



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

Fall 2009

Optimum Oral Health

Laser is safe for periodontal therapy

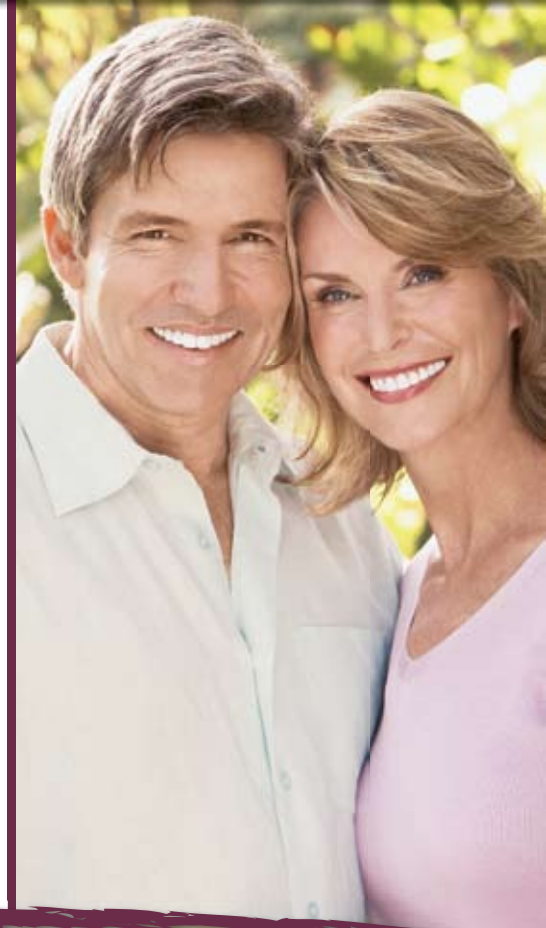
Periodontal disease has been called the silent disease because it arrives unannounced and can worsen with little or no initial discomfort. It's the leading cause of tooth loss among adults, can destroy bone and supporting tissues, and has been linked to life-threatening illnesses like heart disease and stroke, diabetes, and cancer, as well as premature births.

What is periodontal disease? When plaque, an invisible, sticky bacterial film, builds up on your teeth, usually around the gumline, it can harden into an unattractive yellowish substance called tartar or calculus. If ignored, calculus accumulates between the tooth and the gum creating pockets of infection, causing swelling, tenderness, and even bleeding. Sometimes treatment involves periodontal surgery.

Most, if not all, soft tissue lasers

are now capable of laser periodontal therapy. Our *Odyssey® Diode* provides you with comfortable, preventive, and minimally invasive treatment for periodontal therapy. It's a non-surgical alternative to traditional gum surgery. The laser fiber, which is only about as wide as a couple of human hairs, is inserted between the gum tissue and your tooth where it painlessly removes diseased tissue. This procedure takes less time than traditional surgery and gives better, longer-lasting results with less pain, swelling, and recovery time. In fact, the 24-hour recovery period means you may even avoid losing time from work!

Although prevention, including regular visits and home oral hygiene care, is definitely the treatment of choice, we're proud to provide the Odyssey alternative treatment.



*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

info@smilestudio.ca

Web site

www.smilestudio.ca

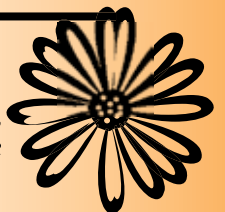
Our Services Include:

- 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



WE WELCOME NEW SMILES!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.



Something To Smile About

Recapture that confident feeling!

It's not too strong a statement to say that your life could improve dramatically after experiencing cosmetic and restorative dentistry. A fine example is one of our most popular and flexible restorative options: dental crowns. Not only are crowns strong and long-lasting, they can be matched to the translucence, color, and contours of your other teeth.

If you have gaps in your smile, or have teeth that are badly worn, fractured, or otherwise damaged, crown restorations are a tried-and-true smile prescription!

A **crown** can be used to cover a tooth to protect and strengthen it, and to improve its appearance.

A **bridge** can combine several crowns to span the gap left by missing teeth and to save your other teeth from drifting.

A **dental implant** can permanently replace one or more teeth by attaching a crown to an artificial root anchored into your jawbone. By helping to reduce bone loss, an implant can combat the collapsed look that occurs with missing teeth.

Talk about a more youthful appearance!

Your crown restoration will...

- ...look and function like a natural tooth;
 - ...prevent more extensive damage and more costly repairs;
 - ...restore your ability to enjoy food and socializing;
- And there's more... Crowns can be shaped, sized, and positioned to dramatically improve the look and function of your teeth.

We really can help you to get your best smile – and your confidence – back!

It's A Sneak Thief

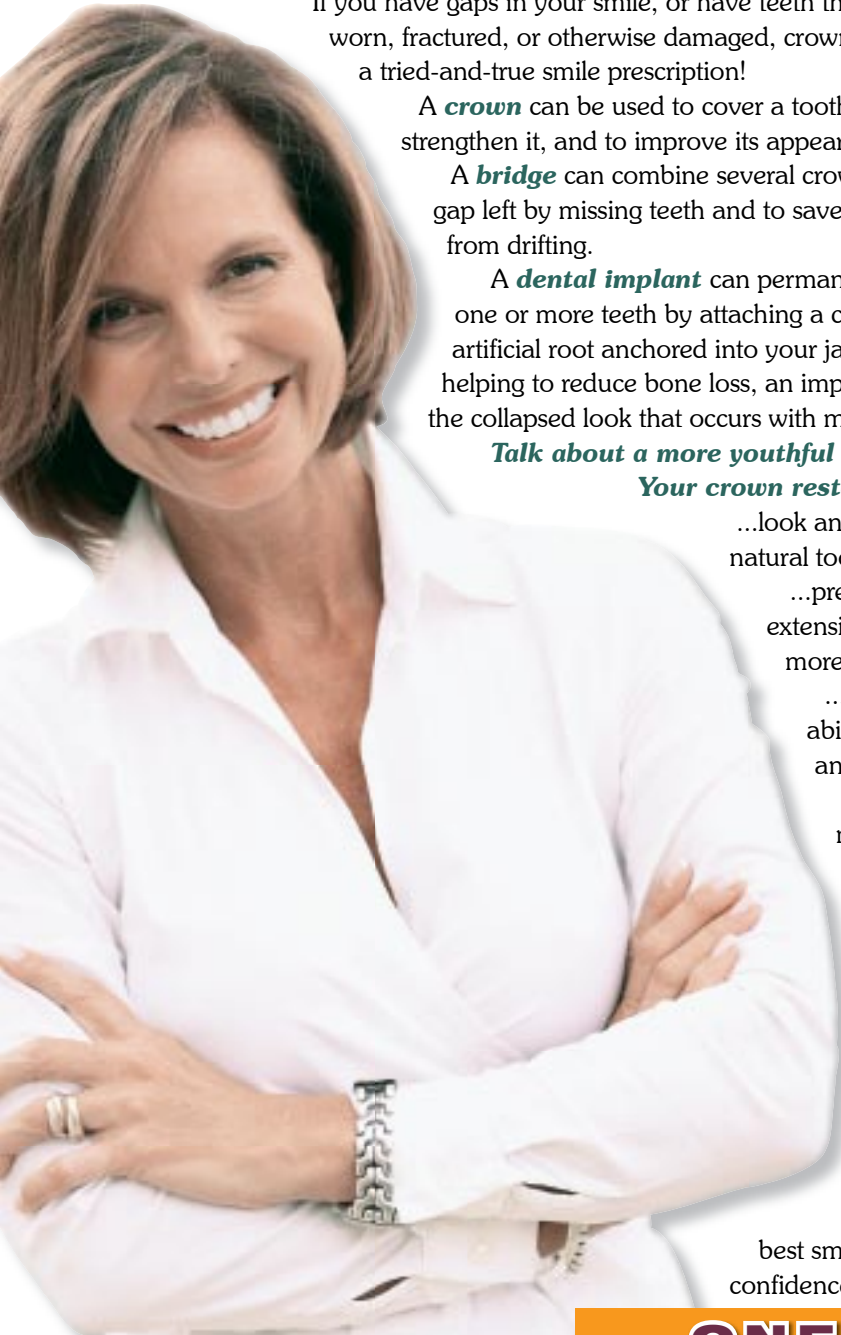
Don't lose your teeth

Gum disease is sly – it can turn up without symptoms. It's also responsible for more tooth loss than any other dental problem. Gum disease is an infection caused by plaque – a film of harmful bacteria that forms on teeth and irritates the gum tissue. Eventually, without treatment, the gum will pull away from the teeth, jawbone is destroyed, and the tooth is lost.

You could have gum disease if you experience:

- red, swollen, or tender gums;
- gums that bleed when you brush;
- receding gums;
- loose teeth;
- a change in your bite or the way dentures fit;
- chronic bad breath.

If caught early enough, gum disease can be treated and sometimes reversed. There's no way to determine its severity without a detailed examination at the dental practice.



SEVEN Interesting Things YOU NEED TO KNOW

ONE

You may transfer cavity- and gum-disease-causing bacteria through kissing, tasting, sharing or blowing on food, or by sharing eating utensils, toothbrushes, or water bottles.

TWO

You can brush and floss away plaque which is the soft invisible bacterial film that builds up on teeth.

THREE

Tartar or calculus, the hard yellowish deposit that forms when plaque is left to collect, can only be removed during a dental visit.

Got You Covered!

Cosmetic solutions for every need

Did you know that for every decade over the age of 30, you show a millimeter less of your front teeth as everything starts to sag a bit? That could be up to 15-20% of your smile! Today, beautiful permanent cosmetic veneers are only one of the many cosmetic options available to help you look your youngest, healthiest, and most attractive.

Here are some examples of safe and effective procedures that can be used individually or in combination to create your dream smile...

Supervised Teeth Whitening – This has become a favorite way to brighten smiles whether dulled by time, life’s little habits, or health issues.

White Fillings – Fabulous durable and completely natural-looking materials can be used to create the appearance of a flawless smile that has never been touched by a dentist’s drill.

Bonding – Matching composite material to the surface of your tooth can cover stains, chips, or cracks and reshape your tooth to fill gaps much like a cosmetic veneer.

Translucent Porcelain Veneers – Today’s veneers range from very fine to thick enough to mask even serious staining and smile flaws while still looking completely natural. Veneers have even been called *instant orthodontics!*

Thankfully, cosmetic dentistry has never been a “one size fits all” kind of science. In fact, it’s the artistry behind many techniques, and the trust that is built up with your dentist, that creates your ideal results. We’ll be happy to answer all of your questions.

BEFORE



AFTER

TMD Symptom Checklist

Get your pencil ready!

Stressed out? It could be affecting your oral health. Sore jaws, popping, clicking, and headaches belong to a host of symptoms of Temporomandibular Joint Disorder (TMD).

If you think you may have signs of jaw joint trouble ... take the pressure off! Share your symptoms with your dental team at your next visit. There could be a dentally related solution.

Jaw joint (or temporomandibular joint) problems can develop for many reasons:

- Stress-related behaviors like clenching and grinding teeth;
- Repetitive habits like pen and pencil biting, nail biting, gum chewing;
- A misaligned jaw joint/bite;
- A direct blow to the face or jaw, or a whiplash injury;
- Poorly fitting dentures;
- Erupting wisdom teeth;
- Worn, loose, or missing teeth.

FOUR

Plaque and tartar can cause decay and gum disease.

FIVE

Gum disease may be linked to systemic and inflammatory diseases including cardiovascular diseases, arthritis, diabetes, cancers, lung diseases, and complications of pregnancy.

SIX

Some people can inherit a gene that makes them as much as six times more likely to get severe gum disease.

SEVEN

You can prevent gum disease by brushing twice a day, flossing once per day, and keeping your regular dental appointments.

Staying On Your Guard

Protect your teeth

You probably know the importance of wearing a mouthguard when involved in any sport to protect your teeth. But, what if you could actually improve your game by wearing a mouthguard? Now with a *Pure Power Mouthguard™* (PPM) available at the *Smile Enhancement Studio* you can get that winning edge!

The Pure Power Mouthguard will:

- release muscle tension in your jaw
- return your jaw to its ideal alignment
- access your ultimate physical potential
- improve muscle posture and recruitment

So, what can you expect when you wear your PPM? How about explosive strength, better agility, improved balance and increased endurance!

To get a PPM you must go through a PPM certified dentist. So, if you want to take your game to the next level call Dr. Burghardt at the *Smile Enhancement Studio* today!

Call Today!
(250) 492-2608



Dental Dreams • What Is Your Dental Dream?

Is there anything about your smile you would like to improve?

Are you in dental discomfort and need relief?

Do you need a new dental home?

Would you like a second opinion?

Call us today and we can help! • (250) 492-2608

New Patient Special!

Upon completion of initial exam, x-rays, cleaning and consultation, you will receive either...

**20% off in-office
Zoom!® Whitening**
regularly \$450

**50% off take-home
Whitening**
Now \$175 regularly \$350

Offer ends: December 31st, 2009

Superior Smile Maker

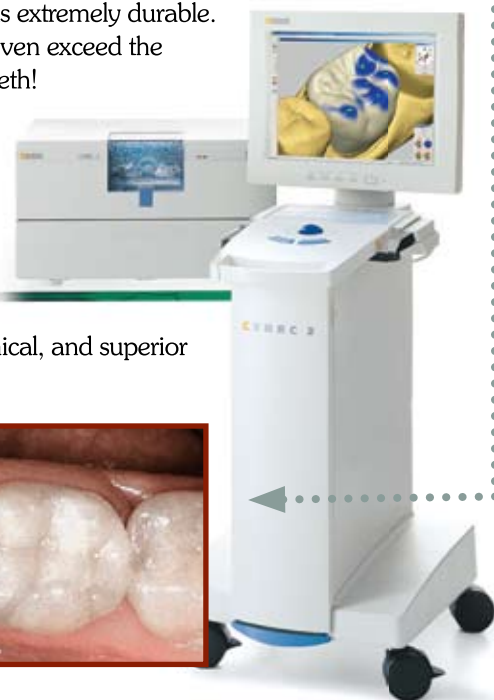
Fast, economical CEREC 3D restorations

Today, cosmetic and restorative procedures that formerly required many uncomfortable hours "in the chair" and weeks of waiting for restorations to arrive can be completed in about one hour in our practice! CEREC 3D™ (Chairside Economical Restoration of Esthetic Ceramics), allows us to repair damaged teeth using the highest quality color-matched ceramic materials in just one appointment. The CEREC 3D system harnesses the power of the computer to create perfect porcelain crowns, inlays, and onlays. Let us explain ceramic inlays and onlays to illustrate how CEREC 3D works.

An inlay is used when repairing the chewing surface of a tooth. We excavate the damaged material, leaving an irregular shaped hole in the tooth's surface. The prepared tooth is scanned with a high-precision, digital camera that records the exact size and shape of the excavation. Computer software generates a virtual model, and then automatically mills a perfect restoration from a solid ceramic block. It is so perfectly formed that it can be immediately fitted and bonded into place. The restoration is extremely durable. In fact, modern ceramic materials may even exceed the performance characteristics of natural teeth!

A ceramic onlay involves a restoration that flows from the tooth chewing surface over and down the side(s). Similarly, the tooth is prepared and scanned, and a perfect color-matched ceramic restoration is permanently bonded to your tooth.

CEREC 3D – providing fast, economical, and superior ceramic restorations.



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