



DRS. CHRISTIE MARTINEZ & KRISTON GALLIPEAU'S

WORD *of* MOUTH

Winter 2005

Porcelain Veneers

The technique of choice for front teeth

New techniques in cosmetic dentistry are making it so convenient and attractive to spruce up your smile. For centuries, porcelain has been used by artists, and in the last few years, porcelain veneers – ultra-thin, translucent shells – have become the technique of choice for treating discolored, chipped, or stained front teeth. Veneers bond tenaciously to your teeth, and can be successfully prepared and applied in just two or three appointments.

Your first appointment is devoted to diagnosis and treatment planning. Take an active role in designing your new smile! You need to know what porcelain veneers can and cannot do for your specific condition.

At your second appointment we

prepare your teeth for the porcelain veneers. We lightly buff their surface, then we take an impression of the teeth and send it to a laboratory for the fabrication of the veneers.

When they are ready, we place them temporarily to examine their fit and color. You can check out the esthetic results. By changing the color of the cement, we can get the exact match you want. Once cemented, the color cannot be altered. To apply the veneer, the cement is sandwiched between the veneer and your tooth, and a beam of light initiates the catalyst to harden the cement.

If you think veneers would help you to smile more, please call us for a consultation. You'll love your new great grin!



Office Information

How can time management brighten your smile?

See Page 4 & call us to arrange your FREE CONSULTATION!

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Office Hours

Mon/Fri 8:00 am – 5:00 pm
Tue/Wed/Thu 7:00 am – 5:00 pm

Web site www.SDdentistry.com

Call Today!
(619) 291-1181

Our Services Include:

- ❖ Cosmetic dentistry
- ❖ ZOOM!™ Teeth whitening
- ❖ Low radiation digital x-rays
- ❖ Children of all ages welcome
- ❖ Relaxing & friendly environment
- ❖ Committed to excellence in dentistry
- ❖ Intraoral camera
- ❖ Sedation Dentistry
- ❖ TVs, videos, & music in treatment rooms
- ❖ Most insurance plans accepted
- ❖ Visa, MasterCard, American Express, ATM, Discover, CareCredit, and checks welcome

Creating The Perfect Frame

With all the buzz about cosmetic surgery, you might be surprised to learn that in one study, respondents elected periodontal smile enhancements five times more often than eyelid surgeries!

And who could blame them? Esthetic crown lengthening is only one procedure that can create striking and immediate results without surgery. Also known as gum recontouring or a “gum lift,” it’s used by dentists to reveal the beautiful tooth structure hidden beneath too much gum tissue.

How do you know if you’re a candidate for crown lengthening? You’re self-conscious because your teeth look too short ... because too much of your gums show ... because your teeth look different lengths ... and you avoid smiling for any of these reasons.

Don’t let your insecurities keep you from smiling. Your smile is one of your most important social and business assets and one of

your most effective communication tools. Your gumline can be sculpted to correct any of these problems. The same simple, effective procedure can be used to balance an uneven gumline and teeth of different lengths, and create the perfect frame for the smile you really want.

Dentists can combine several procedures like whitening treatments, replacing existing silver restorations with white composite fillings, and custom-made porcelain veneers to fashion your new and improved smile. So let your imagination flow ... and get ready to say hello to your stunning smile!



Striking and immediate results ... without surgery.

Dentists can reveal the beautiful tooth structure hidden beneath too much gum, balance an uneven gumline and teeth of different lengths, and create the perfect frame for your smile.

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Lipstick

Lipstick is an important accessory that can enhance your healthy gums and attractive smile. Some people believe that how you apply your lipstick says a lot about you! Here’s a fun personality profile based on your lipstick’s shape.



ROUND TOP

You whirl the tube to make the tip round, suggesting an inner mischievousness that you usually hide.



DEEP CURVE

You push hard for what you want. Intense and dramatic, you flourish under fire.



SMOOTH SLANT

You like everything to be clean, consistent, simple, and straightforward – how you enjoy being seen by the world.

Reading Between The Lines

There's more to the oral cancer story

Reading Between The Lines

Great news just keeps on rolling off the presses. The incidence of cancers is on the decline in Europe, and exciting new breakthroughs in cancer treatments – including those for oral cancer – hit the headlines with regularity. This is great news because if

untreated, oral cancer can lead to chronic pain, facial disfigurement, and even death. Thousands die from oral cancer every year, and research indicates that patients with gum disease may be at significantly greater risk than those with healthy gums. In its earliest,

most treatable stages, oral cancer usually causes no pain or discomfort. Early detection is essential for an 80-90% cure rate. That's why every patient we have receives a free oral cancer exam. Screening only takes minutes, but it can save a lifetime!

No Pain. No Problem. Not True! A dangerous misconception

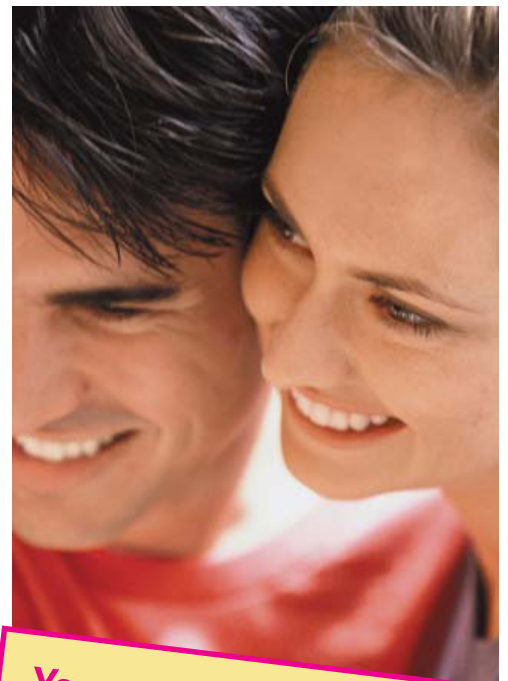
People with high blood pressure often don't know about it. The same can be said of periodontal (gum) disease, a near-painless condition that has been linked to heart and stroke disease, diabetes, osteoarthritis, cancer, pregnancy, and other health issues.

It has been estimated that three quarters of adults over age 35 have some degree of gum disease. Called *gingivitis* in its early stages, the warning signs are swollen and tender gums, bad breath, gums that may bleed when you floss, and gums that are red, not pink.

Bacteria and debris in the gum area will cause a buildup of plaque and tartar that can lead to inflammation and

chronic infection if not removed by proper and regular cleaning and flossing. If allowed to spread and grow below the gumline, this buildup will create pockets of bacteria that can destroy your gums and the bones that support your teeth.

The best prevention against periodontal disease is regular dental care and thorough daily brushing and flossing. Dentists screen for periodontal disease every time you visit the office. You can stop infection before this silent disease has a chance to sneak up on your smile. And that's no misconception!



You may be at an increased risk for gum disease if you...

- Use tobacco, e.g. cigarettes, cigars, chewing tobacco;
- Have a family history of periodontal disease;
- Have a medical condition such as diabetes, osteoarthritis, or any condition that weakens the immune system;
- Are stressed, clench or grind your teeth, and have poor nutrition;
- Use common medications, including anti-depressants, oral contraceptives, and some heart medications;
- Have partners who have gum disease. They may transfer bacteria by kissing.

CENTER POINT

You apply focused pressure to keep the tip this balanced! With your focused concentration, you stay on target.

FLAT TOP

You are constant, even when applying lipstick. You're loyal and dependable, & you give people unwavering attention.

Welcome To Our World

Getting to know us

It is truly a privilege to practice dentistry. Scientific knowledge has exploded, giving us better technologies to improve your oral health and your self-esteem – all while keeping you comfortable.

We are always very happy to welcome new patients to our practice, and we welcome your call to schedule an introductory appointment with us! Please feel welcomed to visit our web site at www.SDdentistry.com; it offers information about our team, our philosophies, and of course, describes our full range of services. It's been designed with you in mind!



Call Today!

(619) 291-1181



Time Management Tips

How to spend time wisely and save your oral health

Maintaining oral health care can be a real challenge at the best of times. Instead of practicing time management, we manage to let time slip away. Luckily, most things fall into place just in time! But what about your smile? What if you've let dental recare appointments slide, and what if you've been delaying your next preventive care appointment? Are you putting your smile in jeopardy? *Yes!*



Drs. Gallipeau & Martinez

By simply scheduling a dental visit, you give yourself the chance to identify potential trouble spots and keep problems at bay!

What problems? Bad breath ... bleeding, receding gums ... a lost filling ... worn down, loose, or missing teeth ... loose-fitting partials or dentures ... sensitive teeth... misaligned teeth.

Escalate how? Problems like these, if left untreated, can escalate to ... discomfort (even pain) ... periodontal (gum) disease ... lost teeth ... Temporomandibular (jaw) Joint Disorder (TMD) ... infections ... surgery.

Still too busy? Everyone can relate to that. But remember: small problems left unattended do not simply disappear! There's a good possibility that they could grow into bigger ones!

Why risk serious problems when there's no good reason? Please call today to arrange a **NO-COST NO-OBLIGATION preventive consultation!**

I will personally meet with you for your **FREE** consultation, answer all of your questions, and detail all of your treatment options.

Sincerely,

A handwritten signature in black ink that reads "Christie Martinez".

Dr. Christie Martinez

A handwritten signature in black ink that reads "Kriston Gallipeau".

Dr. Kriston Gallipeau

P.S. Don't wait! The **FREE** consultation openings are limited. Call **(619) 291-1181** now to set yours up! It will ease your mind!

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