



**Cornerstone
DENTISTRY**

Dr. Dale Hardy's

SMILE UPDATE

Produced for Patients of Dr. Dale Hardy

Spring 2005

fromthedentist

**Check out
CornerstoneSmiles.com
We're Just a Click Away!**

As announced in the previous issue, we have a new web site offering information about us, our services and other dental issues. If you looked for it, it wasn't actually completed at the time of the last publication. We are excited to present this extension of our patient care and hope you will benefit from it.

Our Smile Gallery includes before and after photos of our patients who have had smile makeovers. If you are not happy with your smile, please be sure and let us know what you would like to change. Sometimes a minor adjustment can make a major change. For a free smile consultation, give us a call or e-mail us.

Please be sure and visit our web site at www.cornerstonesmiles.com. We welcome your questions and comments and look forward to hearing from you.

Yours in good dental health,

Dr. Dale Hardy

Personalized Plan Of Care

Your hygienists: Latasha & Tamara

We practice what we preach. Proof positive of our commitment to optimal preventive oral health care are our wonderful hygienists, licensed primary oral health care professionals. Their goal is to help you to achieve and maintain optimal oral health through diagnostic assessment, prevention, and education.

Here's how *your* hygienist develops your personalized dental hygiene plan of care based on *your* needs.

Assessment

- reviewing your medical and dental history;
- examining your teeth for decay, visually and with radiographs;
- examining your gum tissue;
- assessing your biting, chewing, and swallowing patterns;
- evaluating your dental readiness for procedures including cosmetic smile enhancements;
- reassessing your overall treatment.

Prevention

- screening for oral cancer with

clinical measurements, radiographs, and other assessment methods;

- applying fluoride and pit and fissure sealants;
- cleaning and scaling teeth to remove plaque, tartar, and surface stains.

Education

- instruction about brushing and flossing;
- counseling about diet and its relationship to oral health;
- explaining dental treatments, orthodontics, periodontal therapy, and cosmetic procedures using a range of visual aids.

Your hygienist is always happy to answer questions about your personalized plan of care which is imperative to your oral health. After all, proper home care including brushing, flossing, and healthy eating are a crucial part of preventive dentistry!



An attractive smile makes a lasting impression!



Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

1 Whitening Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	2 Crowns Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	3 Veneers Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	4 Bridges Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	5 Braces Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	6 Composite/Inlays/Onlays Restore and strengthen decayed areas while looking extremely similar to original tooth color.	7 Bonding Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
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Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

Moisten. Drink plenty of fluids and condition lips with balm.

Stop. Do not lick or chew your lips. The skin is very thin and is easily damaged.

Exfoliate. To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

Switch. Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

Prevent. Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

Sarcopenia

You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

How Radiant?

Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

Glitz or glamor?

Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve
teeth size & gumline



Transform
discolored & crowded teeth



Correct
spaces between teeth



Amplify Your Smile

Let us show you whitening that works!

As dental professionals, helping people to look their best brings with it a responsibility to ensure that results are achieved in a safe, reliable, and effective way. It's remarkable how often we see that safe, simple procedures like the placement of attractive white fillings or supervised at-home teeth whitening can boost a patient's self-confidence.

Why the emphasis on dentist-supervised teeth whitening – even at home? We would say *especially* at home. There is no single reason for teeth staining. Every smile is unique and every whitening formula is best suited to a particular purpose. We can recommend safe teeth whitening products that over a few days or a few

weeks can...

- Whiten *accumulated surface stains* created by everyday eating and drinking.
- Meet the challenge of stains trapped in *microcracks* in tooth surfaces.
- Remove stains within the *tooth structure* caused by illness or medication – something only a dentist can do.

White, contemporary composite fillings are another option. They are long-lasting, durable, and – no contest

– better looking than silver fillings! We'll be happy to discuss your best alternative.

If you are thinking about rejuvenating your smile, please call us. Let us save you the disappointment of store products that don't work for your smile or that offer only temporary results. We will discuss options with you, and then provide whitening solutions that are both safe and effective ... and which can amplify *your* unique smile.



True!

Handsome teeth.

Handsome smile.

No question about it!



office information

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Office Hours

Mon-Thu 8:00 am – 5:00 pm
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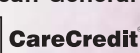
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American General



Yes! We Will!

Answers to core questions

Here's how we answer the top three questions that the people you refer to our practice like to ask us...

Will you take time to provide personal attention to me? Yes. We pride ourselves in creating a warm, supportive atmosphere and building trusting relationships.

Will you provide instruction and explain preventive and home care techniques? Yes. We are committed to preventive care. The best patient is an informed patient.

Will you provide fee and payment plan information before treatment? Yes. We'll also help you prioritize treatment that's essential, can be phased, or is elective.

Please refer your friends and family with confidence. We sincerely appreciate your referrals.

Dispelling Myths

...About root canal

Root canal treatment is a procedure that may save an infected or damaged tooth. Check out these popular myths!

1st Myth: *Root canal treatment is painful.* Root canal treatment *relieves* pain.

Somehow the term "root canal" has become synonymous with toothache *symptoms* instead of the *treatment* which is usually comfortable. Symptoms other than pain? Visible trauma, swelling, and temperature sensitivity.

2nd Myth: *It's better just to remove the tooth – it will have to come out eventually.* No ... and no. Root canal treatment is 95% successful. Removing a tooth will lead to shifting teeth and bone loss or the time and expense of restorations.

The fact is, we can save the roots *and* the tooth. If you are suffering with pain due to fear of *any* dental procedure, call us! We'll quell those fears and have you smiling in no time!

