



Dr. George Kingsley's Word Of Mouth

Gentle Comfortable Care

GENERAL AND LASER DENTISTRY • www.kingsleydds.com

Produced for the Patients of Dr. George Kingsley

Summer 2011

from the dentist

Your Trust, Our Inspiration *Thank you!*

Relationships are important. And because of the critical relationship between your dental health to your overall health our team is more committed than ever to providing an exceptional, well thought out and thorough dental experience.

We do not take your loyalty to our practice for granted. That you continue to be our patient is a constant and genuine inspiration for us to reassess our performance, to seek technologies that are state-of-the-art, and to create an environment that inspires your confidence and ease.

We are dedicated to building upon your trust, and working hard to provide the most comfortable environment.

Yours in good dental health,

Dr. George Kingsley

turn the page

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

Celebrate Grad Day...

With your whitest smile!

Every graduation represents a milestone ... a triumphant march into a smiling new future. Degree day is the ultimate opportunity to celebrate accomplishment with traditions, rituals, great food, and great parties! Nothing radiates success like a luminous smile, so book now for your graduation teeth whitening!

We're urging you to book ahead because convenient, reliable, whitening is such a popular procedure and extremely in-demand at this time of year. Don't forget that graduations *and* weddings demand extreme camera-readiness!

Here are some teeth whitening facts that will help you decide...

- Whitening is designed to remove stains and discoloration

due to ageing, smoking, coffee, tea, medication, or root canal treatment, and lighten the color of your teeth enamel.

- Whitening has been refined and improved for over a century, so that today, teeth can be whitened by up to eight shades.

- Whitening is the most popular cosmetic procedure and has become the most-demanded cosmetic procedure for patients under twenty, according to the *Academy of General Dentistry*.

- Whitening can take as little as one visit or a few weeks in the privacy of your home and will help you to make a very successful impression.

Call for your graduation consultation. We'll help you decide on your best whitening option and the best level of whitening for your unique, triumphant smile!



Grad Special!

Custom At-Home
Whitening System

\$150

(valued at \$300)

Zoom!® One Visit
In-Office Whitening

\$399

(valued at \$599)

Thank you for all your referrals. We appreciate them!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Meet Nancy And Nicole

New additions to our practice team

At our office, we're dedicated to making sure that each appointment you have with us is the best it can be. We strive to build an inviting environment where you can feel comfortable and can establish trusting relationships with our entire team. So, as we welcome two new professionals to our practice, we'd like to take the time to introduce them to you.

Nancy LaPlante is our new Registered Dental Assistant. She comes to our practice with over thirty years of experience and continuing education in the dental field. Nancy shares our practice commitment to ensuring optimal patient comfort and care, while providing quality services. Her favorite aspect about dentistry is helping to create beautiful smiles. In her free time, Nancy loves to travel and hopes to spend some time in Provence, France ... one day.



Nicole Brill has joined our team to meet your scheduling and insurance co-ordination needs. With over 17 years of experience in the dental field, Nicole has learned how to efficiently serve all patients and looks forward to helping you, to the best of her ability. She loves the friendly atmosphere she has found in our office and can't wait to meet each of you. Outside her dedication to our practice, Nicole is a proud mother of three children and a dog, named Brutus.

We invite you to join us in welcoming Nancy and Nicole to our practice!

office information

Dr. George Kingsley
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Suite 1
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Office Hours

Monday 12:00 pm – 5:00 pm *
* *One per month*
Tues - Thu 8:00 am – 5:00 pm
Friday 8:00 am – 1:00 pm
Lunch from 1:00 pm - 2:00 pm daily

Contact Information

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Office Staff

Tammie Practice Administrator
Nicole.....Scheduling Coordinator
Lee Ann, Susie.....
..... Registered Dental Hygienists
Liza, Nancy.....
..... Registered Dental Assistants



Your Good Word

We welcome new patients

From the moment you call our practice or step through our doors we want your experience, whether from a personal or a professional perspective, to be something worth smiling about. There is no more powerful promotion than a good word, so it is our goal that everyone goes away eager to tell family and friends about our caliber of treatment at our practice. We also want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

Thank you in advance for your support. We welcome your referrals, and we're very proud of them.



No time like now

Most insurance companies' base compensation on a calendar year, therefore summer marks the half-way point in your opportunity to use this year's benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? When you file your insurance booklet here with your records, we can review your treatment and cost options in advance. If you don't have a booklet from your employer or insurer, simply ask for one, and then bring it in to us. We look forward to seeing your smile.