



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

Winter 2010

## Not Just Protection...

### This mouthguard can improve performance

There's no doubt about it. When participating in sports, protection is mandatory. Players wear pads, gloves, helmets, and of course a mouthguard to protect those teeth. But, what if a mouthguard could offer more? We're not just talking about protection anymore – we're talking about taking the game to a new level with *Pure Power Mouthguards (PPM)™*.

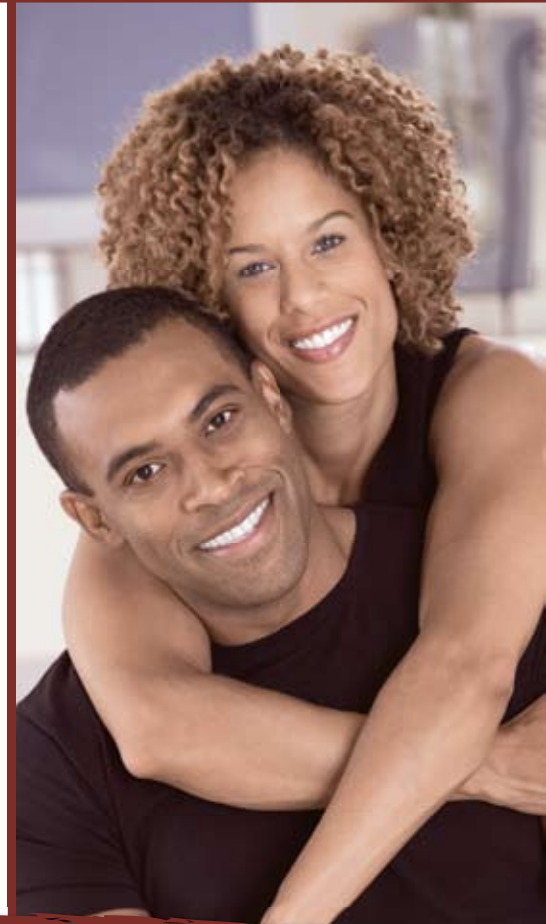
The PPM has been designed using principles that are based on the body's optimal alignment and relationships between neural and muscular tissue. When these balances are ignored, it increases the risk of injury and lowers the level of athletic prowess. Using a PPM will reposition the jaw to its restful state – the most favourable position for ultimate performance – then you can experience enhanced:

■ flexibility,

- strength,
- balance,
- agility,
- and range of motion.

Since each PPM is custom-made to suit your mouth and jaw, fitting appointments will likely be a little different than most people are used to. The procedure starts with performance testing that involves measuring balance, range of motion, strength, and flexibility – while the jaw is set in different positions to find the placement with the best improvement in performance. Once that optimal jaw alignment is determined, an impression is created which will be used to design a custom PPM.

It's not just about protection anymore ... it's time to step up the game with a Pure Power Mouthguard.



*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**  
**www.smilestudio.ca**

#### 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.*





# Don't Be A Holdout

Join the mainstream and start smiling

Beauty has been democratized, no doubt about it. Not only is it truly accessible, but there is no longer only one single model of attractiveness. And you don't have to go to extremes to look good either. Sure, you can still hold out for an idealized smile where the combined width of the two upper front teeth is 1.618 times the height of each tooth. But in reality, the most popular and accessible cosmetic dental treatments look completely natural, are very patient-friendly, and can improve your smile without surgery in only one visit or two.

### Choose to...

*Brighten dull teeth enamel* and remove unattractive stains and discolorations with dentist-supervised teeth whitening.

*Replace dark outdated silver fillings* and match your natural tooth enamel with white composite bonding, porcelain, cast glass, or resin inlays and onlays.

■ **White Composite Bonding** restores and strengthens decayed areas while looking like original tooth color.

■ **Inlays** matched to your teeth enamel lie between molar cusps, the small bumps on the top surface. They are custom-made to fit the cavity.

■ **Onlays** are similar to inlays except that they extend over one or more cusps, repairing outer surfaces.

More men and women just like you are living healthier lives, looking younger, and enjoying every opportunity that life presents to participate in the democracy of beauty.

Reward yourself with a

*marvelous makeover*

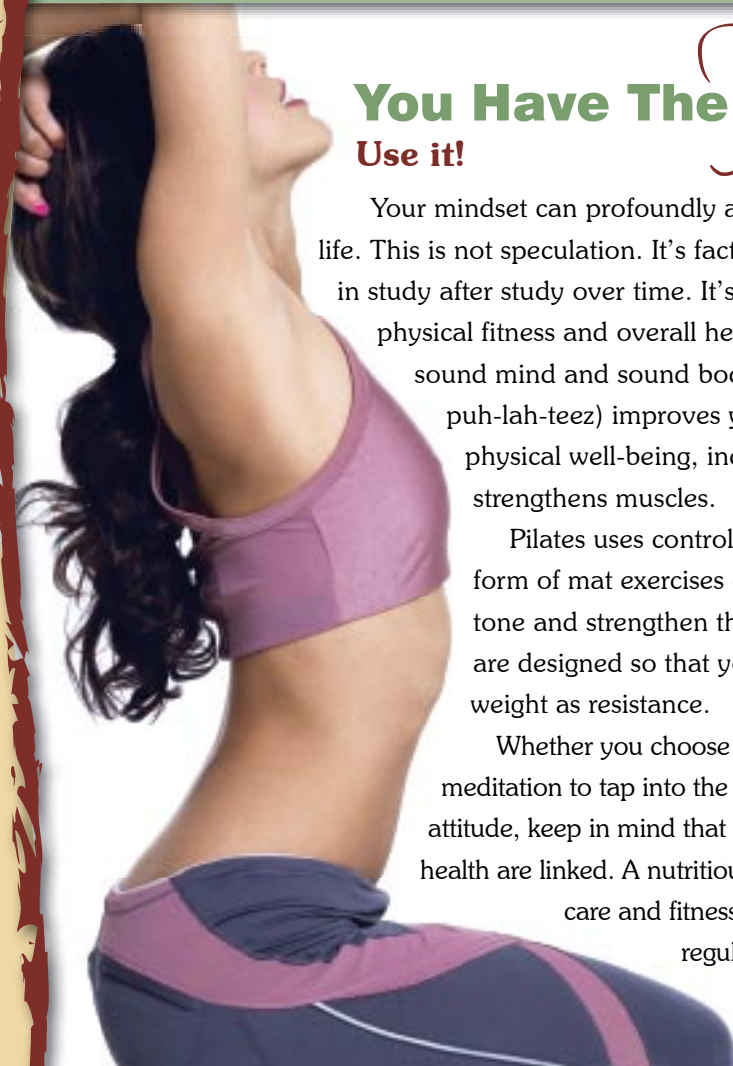
## Stay On Top

Here's how!

You wouldn't miss washing a third of your body while you shower ... what would be the point of that? Well, why would you skip flossing? Brushing alone cannot reach in between your teeth and under the gumline – that third where the bacteria that cause gum disease, caries, and bad breath love to hide.

Flossing once a day, preferably before bedtime, is just as essential as brushing for 2-3 minutes twice a day. Your floss can give you other clues too. Is it hooking on chips or cracks, snagging on a jaggy filling, or catching on a spiky cavity?

Actually, many dental problems begin silently. Regular dental visits can identify problems in their early stages when they are easier and cheaper to treat. And we can help keep you on top of your flossing technique!



## You Have The

Use it!

*Power*

Your mindset can profoundly affect the quality of your life. This is not speculation. It's fact and it's been proven in study after study over time. It's also been proven that physical fitness and overall health contribute to a sound mind and sound body. Pilates (pronounced puh-lah-teez) improves your mental and physical well-being, increases flexibility, and strengthens muscles.

Pilates uses controlled movements in the form of mat exercises or with equipment to tone and strengthen the body. These exercises are designed so that your body uses its own weight as resistance.

Whether you choose pilates, yoga, or meditation to tap into the power of a positive attitude, keep in mind that your oral and overall health are linked. A nutritious diet and a good home care and fitness routine combined with regular dental visits will keep you smiling.



Brighten



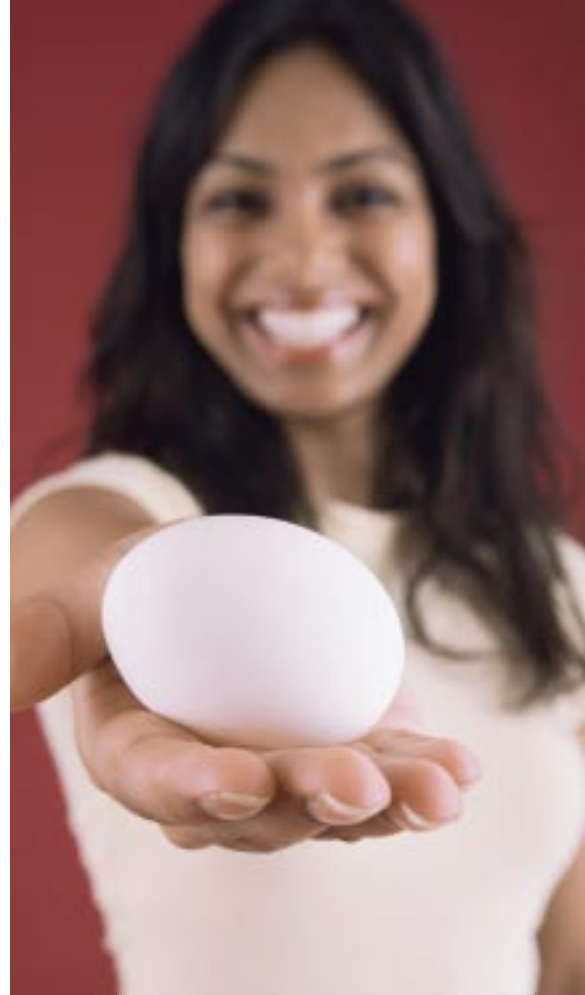
## A Ray Of Sunshine

### You can get enough

Vitamin D helps our bodies use calcium and phosphorous to help muscles and nerves work properly, fight diseases including cancers, and to build and maintain strong bones and teeth. If vitamin D is lacking, even an abundance of calcium won't keep your skeleton strong.

Although D is called the sunshine vitamin because we can produce it naturally through exposure to the sun's ultraviolet rays, there's a problem with that. According to the experts there's no such thing as a safe tan. Tans and skin cancers including lip cancer both begin with DNA damage caused by exposure to ultraviolet light.

What to do? Enjoy antioxidant-rich fish like salmon and sardines, liver, and egg yolk which naturally contain D. Consider a supplement and fortified foods and beverages like milk, soy drinks, and margarine.



## We Make It Easy For You

### Here's how to get the smile you deserve



You know that you're going to update your smile. You know you want to look younger, healthier, and show off a new, more competitive you. But where to start? That's the easy part – with a consultation at the dental practice!

Once you get all the facts, you'll stop worrying and gain confidence. Once you decide, you'll be free to act! Improving your smile is not a problem, it's a terrific solution. We'd be proud to help you find the best solution for your smile.

Easy-care cosmetic veneers (made of either composite materials or porcelain) and dental implants are two very popular choices.

**Beautiful composite veneers** are a popular and affordable option that can be used effectively to fill gaps and chips, strengthen,

whiten, and straighten the appearance of your smile.

**Completely natural-looking porcelain** is more translucent like natural teeth enamel and is highly stain-resistant to food, tobacco, and beverages like tea, coffee, and red wine. The durable, smooth, glass-like surface is so resistant to oral bacteria, many just slip away.

**Permanent porcelain implants** look completely natural, and will prevent bone loss and shifting and tilting of your bite.

Making the right decision has never been so easy. Choose to look younger by brightening your smile or improving the appearance of crowded or gapped teeth without

braces. Please come and see us at our office for a consultation.

Improving your smile is not a problem – it's a terrific solution

## Perfect Timing Ensuring your health

We hope that all our patients and their families have a fun and frivolity-filled holiday season – and that everyone greets the New Year safe and sound!

And we'd also like to give you a little advice: the new year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full, which means it's the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning. This would also be an ideal time to consider an in-house whitening or cosmetic procedure to greet spring and summer in style!

We look forward to seeing your smile!

## For A Brighter, Healthier Smile Call Today! (250) 492-2608



## Smile Harmony Technology helps!

We are determined to provide our patients with the most up-to-date dental technologies and techniques available. That's why we've recently upgraded and introduced the newest generation of the K7 Evaluation System – state-of-the-art technology for advanced neuromuscular dentistry.

The *Myotronics K7* uses computerized diagnostics to measure and study the pattern of jaw opening and closing through its full range of motion. Through a series of tests, it is possible to find the jaw position where the jaw, teeth, and muscles operate in complete harmony. The system uses three different scanning techniques – all non-invasive and painless.

If your jaw, teeth, and muscles aren't working together properly, you could be suffering needlessly from headaches, earaches, eye pain, or dizziness. If this might be the case, please phone us for a consultation. We're here to help!

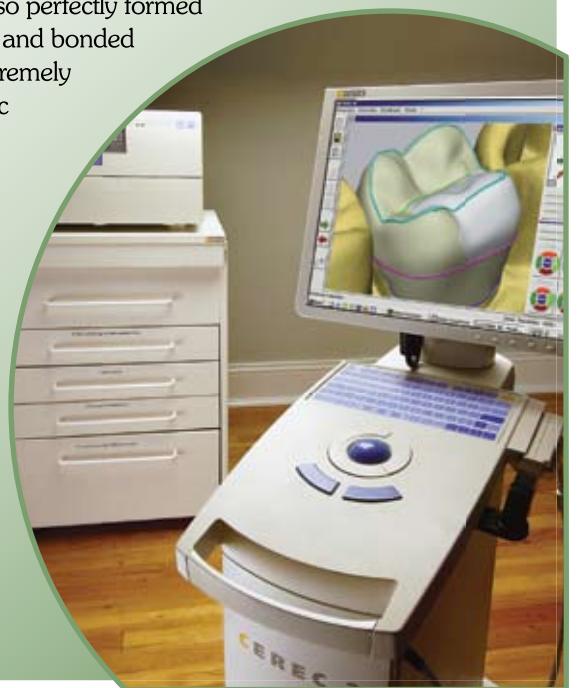
## Superior Smile Maker Fast, economical CEREC 3D restorations

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 colour-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 colour-matched ceramic restoration is permanently bonded to your tooth.

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



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