



Dr. Michael W. Burghardt Inc.
THE KEY TO YOUR DREAM SMILE

Summer 2009

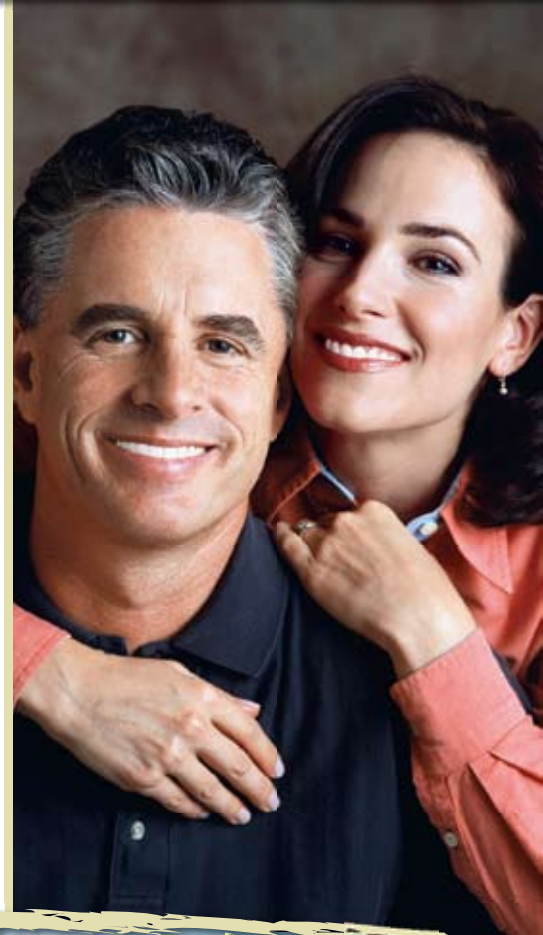
Go Cosmetic!

You can look younger and feel great!

One of the great benefits of good periodontal health is the way it lets you take advantage of cosmetic dentistry! Your teeth can be rejuvenated and gaps, chips, crowding, and the shape of your teeth can be corrected ... without surgery or braces.

Like pink, healthy gums, cosmetic dental procedures like teeth whitening can help you to look younger. Veneers and bonding can restore a youthful appearance by filling out fine liplines and by concealing tooth discoloration and gaps. Tooth-colored fillings of composite or porcelain look like natural

teeth enamel, and crowns, bridges, and dental implants can restore even a seriously damaged smile! A subtle change like gum recontouring can dramatically improve the balance of your smile... your face ... and your outlook.



*We're in your
neighbourhood!*



Call Today!
(250) 492-2608

The Smile Enhancement Studio
Dr. Michael W. Burghardt Inc.
159 Wade Avenue E, Suite 102
Penticton, BC V2A 8B6

Office Hours

Tuesday 8:00 am – 6:00 pm
Wednesday 8:00 am – 6:00 pm
Thursday 8:00 am – 6:00 pm

**Open some Fridays from 8 am - 6 pm*

Email
Web site

info@smilestudio.ca
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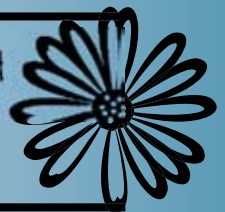
Our Services Include:

- Cosmetic Dentistry
- Tooth Whitening
- Tooth-colored Fillings
- Bonding & Veneers
- Dental Implants
- Porcelain & Composite Inlays
- Gum Treatment
- Committed to excellence in dentistry
- New patients welcome
- TV, videos, and music in treatment rooms



Because YOU are our neighbour ... we'd like to extend
to you a very SPECIAL OFFER & INVITATION.

See the letter on page four for details...



Don't Wait – *Rejuvenate*

Get the smile you want to keep



Some experts believe the growth in demand for smile treatments can be explained by the influence of extreme makeover shows, but people are more sophisticated than that, don't you think? Just as you choose to invest in health and fitness, spa treatments, and in maintaining a youthful appearance, it's only natural to want a smile that matches the rest of you.

You can...

Brighten discolored teeth with professional whitening that lightens and whitens stains by up to eight shades.

Even out the appearance of slightly irregular or overcrowded teeth painlessly

through enamel shaping or contouring. You'll see immediate results.

Cover more serious stains, minor gaps, or slightly chipped or cracked teeth with natural-looking tooth-colored bonding material or custom-designed cosmetic veneers that have been called *instant orthodontics*.

Reshape an uneven gumline or **reveal** more enamel in a too-gummy smile that makes teeth appear too short to show off a natural broad smile.

Replace one or more teeth with a dental crown, crown and bridge, or permanent dental implants that will help prevent bone loss and can support a denture.

Cosmetic dentistry goes beyond appearance. Improving the look of your teeth can also restore your oral health. And that will help your smile stay bright and healthy for a lifetime. You don't have to wait 'til your next appointment to find out how your dental problems can be solved. Call us now to book a consultation.



At Your Peril?

Oral piercing

If you do decide to have your tongue or lip pierced, make sure it's done at a sterile, safe, and reputable establishment. You must regularly – and meticulously – keep jewelry clean, brush your tongue, and irrigate the hole with water. *But please, before you go ahead, seriously consider the possible perils of piercing!*

Infections

Nerve damage due to tooth deterioration.

Tooth erosion/cracking due to the jewelry hitting teeth.

Tooth decay due to bacteria gaining access to healthy tooth via cracks.

Gum erosion & recession due to continual rubbing of metal on flesh.

Shifting & sensitive teeth due to bone loss & gum recession.

Still think that piercings are for you? We'll be happy to monitor your oral health and help you to develop home care routines that will work for you.



Go to a dentist

Chronic snorers face more than sleep loss and daytime fatigue. Cranky sleep-deprived partners can lead to family tension and eventually the break up of their relationship. And believe it or not, the non-snoring partner can suffer more by being awakened by an oblivious snorer. More than one third of snorers mistakenly believe there is no effective treatment available to them. Not so – dentistry could have a solution.

If you are a chronic snorer, you may think you've tried everything ... changing your sleeping position ... wearing a nose clip ... and you may be ready to resort to surgery. But before you do, consider a dental solution. A small comfortable custom-fitted oral appliance may be the solution for you.

And there's more good news. Your oral appliance can also help with grinding and jaw joint problems as well as snoring.



**Save Your
Marriage**



9 Things To Do For You

Flash your very best smile... for a lifetime!

Some people assume they will lose their teeth as they age. That doesn't have to happen to you. Here are 9 steps to dental health and a winning smile!

Be aware and share your unique oral health needs with your dentist.

Vegetarian? Post menopausal? Diabetic? Your oral health is linked to your overall health, the medications you take, your stage of life, and your oral hygiene routines.

Stick with your daily home care routines.

Ask your dental team to help design an effective routine with oral hygiene tools that make it easy for you to follow consistently.

Ask your dental team about fluoride products.

Fluoride strengthens and can help prevent decay in both adults and children.

Brush twice a day and floss once a day to remove bacterial plaque that can cause decay and gum disease.

Eat a balanced diet to ensure an adequate supply of minerals and vitamins for oral and overall health. Limit sugary snacks that feed bacteria.

Moderate your alcohol consumption, particularly when combined with tobacco.

Stop using tobacco products. Smoking or using smokeless tobacco increases your risk of oral cancer, gum disease, and tooth decay.

Examine your mouth regularly for changes even if you visit the dentist regularly.

Visit the dental office regularly as recommended by your dental team.

A healthy oral foundation is the basis for a healthy smile, a great social life, and overall health!

Recycling For Health

It's the grapes

Today, we've introduced a whole new element to the culinary pleasures of moderate wine consumption. Recycled winery waste products like seeds and skins are being used increasingly as dietary supplements and as potential treatment for diseases.

Here are some examples of exciting research findings...

The antioxidant *resveratrol*, found in grape skins and red wine, is known for its ability to protect plants from bacteria and fungi, helping to prevent the negative effects of high-calorie diets. It also has anti-inflammatory and anti-cancer potential.

Low doses of resveratrol can also deliver anti-ageing, heart, skeletal, muscle, and brain health benefits at the genetic level. This could result in new diabetes and metabolic illness treatments.

Beneficial components exist in lesser amounts in white wine, which doesn't stain – but as long as you rinse immediately after red wine, you're okay!



Whitening Special Smile bright!

Sometimes no matter how diligently you brush, or how deftly you handle your floss, you just can't seem to brighten that dullness in your smile.

Don't despair. Modern dental treatment can give your smile a reason to brighten up. Cosmetic whitening materials can actually lighten discoloration on your teeth.

If you think your smile is a good candidate for some brightening up, make an appointment. After a thorough oral examination we'll be able to make a diagnosis and design a whitening treatment that will get your smile the brightest it can be. And this summer there's even more reason to smile: for a limited time we're offering a Summer Whitening Special.

Summer Zoom!® AP™ Whitening SPECIAL!

Enjoy the confidence
of a beautiful
whiter smile!

Regularly \$450

**20%
OFF**

Offer ends: September 21st, 2009

Call Today! (250) 492-2608



Consider Implants Tried, tested, & true

Dental implants look, feel, and function like natural teeth. They will improve your appearance, comfort, and self-confidence.

- Implants have been available for more than thirty years.
- Implants provide safe, reliable, and predictable results.
- The current market for dental implants is estimated to be more than \$1 billion globally.
- More than 700,000 dental implants are placed every year in North America.

■ It has been estimated that another 40 million North Americans could benefit from dental implants.

■ Implants can replace one tooth or two ... or even replace all the teeth in an entire jaw.

■ 85% of the estimated 32 million people with dentures experience some discomfort and difficulty.

■ Implants can be used to anchor dentures to prevent soreness and clicking, or as replacements for dentures and bridgework.



A Special Invitation For YOU and YOUR FAMILY...

Dear Neighbour,

There's a good possibility we're exactly right for one another. The need to feel comfortable with – and confident in – your dentist is very important. It makes visits more enjoyable, less anxiety-filled. And because we have so many wonderful patients in the community, we anticipate that our relationship with you would be just as wonderful and fulfilling.

We care a lot about our community and are extremely proud of our reputation. Our practice was built on our patients' referrals – they've chosen to trust us year after year.

We'd like your trust also. Toward that end, I'd like to invite you to visit us so that you can decide for yourself if we are the right fit for you. And should you decide that we are, I can promise you that...

- You'll have access to preventive, restorative, and cosmetic dentistry.
- You'll be treated as a friend and a valued patient.
- You'll discover that we offer the kind of attention only a neighbour can give.

We look forward to meeting you ... and hopefully developing a long, mutually beneficial relationship.

Sincerely,

Dr. Michael Burghardt

P.S. We are offering FREE Cosmetic Dentistry Consultations!

We'll analyze your smile, and discuss what cosmetic dental technique would make you smile more! Please phone today at (250) 492-2608.

Offer expires: September 30th, 2009. This consultation could be the best time investment you've ever made!



Mixed Sources
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