



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

Fall 2009

How Long Has It Been?

Isn't it your turn for TLC treatment?

As a parent, you understand that certain sacrifices are made to provide for your children. You wanted to ensure they get the right start with proper dental care, and sometimes that meant forgoing your own treatments. Well, now it's your turn. The kids are grown up or finished with their current dental needs ... leaving time and benefits for you!

You obviously understand the importance of optimal dental health,



which is evident by your dedication to your children's oral care for so long, with braces, restorations, and wisdom teeth extractions. But, what about your own dental needs? The same rule that applies to your children applies to you as well – the longer you leave issues untreated, the worse they can get.

Since we are in your neighbourhood, we would be happy to offer you a consultation or even a second opinion on any issues you may have. Maybe you're thinking about whitening or your own straightening needs – we can help you with those, too. Ask about a smile makeover!

The time has come, the kids have all grown up – that means it's your turn to take care of your own dental needs. Call us today at (250) 492-2608.

We look forward to meeting you!



*We're in your
neighbourhood!*



Call Today!
(250) 492-2608

The Smile Enhancement Studio
Dr. Michael W. Burghardt Inc.
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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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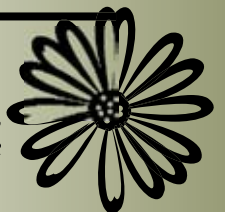
Our Services Include:

- Cosmetic Dentistry
- Tooth Whitening
- Tooth-coloured 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.



What Are You Saying?

The way you smile ... the way you want to live!

The spice of life!

Did you know that some spices, fruits, and vegetables have natural antimicrobial qualities that scientists believe can benefit your oral and general health? Here are just a few examples:

Apple, broccoli, tomato, carrot, mango, peach, and pear can be combined with plant essential oils to create edible antimicrobial films for fresh fruits and vegetables while also providing a flavor boost.

Grape by-products from wine-making, rich in heart-healthy antioxidants and fiber, could offer an inexpensive wholesome method of extending the shelf life of fish products.

Cinnamon can act as a natural preservative when added to food or to new safe and environmentally friendly antimicrobial food wraps called *active wraps*.

More good news about cinnamon? It promotes cardiovascular health ... more efficient use of insulin ... helps prevent diabetic complications that can be aggravated by gum disease ... and fights bad breath!



Your smile can influence how people perceive you. You can use it to communicate happiness, confidence, attractiveness, sociability, and sincerity. Pink healthy gums that provide a beautiful frame are an important feature of an open smile. So it's no surprise that according to research, people with gum disease smile less often, and when they do, show fewer teeth. What is the message you want to send?

Gum disease can sneak up on you. Here are a few symptoms that will help you to identify the disease in its early stages.

- Gums that bleed, even slightly, when you brush or floss your teeth.
- Persistent bad breath, or a constant bad taste in your mouth.
- Swollen or tender gums, or gums that appear redder than usual.
- Gums that appear to have pulled away or are receding from your teeth.
- Teeth that are loose, or seem to be changing position.

Protect yourself. Brush twice a day and floss once a day to prevent bacterial buildup and visit a dentist regularly for professional cleanings that can save your smile. Professional cleaning at the dental practice is the *only* way to remove hard deposits of tartar from your teeth. Tartar is formed when plaque builds up and hardens. If it stays put, chances are it will lead to gum disease.

Don't let gum disease inhibit you from expressing yourself positively. Enjoy socializing and the great quality of life that your wonderful smile can attract.

Develop Smile Power

Build your bones!

You know that your muscles get bigger and stronger when you use them. Well, bones, too, get stronger and denser when you make them work. You need to know that because thinning of the bones has been linked to gum disease, tooth loss, jaw problems, and to problems creating the restorations that can save your appearance and ability to eat, speak, and chew. It's the cause of virtually all broken bones in people over age 65. So, work out your bones!

Try push-ups – called the ultimate barometer of fitness. They test the whole body, require strength and endurance, and are a good indicator of what kind of physical condition you're in.

Some family members can't do push-ups? Lifting weights is a good alternative, but you can benefit from fun activities like bowling, dancing, aerobics, stair-step machines, and walking.





Turn
Wishes
into
the
Reality
you
Deserve

You're Awe Inspiring!

Transcend fashion – impress with your personal style instead. Your style sings out about how you've grown and evolved, how good you feel, and how at home you have become with your true self. Staying positive, changing your eating habits, adding exercise to your routine – all add zest to the melody of your life. Wait 'til you see how your rejuvenated smile will add exquisite harmony to your song...

Say goodbye to stains from food, beverages, nicotine, root canal treatments ... and age! If your teeth are stained and discolored, consider teeth whitening. It is the number-one cosmetic dental procedure because it is so easy and so effective!

Refuse to let stained or metal fillings age your smile. Consider white composite fillings and tooth-colored

porcelain inlays that are so natural looking, they are virtually invisible.

Cover chipped, cracked, or unevenly spaced teeth with tooth-colored bonding materials that cover these flaws, or with porcelain veneers which are ultra-thin hand-sculpted shells that cover the front surface of teeth.

Restore both appearance and function to teeth that have been weakened by root canal therapy, clenching, grinding, or an impact injury with metal-free crowns.

Embrace one or a combination of these esthetically pleasing techniques to whiten, protect, or strengthen your smile.

Keep your date with destiny. You've got the personality, the attitude, and the desire ... your dental team can help you gain the confidence!

A Classic Solution Stop snoring & apnea

Experts believe that Charles Dickens in *The Pickwick Papers* may have written the first medical case report of sleep apnea. This breathing disorder involves excessive snoring, a primary source of marital stress, as well as temporary cessation of breathing, repeated awakenings, and chronic sleep deprivation. It has been linked to a higher risk of stroke, heart disease, and diabetes. Now UCLA researchers have discovered that people with sleep apnea also may show tissue loss in brain regions that help store memory.

These findings emphasize the importance of early detection and treatment of apnea. Therapy with a comfortable custom-fitted oral appliance can be extremely helpful for a variety of apnea problems ranging from mild to severe.

Just think. Dentistry could help you to start every day feeling rested and re-energized – without surgery. Feel free to ask us about oral appliance therapy.



Instant Orthodontics

Dazzling veneers

Your bright, happy smile is one of your most precious attributes. Discoloured, chipped, or crooked teeth are among the most common conditions that may make you self-conscious.

Porcelain veneers could be the answer. Veneers are super-strong, ultra-thin pieces of sculpted porcelain that fit over the front of your teeth. They're extremely durable and easy to maintain, and have often been called *instant orthodontics* because they can straighten teeth in two weeks rather than two years.

If you're hiding your smile, please come and see us for a consultation.

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



Your Financial Options

Multiple choices

Affording dental care isn't easy. So we accept a variety of payment methods, including *Medicaid* and *PatientLink*.

Medicaid financing programs offer a variety of financing terms with convenient low monthly payments. Medicaid will pay the dentist in full, plus interest rates are competitive and there is no prepayment penalty. There is also a division of Medicaid called *Dentalcard* which was created to provide a simple way to finance dental treatments.

PatientLink gives you the flexibility to choosing how you'd like pay for your treatments, so you get the procedures you need. You can choose three or six month interest-free options and apply for all or part of your treatment plan – no minimum or maximum amount. Plus, you get fixed interest rates, no prepayment penalties, and manageable monthly payments.

Give yourself the gift of optimal oral health today!

Call Today! (250) 492-2608

Complete Or Partial?

Dentures can be a total smile solution

Dentures can restore your natural appearance and your ability to eat and speak. They can even help to plump out facial wrinkles. For many people – in consultation with their dentist – dentures remain the treatment of choice to replace missing teeth.

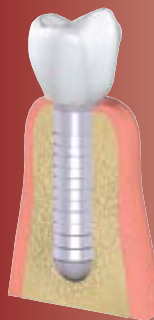
Dentures are removable, custom-fitted replacement teeth that are crafted from strong, durable materials like acrylic resin which can be reinforced with porcelain or metal. There are two main types of dentures: complete and partial. Overdentures are a hybrid of the two.

Complete dentures replace all of your teeth. You may require both an upper and lower prosthetic, although sometimes only an upper denture is required. They can be placed immediately after extraction or after a lengthier healing period. There are advantages and disadvantages to either approach, and we can review these together.

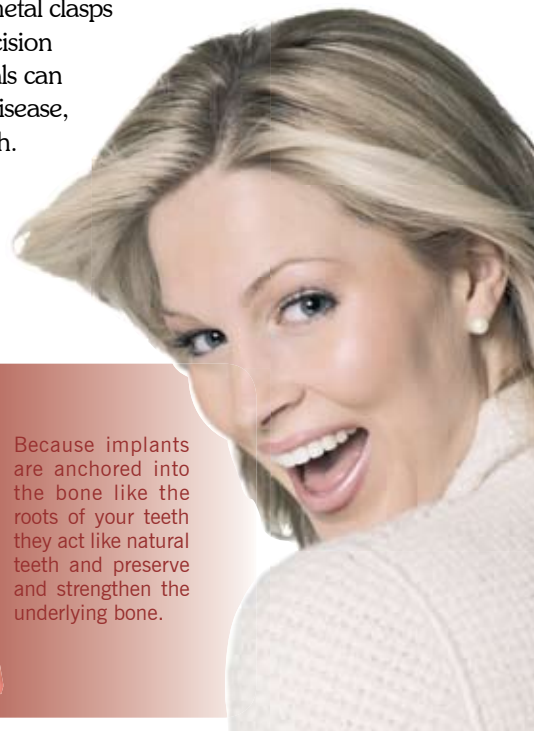
Partial dentures correct only the gaps in your smile by anchoring removable dentures to your natural teeth with metal clasps or nearly invisible devices called precision attachments. By filling in gaps, partials can help to prevent further decay, gum disease, or the shifting of your remaining teeth.

Overdentures are similar to complete dentures but use one or more natural teeth for support like a removable partial. In some instances, they can be attached to dental implants.

With proper care, your dentures will provide a natural looking, functional smile for up to ten years. Please call us: dentures could be your smile solution!



Because implants are anchored into the bone like the roots of your teeth they act like natural teeth and preserve and strengthen the underlying bone.



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