



# smile highlights

by Dr. Chris Sholota



Produced for the Patients of Dr. Chris Sholota & Dr. Adriana Bholè

Fall 2006

## Forget About Braces...

### With Invisalign®

We're very excited to introduce you to Invisalign®, a revolutionary orthodontic technique that has brightened the smiles of thousands of patients. Invisalign uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to arrange a consultation to discover how Invisalign can give you the smile you've always wanted!



## turnthepage

Don't gamble with your oral health!

What do we find hiding inside your mouth?

Is your smile slowly eroding?

## Keeping In Touch

Our team just got back from Orlando Florida where we attended the FACD, Florida Academy of Cosmetic Dentistry's, Annual meeting. We learned new techniques, made a lot of new friends, and had a great team-building experience. Ask us about it the next time you are in.

We appreciate all of our patients who have supported Dr. Bholè. Her warm smiles and caring touch have been greatly appreciated. She will be spending the month of December in Brazil with her family.

We would like to welcome Kristy King back to our office. She was missed by patients and our team.

Please make a note that our office will be closed the

last week in December for the holidays.

Try not to wait until the end of the year for your dental needs. Call today to schedule an appointment and utilize your 2006 dental benefits.

*Yours in good dental health,*

*Dr. Chris Sholota & Dr. Adriana Bholè*



Dr. Chris Sholota



Dr. Adriana Bholè

### What's New:

We always have practiced conservative dentistry by preserving as much tooth structure when possible. We try to avoid full coverage crowns by using partial porcelain coverage. We Strive to keep veneer restorations in enamel so we can remove as little tooth structure as possible. Our goal is to keep the health of the tooth (the nerve) our priority. Visit our website to see before and after photos.

As always, it is a pleasure seeing you!

**Visit our web site at [www.cosmeticdentalsolutions.com](http://www.cosmeticdentalsolutions.com)**



*Thank you for all your referrals. We appreciate them!*



# Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

**A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...**

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are misshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!



## Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!

## The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can't challenge constant assault.



**The Academy of General Dentistry has identified acids in these common foods...**

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

**And recommends that after eating or drinking, you...**

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

# NO PAIN DOESN'T MEAN NO PROBLEM!

If you are tempted to skip appointments because you don't feel pain and can't see anything wrong, think again. What you can't see or feel can cause the most trouble! These dental problems can be treated, and often reversed, if spotted early.

## Here's What We See That You Can't

- A dental examination can detect deterioration in fillings, crowns, and restorations.
- We may spot root cavities (decay on the roots of your teeth) which are exposed by receding gums.
- Close inspection can reveal periodontal pockets caused by gum disease, and we may even identify the early warning signs of oral cancer.
- We may find new decay under the gumline or hidden under existing fillings – two places you just can't see!
- Your teeth may have hairline fractures or signs of enamel erosion.
- We can diagnose an impacted wisdom tooth that is ready to make its presence known ... although you may not feel it yet.
- The onset of gum disease, called *gingivitis* in its early phase, often goes undetected by patients. We can check for any tell-tale signs so that you can take action to prevent its progression toward periodontitis.

## Gambling With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a "collapsed" facial appearance. You've probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other

hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn't just affect your appearance - it can affect your overall health as it has been

linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer's, and oral cancer. Don't gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!



# Your Referrals Matter

## Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we’re doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don’t ask for your referrals very often, it certainly doesn’t mean that we don’t care. It simply means that our team doesn’t want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

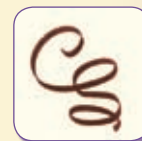
Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals.

*We’d like to personally thank the following patients for their referrals, we really do appreciate them!*

Brian & Lori Askew  
Francis Badaan  
Michelle Baumgarth  
Becky Beaver  
Dr. Adriana Bholè  
Arlene Bishop  
Dale Boyd  
Clayton Braswell  
Jennifer Burke  
Sheila & David Coleman  
Joyce Connolly  
Debbie DeBoisblanc  
Paula & Rick Dies  
Suzanne Edgens  
Janet Elliott  
Chris Finley  
Carol & Bob Fish  
Charlotte Fitzgerald  
Bob Gustin  
Sandy & David Gutting  
Alex Hamby  
Rhonda Hardy  
Stephen Hayes  
Doris Hudson  
Dr. Ralph Jackson  
Bob Jamison  
Kim Kaspar

Kathryn Keesee  
Terri Keith  
Kristy King  
Marc Knable  
Eric Larre  
Michelle & Scott Lee  
Leo Lolua  
David Mangum  
Brannon Manning  
Lynn & Bernie Mapes  
Donna McDonald  
Eryn Emerich  
Robin Monroe  
Nancy Morris  
Deb Moylan  
Margaret Murdock  
Bert & Betty Nasuti  
Debra Noble  
Natalie & Mark Phillips  
John Picollo  
Jeff & Linda Popowitz  
Sue Rainville  
Willie Randolph  
Cinda Ruffin  
Angela Davis  
Heidi & Jerrill Sprinkle  
Tress Stadnisky

Margaret Stone  
Pat & Bob Thibodeau  
Jayme Trainor  
Seth Weathers  
Peter Zervakos  
Dr. Les Kravitz  
Dr. Alec Elchahal  
Dr. Paul Korb  
Dr. Andy Loetscher  
Dr. Allen French  
Dr. Ginger Kirkland  
Dr. James Awbrey IV  
Dr. Jim Stewart  
Dr. Ralph Jackson  
Dr. Pierce  
Dr. J. Jordan  
Dr. R. Ellis  
Dr. Michael Lipsitt  
Laurie Crumpton  
Dr. John Harrell  
Dr. Denis Saller  
Dr. Ron Richardson



## officeinformation

### Cosmetic Dental Solutions

Dr. Chris Sholota  
Dr. Adriana Bholè



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### Office Hours

Monday 7:00 am – 4:00 pm  
Tuesday 7:00 am – 4:00 pm  
Wednesday 7:00 am – 4:00 pm  
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www.cosmeticdentalsolutions.com

### Office Staff

Janet ..... Financial Coordinator  
Sheila ..... Patient Coordinator  
Kristy, Margaret, Blake ..... Hygienists  
Suzanne, Kristine ..... Dental Assistants

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## As Seen On ABC's Extreme Makeover Zoom!™ Whitening

We are proud to announce that we now offer the radical in-office whitening system called Zoom!™ It's safe, effective, and fast ... very fast! In just over one hour, your teeth will be dramatically whiter. Zoom! whitening is ideal for anyone looking for immediate results.

The Zoom! procedure is simple. It begins with a preparation to isolate your lips and gums. We then apply the special Zoom! gel which is activated by a specially designed light. Teeth typically become at least six to ten shades whiter, and sometimes more. A five-minute fluoride treatment completes the procedure. In most cases, teeth continue to get even whiter the first few days after the procedure.

The Zoom! whitening procedure includes a take-home touch-up kit and trays that can be used whenever discoloration is noticed. Please call for an appointment.

## Give Back A Smile

Dr. Sholota treats patients with the Give Back A Smile program of the American Academy of Cosmetic Dentistry. Through donations of time and expertise, battered abused women can receive cosmetic dentistry at no cost to help them become self-sufficient and self-confident. Please call for more information.



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