAgendaCoaching.com](mailto:Kristiina@BigAgendaCoaching.com).



## Johna Weller

([www.Weller4Property.com](http://www.Weller4Property.com)) is an associate broker with Windermere Real Estate and a member of the Sno-King Association of Realtors. She worked several years in property management before pursuing her career as a Real Estate Broker. Johna currently

works with her husband, Pete, to form a dynamic team with nearly 20 years of knowledge and experience in many areas of real estate. They bring a high degree of service to their chosen careers and have multiple professional accreditations and memberships, including the International President's Circle Award. She is an active member of LeTip a business-networking group and may be contacted at [Johna@Weller4Property.com](mailto:Johna@Weller4Property.com).

## office information

**Brookside Dental**  
**Dr. Patricia Pauley**  
**Dr. Cynthia Pauley**  
**Dr. Carrie Magnuson**  
 13715 Bel-Red Road  
 Bellevue, WA 98005-4517

### Office Hours

Monday 8:00 am – 6:00 pm  
 Tuesday 8:00 am – 6:00 pm  
 Wednesday 8:00 am – 6:00 pm  
 Thursday 8:00 am – 6:00 pm  
 Friday *By Appointment Only*

### Phone Numbers

Office (425) 643-2818  
 Fax (425) 746-8041  
 Email [smiles@brook-sidedental.com](mailto:smiles@brook-sidedental.com)  
 Web Site [www.brook-sidedental.com](http://www.brook-sidedental.com)

## Brookside Dental's Blog

Go to [www.brook-sidedental.com/blog](http://www.brook-sidedental.com/blog) to find out more information on Brookside Dental and advancements in dentistry.



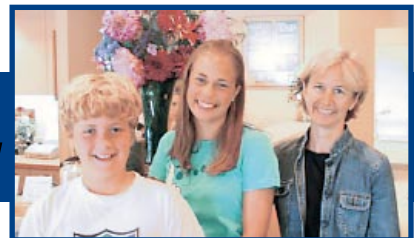
## Modern Dental Sealants Are Taking A Bite Out Of Tooth Decay

Dental Sealants allowed Kai and India Richter, on July 25, 2006, to say, "Look, mom, no cavities after nine years", after a routine dental exam by Dr. Cynthia Pauley!

On June 3, 1997, the Seattle Post-Intelligencer ran a front-page feature article on Dental Sealants and Brookside Dental ([www.brook-sidedental.com/sep/seattle-cosmetic-dentist-cutting-down-on-cavities.htm](http://www.brook-sidedental.com/sep/seattle-cosmetic-dentist-cutting-down-on-cavities.htm)). The article pictured young Kai and India in the "Teddy Bear Room" at Brookside Dental.

Preventive dentistry continues to be a remarkable success story in dental health. The percentage of school-aged children with cavities in their permanent teeth has decreased dramatically during the last 30 years, largely because of Dental Sealant application and fluoride treatments.

Dr. Patricia Pauley immediately after graduating from dental school in 1979 put into practice the new dental technique of applying plastic sealants to the chewing surfaces of children's back teeth. The sealant's plastic resin bonds into depressions and grooves, providing a barrier that seals out plaque and food where toothbrush bristles often can't reach. Applying the sealant to young children's teeth before they have cavities virtually prevents any decay in those teeth. *Approximately 99 percent of the child patients receiving dental sealants at Brookside Dental are still cavity-free after 20 years.* So it is not surprising that Kai and India Richter had cavity-free mouths 9 years after the application of dental sealants to their teeth.



Maren Richter with children India Richter and Kai Richter who are cavity free 9 years after receiving tooth sealants at Brookside Dental.