

Brookside Dental

NEWSLETTER

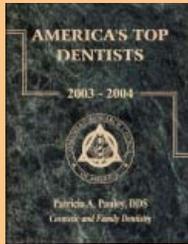
Produced for the Patients of Brookside Dental

Spring 2005

fromthedentists

America's Top Dentists

Dr. Patricia Pauley, Dr. Cynthia Pauley, and Dr. Carrie Magnuson of Brookside Dental each have been



named a Top Dentist in "Cosmetic and Family Dentistry" in the Consumers Research Council of America Guide to *America's Top Dentists* 2003-2004. Consumers' Research Council of America, a Washington, D.C. based research organization, provides consumers' information guides for professional services throughout America. It is their purpose to help educate and assist consumers in obtaining the finest professional services.

The Consumers' Research Council of America Guide to *America's Top Dentists* 2003-2004 was compiled from dentists throughout the United States by utilizing a point value system. This system is based on experience for each year the dentist has been in practice, training and continuing education courses, certifications and dental specialties, and professional association memberships.

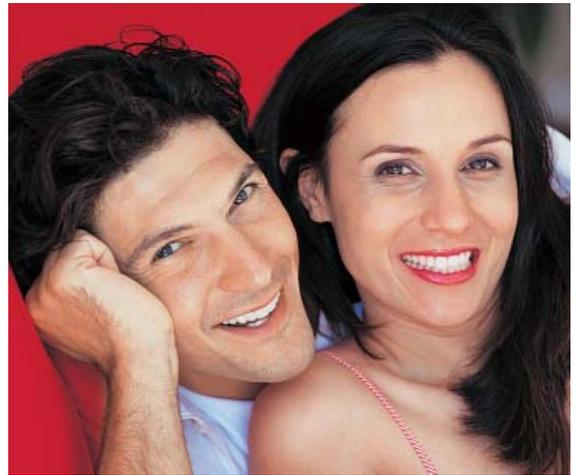
Consumers' Research Council of America does not accept fees, donations, sponsorships or advertising from any individuals, professionals, corporations or associations. This policy was enacted and is strictly adhered to insure an unbiased selection for the lists of America's Best.

Quality Dentistry At Brookside Dental

We at Brookside Dental strive to provide the highest quality dentistry for our patients. We're privileged to witness the positive, life-altering changes that our patients experience after having Quality Dentistry performed at Brookside Dental.

Our successes are based on several things, including sophisticated materials, craftsmanship, professional judgment, an investment of time with each patient, modern equipment, continuing education leading to state of the art knowledge far beyond minimum requirements, and communication between all team members - including our on-site cosmetic porcelain artist.

We will always take the time to listen to you and answer any questions you may have about your proposed treatment plan. We create intra-oral photos of your teeth for you at no charge to you so that you can monitor along with us any changes in your oral health over time.



If you are having a complete new smile design, we will do a diagnostic wax-up of your teeth so that you can preview your smile. Your smile design prescription will include treatment, esthetic goals, and many precise details for our on site porcelain artist. We will create beautiful temporary restorations for you while your new permanent crowns or veneers are being prepared. Your new crowns and veneers will incorporate hue, color, and translucence value that will reflect light just like natural teeth. Your final visit for the placement, seating and finishing of your crown or veneer involves time to ensure that it fits just right to insure the maximum long-term use possible for you.

Quality and Excellence take time and expertise, but they are definitely worth it.

Smile Fact

Did you know...

;) More than 92% of adults agree that an attractive smile is an important social asset, and it also encourages a smile in return.

Thank you for all your referrals. We appreciate them! Visit our web site at www.brooksidedental.com!

Simple TMD?

A complex disorder can have dental origins

If you have been suffering with jaw pain or clicking, earaches, headaches, even sinus pain, you could require dental intervention. In 1982, the *American Dental Association* adopted a new term to describe a constellation of problems that affect the jaw joint: *Temporomandibular Joint Disorder* (TMD).

The temporomandibular joints just might be the most complicated joints in the body. If you place your fingers in front of your ears while opening your mouth, you can feel them. Their movement is controlled by powerful muscles which, along with the joints themselves and your teeth, are connected to the mandible or jawbone.

How can jaw anatomy affect the rest of your body?

- A significant number of your body's nerves pass near the jaw joint.
- Many of the nerves of your body go to your mouth and jaw.
- Much of the brain's processing takes place through the trigeminal nerve ... which links with the facial, hypoglossal, and vagus nerves ... which control the sensation and function of almost all other muscles of your head, neck, and throat.
- Jaw compression can strain the neck muscles.
- Strained neck muscles can affect blood flow to the head and neck.

We understand that living with the complex symptoms of TMD is no simple matter. We'll work with you toward a solution!



Detecting TMD

Some questions we may ask:

- Do you have pain when you move your jaw or do you hear noise in your jaw joint?
- Have you ever had medical treatment for jaw or facial pain?
- Have you had a recent injury to your jaw or head?

We may also:

- Check how wide you can open your mouth.
- Feel your jaw joint for clicking, and identify pain and tenderness in and around your jaw, face, and head.
- Inspect your teeth for wear (indicating grinding) and all other causes for your pain or discomfort.

Cinnamon

Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought after spices, it has been credited with creating the momentum to discover America. Research now credits cinnamon with the ability to do much more than that!

With no known risks and virtually no calories, cinnamon can:

- inhibit disagreeable mouth odors by destroying sulphuric bacteria;
- help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease;
- cut blood sugar levels by as much



as 20-30% to help prevent diabetic complications that can be aggravated by periodontal disease;

- reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

So do yourself and your oral health a *flavor*, and spice up your diet with cinnamon!

Give Yourself A Treat

Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

- The word *periodontal* literally means "around the tooth."
- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

- There are many forms of periodontal disease. The most common ones are *gingivitis* and *chronic periodontitis*. Left untreated, both these diseases can lead to tooth loss.

Gingivitis is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.



Teeth Whitening Is #1

It's easy & effective!

Cosmetic teeth whitening is a surefire way to set your smile ablaze with glamor. That's why it's the number-one cosmetic dental procedure. Even though natural tooth color varies from individual to individual, and patients differ greatly in tooth color, enamel thickness, and degree of staining, science allows us to reliably predict shade results. Art added to science makes glamor look radiantly natural.



Whether life or time has dimmed your smile, only you can decide if it's time to turn up the wattage. We can recommend a safe, reliable, and *very* effective supervised teeth whitening program that will let you brighten your smile. Some smiles brighten up a few shades ... some to up to ten!

We'd be pleased to show you how teeth whitening can transform your smile!

Seeing is believing! Just think what a difference modern teeth whitening can make in your smile. In a few hours or a few weeks ... it's up to you.

Smile Savers

Brush and floss the kinder way

Remember ... the purpose of brushing and flossing is to remove the *soft*, sticky film called plaque *before* it hardens into calculus and spoils your smile. You don't have to brush hard or floss vigorously because overzealous care can damage your tooth enamel and gums.

Try these kinder, gentler smile savers!

- Use a soft toothbrush. It's twice as gentle on your gums as a hard brush.
- Take the time to brush all of your tooth surfaces. That only takes about three minutes – not 30 seconds.
- Switch to your opposite hand when brushing.
- Try a new toothbrush that gives a warning when too much pressure is being placed on the gums.
- Make an appointment for an oral hygiene brushup to refine your technique.

Seal Out Tooth Decay

Studies have shown that more than 50% of kids' cavities develop on the chewing surfaces of teeth. Food gets trapped in pits that are formed naturally by the crossing of deep grooves called fissures where your toothbrush doesn't reach. We now have a way to cover these surfaces with a protective tooth-colored material so decay never sets in - the dental sealant. The sealant creates an impenetrable barrier to bacteria and decay for fifteen years or more and often the benefits can last a lifetime. There's no discomfort with sealant application. Dr. Pat Pauley has been using sealants since they first came out over 25 years ago. After 20 years, about 99% of the teeth she's treated have been cavity free in her patients as adults. Also, see the article, "Cutting Down on Cavities", which features *Brookside Dental* on the front page of the Seattle Post-Intelligencer and discusses dental sealants on our website www.brookside dental.com under



the section titled, "IN THE NEWS".

Recent studies have shown that sealants are one of the main contributing factors for the decline in the number of cavities in children. That's a lot of teeth that won't have to be drilled and filled. Sealants can work extremely well for many adults too, so the next time you're in for a visit, ask us about this inexpensive ounce of prevention.

Peer Recognition

Dentistry.com recently has spotlighted Dr. Cindy Pauley as one of their VIP Dentists on their opening Internet page, stating that it is, "...Proud to highlight select dentists worldwide for exceptional Internet contributions to the art and science of dentistry." Dentistry.com invites you to realize your optimal dental health through the opportunity of visiting a VIP Dentist if one exists in your area. Dr. Cindy is proud to be a spotlighted VIP Dentist at Dentistry.com with her full biography displayed in the Pacific section of the WEST Area.



Brookside Dental invites you to visit the Dentistry.com website at www.dentistry.com which has many articles on various aspects of dental care that you should find informative and interesting.

office information

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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

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 Web Site www.brookside dental.com

Brush • Floss • Smile



Beautiful Smiles

As smile makeover experts, our goal is to make your Smile Beautiful! We accomplish this by carefully examining all aspects of your smile to determine the right procedures for you. We use leading-edge dental technology, procedures, and materials to create the ideal new smile for your face. At *Brookside Dental* we work with our onsite porcelain artist to combine anatomy, function, and esthetics to produce a Beautiful Smile for you!



Beautiful Smiles have straight and evenly spaced teeth; White Teeth, with no stains or discoloration; smooth and even gum-lines; correct contour relationships when you smile, where the upper gums do not show; and your top teeth edges follow evenly the curve of your lower lip. Don't worry if your smile isn't quite perfect! We create Beautiful Smiles and keep Smiles Beautiful.

Veneers...

can restore teeth to their original color, shape, and function ... and do it beautifully! Call us for your consultation!

