



## fromthedentists

### Easy Livin' It's summertime!

Summer is a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. Avoid chipped or broken teeth with a fitted mouthguard, the best protection for active sports enthusiasts! Kids off to summer camp? Make sure you impress on them the importance of daily oral care. Just a few weeks of lazy care can really affect your child's oral health.

Have a happy, safe, and healthy summer!

*Yours in good dental health,  
Dr. Patricia Pauley,  
Dr. Cynthia Pauley and  
Dr. Carrie Magnuson*



For her third year, Dr. Carrie Magnuson will be acting as chair person of the Seattle-King County Dental Foundation charitable auction which is being held this summer.

## Maximize Your Benefit

### Minimally invasive dentistry and your healthy future

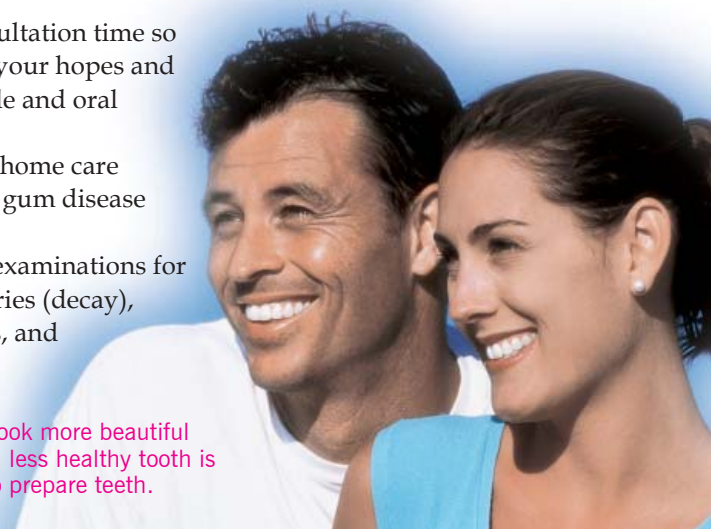
If you've wondered why we encourage you to come and see us every three to six months, it's because we believe that cavities and oral diseases are *not* inevitable. Our team is committed to minimally invasive (MI) dentistry. This means that we are dedicated to using the least invasive procedures to create the maximum oral health benefits for you.

Of course that means using today's superior technology to remove less healthy tooth enamel than in generations past, but it means much, much more. Our team is committed to providing leading-edge dental care through ensuring:

- Adequate consultation time so that we can discuss your hopes and desires for your smile and oral health;
- Education and home care guidance to prevent gum disease and cavities;
- Regular recall examinations for the prevention of caries (decay), periodontal diseases, and other oral diseases;

■ State-of-the-art diagnostic tools, restorative materials, and precision equipment for earlier diagnosis and effective treatment plans which save more natural teeth and tooth enamel when intervention – even cosmetic intervention – is required or desired.

Your quality of life can be improved through optimal oral health. Research has linked gum disease to respiratory and cardiovascular diseases, cancers, and diabetes. With MI dentistry, many oral health concerns can someday be a thing of the past. In other words, our commitment to MI dentistry is a commitment to your healthy future!



Composite fillings look more beautiful than amalgam, and less healthy tooth is removed in order to prepare teeth.



Thank you for all your referrals. We appreciate them! Visit our web site at [www.brookside dental.com](http://www.brookside dental.com)!



# Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

<b>1</b> <b>Whitening</b> Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	<b>2</b> <b>Crowns</b> Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	<b>3</b> <b>Veneers</b> Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	<b>4</b> <b>Bridges</b> Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	<b>5</b> <b>Braces</b> Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	<b>6</b> <b>Composite/Inlays/Onlays</b> Restore and strengthen decayed areas while looking extremely similar to original tooth color.	<b>7</b> <b>Bonding</b> Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
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## Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

## Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

**Moisten.** Drink plenty of fluids and condition lips with balm.

**Stop.** Do not lick or chew your lips. The skin is very thin and is easily damaged.

**Exfoliate.** To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

**Switch.** Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

**Prevent.** Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

# Sarcopenia

## You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

# How Radiant?

## Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

# Glitz or glamor?

## Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

### Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve  
teeth size & gumline

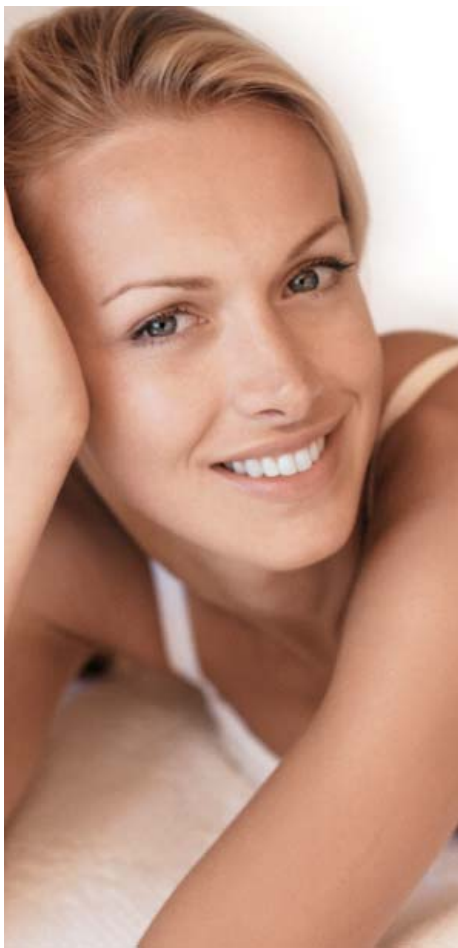


Transform  
discolored & crowded teeth



Correct  
spaces between teeth





# Striking A Balance

*Healthy gums*

Healthy gums help create balance and symmetry in the appearance of your smile. They draw our eyes to small areas of vibrant pink *color* of sufficient *intensity* to contrast against the whiteness of your teeth. They also provide contrast of *shape* and *scale* by creating a small, intricately shaped frame for each larger tooth shape. So why tip the balance with periodontal disease?

Red, swollen gums that bleed easily are caused by an imbalance in the bacterial levels in your mouth. When the good bacteria are overwhelmed by bad bacteria, inflammation, infection, gum and bone recession, and tooth loss can occur.

You have the power to restore your smile's equilibrium! Call for a consultation and bring back nature's symmetry to your smile.

## Did you know?

- 75% of adults over age 35 are affected by gum disease.
- Up to 30% of people may be genetically susceptible to gum disease.
- Regular screening by the dentist can detect periodontal disease in its earliest stage.
- Tartar/calculus are hard calcium deposits that infect your gums, spreading below the gumline, destroying your gums and the bone that support your teeth.
- Only the dentist or hygienist can remove tartar/calculus.
- Brushing, flossing, and rinsing at home can help you prevent gum disease. Only regular visits to the dentist can help you keep it completely at bay.

## office information

Brookside Dental  
Dr. Patricia Pauley  
Dr. Cynthia Pauley  
Dr. Carrie Magnuson  
13715 Bel-Red Road  
Bellevue, WA 98005-4517

### Office Hours

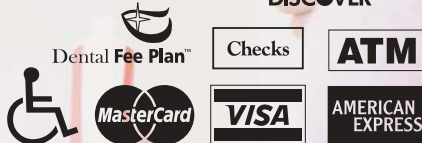
Monday 8:00 am – 6:00 pm  
Tuesday 8:00 am – 6:00 pm  
Wednesday 8:00 am – 6:00 pm  
Thursday 8:00 am – 6:00 pm  
Friday By Appointment Only

### Phone Numbers

Office (425) 643-2818  
Fax (425) 746-8041  
Email smiles@brooksidedental.com  
Web Site www.brooksidedental.com

Brush • Floss • Smile

DISCOVER



## Ensure Your Insurance

### No time like the present

Most insurance companies base compensation on a calendar year, therefore summer marks the half-way point in your opportunity to use 2005 benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? If you bring your insurance booklet to our office, we can review your benefits, treatment, and cost options with you. If you don't have a booklet from your employer or insurer, simply ask for one, then bring it in to us. We look forward to seeing your smile.

## Do I Have Cracked Teeth?

### A dentist can help

#### How Would I Know?

- Teeth hurt upon biting, and pain disappears right away;
- Cold or hot drinks cause sharp and immediate pain.

#### How Does It Happen?

- Years of biting down on hard objects;
- Teeth clenching and grinding;
- Accident that affects the mouth;
- Stress on heavily filled teeth.

#### How Are Cracked Teeth Treated?

- *Craze lines*, the tiny cracks that affect only the outer tooth enamel, cause no discomfort and require no treatment, but they can be hidden with cosmetic veneers.
- Deeply cracked teeth may require crowns to reinforce the tooth's structure, and root canal treatment if dental pulp is infected.

