

# smile more

by Nordhus Dentistry

Produced to improve your dental health and awareness

Spring 2008

from the dentist



## AGD

### *More than prestige*

I know you understand that our team works very hard to deliver only the best dentistry to you and your family. We're proud of our technology, but continuing professional development and education for every member of our team is the real priority. For example, I am an active member of the Academy of General Dentistry (AGD). As such, I am entitled to many privileges that help me and my team to provide you with optimal oral health care.

As an AGD member I have access to quality lectures, hands-on labs, conferences, and publications. I have many opportunities to consult and exchange ideas with my professional peers. Only those who have demonstrated a commitment to excellence through continuing education can retain membership in the prestigious AGD.

My first commitment is always to your healthy future.

*Yours in good dental health,  
Dr. Byron J. Nordhus & Team*

## Laser Dentistry

Laser dentistry is one of the most exciting advances in dental technology. At Nordhus Dentistry, we think it's important to bring you the latest and most precise dental procedures in the industry. Using the *UltraSpeed™* CO2 laser and the Diode laser *Biolase®*, we offer the ultimate in soft tissue treatments.

### Laser Periodontal Infection Therapy

New research developments have made it possible to treat gum disease and periodontitis with laser therapy, known as laser periodontal infection therapy (PIT). Over 50 percent of Americans have periodontal disease, a condition that starts with bacterial colonization around the teeth. Older surgical treatments such as root-planing and scraping, along with gingival curettage surgery, will generally require sutures and a general anesthetic. These traditional methods are also somewhat more painful than laser treatments, making laser periodontal therapy a great alternative for your dental needs.

### During Your Laser Periodontal Infection Therapy

Even though the procedure itself is known to be virtually painless, local anesthetic will numb any possible discomfort during a laser procedure. Your Hygienist will direct the laser to

the area between the affected tooth and adjacent gum tissue where the pockets of diseased tissue are located. Energy from our laser will clear away the bacteria and infection under the gum line without harming any of the surrounding gum tissue. The laser will then seal the tissue, forming a sterile natural bandage so that the gum tissue can heal. There will be no cutting or sutures, and you can return to your life the same day.

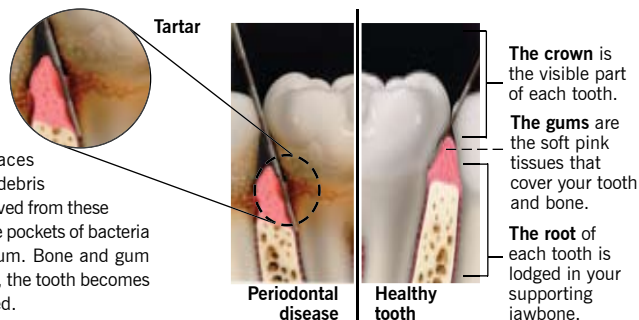
### Benefits of Laser Periodontal Infection Therapy

The PIT process is not only less painful than the surgical methods of the past, but also minimally invasive, suture-free, and proven to have longer-lasting result. Over 98 percent of PIT patients show no signs of periodontitis after five years, while the stability rate for the traditional surgical group is only five percent over the same period of time. There is also a less than 24-hour recovery period with laser surgery, whereas traditional surgery can take two to four weeks of healing time and may cause significant bleeding and swelling.

These are the reasons we choose to use Lasers in treating Periodontal Infection.

## Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



*Communication is important to us - don't be afraid to ask questions!*

# More Power To You

## Make the right connections ... and smile!

*Homophily* is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
  - Rebuild chips and cracks and close gaps that make you self-conscious.
  - Straighten and even out the appearance of crooked, crowded teeth.
  - Reproportion tooth shape, length, and width to ideally balance your features.
  - Recontour an uneven or too high/low gumline.
  - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
  - Widen your smile to fill in the gaps at the corners of your mouth.
  - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



**crowns & veneers**

Brighten



**gum sculpting & veneers**

Reproportion

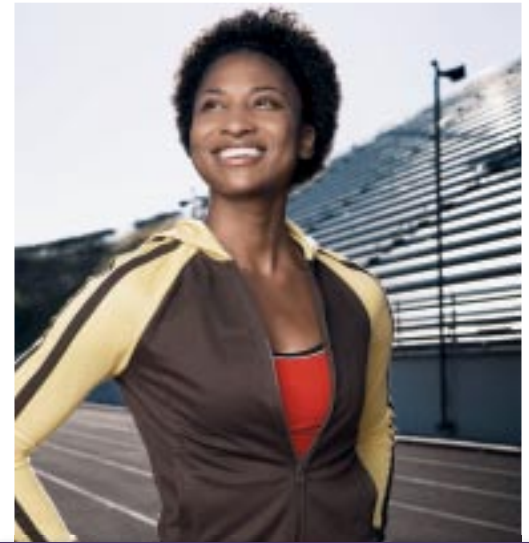


**orthodontics & veneers**

Straighten



# A Crown F



## Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



# For All Reasons

Prevent...  
Protect...  
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
  - one that has undergone root canal therapy or
  - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



## 5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

## Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

**Turmeric**, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

**Curcumin**, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

**Curry leaves**, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!

# How Invisalign® Can Improve The Health Of Your Mouth

Teeth that are crowded or too widely spaced can create unhealthy conditions, including swollen gums, redness and pocketing, all of which are signs of periodontal disease. As *Invisalign*® invisibly straightens your teeth, it can also do great things for the health of your mouth.

### Healthier Gums

Clinical studies have shown that gum health may improve with the use of Invisalign during orthodontic treatment. Properly aligned teeth can help gums *fit* tighter around each tooth, which may lead to better periodontal health. Unlike braces, with Invisalign, you can brush and floss normally, which can help prevent tooth decay and periodontal disease.

### Easier Cleanings

Unlike traditional orthodontics or braces, Invisalign has no metal bands or wires to trap food and plaque. Maintaining a good oral hygiene program will also reduce chances of plaque buildup, tooth decay and periodontal disease.

### Improved Chewing and Speech

For some people, incorrectly positioned teeth and jaws can exacerbate speech difficulties and chewing problems. Correcting your bite by straightening your teeth can help improve both.

### Lower Risk of Trauma and Abnormal Wear

Properly aligned teeth can be less stressful on supporting bone and jaw joints.

## February Was Children's Dental Health Month!



Dr. Nordhus had fun visiting some local first grade classrooms to help educate children on the importance of good oral health.

## Smile More At Nordhus Dentistry With Our Whitening For LIFE Program!

*Whitening for Life* is available to all our patients. All you have to do is have your teeth whitened with Rembrandt® Sapphire™ in-office whitening process that can lighten your teeth by up to ten shades.

After the completion of your in-office whitening procedure, you will receive complimentary whitening gel at every preventative hygiene visit at no additional cost.

This will ensure that you will be able to keep your teeth bright and beautiful for the rest of your life!

We want to make sure your smile is at its dazzling best! Please call today to reserve time for your in-office whitening procedure.

### Cavity Free Club Winners!

December	Luke
January	Nicholas
February	Isaiah

## officeinformation

### Nordhus Dentistry, LLC

Dr. Byron J. Nordhus

11940 W Central Avenue, Suite 100  
Wichita, KS 67212-5180

### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 7:00 am – 2:00 pm  
Friday Closed

### Contact Information

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### Office Staff

Teresa and Laurie.... Patient Coordinators  
Shantay and Julie ..... Hygienists  
Adrianna and Paige ..... Assistants



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