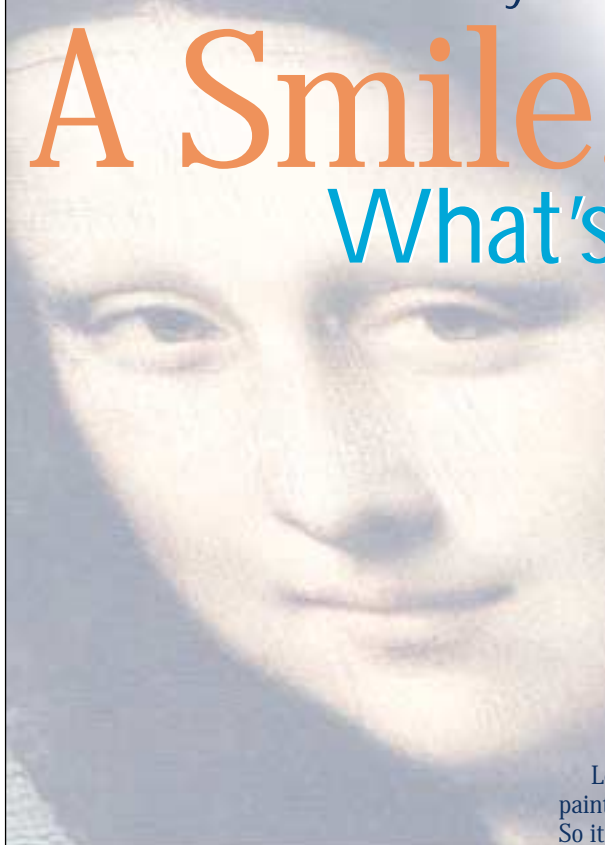




Body Language Spoken Around the World

A Smile... What's yours saying?



There's nothing like a smile to communicate your emotions.

The most famous smile in history belongs to Leonardo da Vinci's famous painting, the Mona Lisa. Generations of art analysts and musicians have speculated over its meaning. Seductive? Bashful? Secretly knowing? Or could it be, given her upturned but firmly closed lips, that she was ashamed of showing her teeth? Could they have been chipped, stained, crooked, or missing?

Is it possible your smile is communicating the wrong message for similar reasons?

These days there's no need to censor facial communications because your teeth aren't perfect. Modern cosmetic dental technology can straighten, repair, contour, replace and whiten teeth using Twenty-first Century techniques.

Today's dental composites are stronger, porcelains easier to fit—their translucency more lifelike. Orthodontia, porcelain crowns or tissue grafts can reduce elongated canines—"Dracula teeth."

It's the smile that's you—and only you!

Leonardo, Mona Lisa's creator, was a painter, a mathematician and an engineer. So it isn't surprising that her mouth and eyes form a perfect equal-sided triangle. Four centuries after Mona Lisa came on the scene, we're all still attracted by the same symmetry of features. In times past, dentists used to aim for a one-smile-fits-all model of perfect dentition. Today we craft a designer smile to emphasize your own individual identity.

A great smile is more than teeth

Your smile is a whole-face expression: If your eyes aren't engaged, your smile comes off as phony. Believe it or not, scientific researchers have investigated smiles over many years. Today, new evidence confirms the old theory that unless the eyes and cheeks harmonize with the lips, your smile loses its potent communication value.

Perk up your means of communication

When you smile your body floods with endorphins—the 'happy' hormones. Their release makes you feel so good you smile even bigger, which releases—guess what—even more endorphins! It doesn't make sense to let your means of happiness fade. ■

But sometimes bad things happen to good teeth

Certain circumstances can sometimes prevent us from getting the full benefit out of our smile.



Substance darkens teeth

Dark News

Childhood infections like whooping cough or measles can cause teeth to discolor. Even excessive natural fluoride in drinking water (not the controlled amounts we add to prevent tooth decay) can mark teeth with white or brown spots. Teeth that have root canals often turn slightly gray.

Some of the foods we eat everyday can mar your smile—tea or coffee, for example. If you use tobacco, it's a given.

There's no reason why a wonderful smile can't be yours for the asking.

Your Mouth
and the
NEWS

As the NHL enemy advances, treatment keeps pace.

Non-Hodgkin's Lymphoma has shot into the spotlight. Once rare, this cancer of the lymphatic system—your body's disease-fighting arsenal—is now the fifth most common in the country.

Good news...

Diagnosis has improved. The most common symptom: noticeable, usually painless, swelling of a lymph node in the neck, armpit, or groin. Heeding this early sign can control the cancer's spread. Treatments have also improved. In addition to chemotherapy and radiation, bone marrow transplants, biological therapies and surgery have increased the NHL patient's options. Chances of surviving are better than 30 years ago.

How you can help prevent it.

As is the case with many other forms of cancer, the exact cause of non-Hodgkin's lymphoma is unknown. Research has suggested that exposure to pesticides and petrochemicals may increase risk, especially in children. Prevention could be a matter of avoiding pesticides altogether. Additionally, those living where nitrates may contaminate drinking water might consider a switch to bottled water. Diet is also believed related to a reduced risk of cancer. Everyone can eat more fresh fruits and vegetables, especially broccoli, turnips and other members of the cabbage family.

ances that can stain or
teeth, crowns, dentures

- Antibiotics (tetracycline) administered in childhood
- Berries, cherries
- Coffee, tea
- Curry, other spices
- Herbs, soy
- Red wine
- Tobacco, chewed or smoked



Lighten up

Tooth color depends on tooth size, thickness, age, location in your mouth—even your skin tone and hair color have an effect. Teeth, like pearls, exhibit different tones. They're lighter in the center and toward the front; darker in the molars—back where there's less light to catch and reflect.

Today's fillings need not be made of silver amalgam that can darken a smile. Stained teeth can be overlaid with brightening veneers. Then there's tooth whitening—it improves everyone's smile!

While the youth in your tooth, with its healthy translucent enamel layer, can't be recreated, we can manufacture the illusion through corrective coloring. Call us if you'd like to perk up your means of communication. ■

We're Using Less Silver

These days, many dentists (and their patients) are opting for alternatives to silver fillings. A recent survey reports that over 70% of dentists polled said their overall use of amalgam fillings had decreased.

In a recent study published in *Environmental Health Perspectives* there was no impact caused by amalgam fillings on a whole series of standardized neuropsychological tests. We now have alternatives—like composite resin restorations, which repair damaged teeth while leaving them looking white, natural—and they're stronger. ■

—Dentistry Today

Gel Relieves Oral Pain



Your mouth is a soft and tender location—particularly after dental surgery, or when you suffer from canker sores. For this predicament, there is now relief.

The new Gelclair bioadherent gel, as prescribed by dentists, is formulated to relieve pain for a variety of oral lesions and ulcers, as well as post-surgical irritations. It's an alcohol-free gel that forms a film barrier without numbing, stinging or drying. ■

—Dental Products Report

TLC for TMJ

It's a jawbreaker of an expression: temporomandibular joint pain, or TMJ disorder. The TMJ is the hinge between the jaw and the skull, and if it gets out of whack the result can be pain, plus an annoying clicking noise.

Some TMJ woes may require surgery or splints. But happily, most of the time that aching joint can be soothed with far more conservative measures. Since it's often the result of bad habits like jaw clenching or tooth grinding, many patients find relief by simply avoiding sticky foods, bad habits, and extreme jaw movements. Sometimes an anti-inflammatory medication such as Advil can come in handy. ■

—Mayo Clinic Women's Health Source

Migraine Relief—Without Medication

If you suffer from chronic headaches, you're not alone: It's estimated that some 23 million people over age 12 suffer from migraines.

Recently, the FDA approved a dental appliance for use in prevention and treatment of migraine pain that in most cases, suppresses the activity of the muscles on both sides of the head. This non-drug appliance, the NTI Suppression System, is worn at night during sleep.

Drug-free migraine relief. Now, that's a promising proposition. ■

—www.nti-tts.com

Thank You for Your Referrals!