

**fromthedentist**

If you're like me, summer was filled with many extra treats and irregular dining schedules ... which means added stress on your oral health. Now is the time to schedule dental checkups for you and your family so that you can all return to regular routines with healthy smiles! Also, football and field hockey season is about to begin, so please ensure all your sports stars – kids and adults – have custom-fitted mouthguards to keep their teeth safe and help prevent injury from concussion.

Also please be aware that your dental plan funds probably expire in December. Ask us how your scheduled checkup can make the best use of remaining benefits.

We extend a warm welcome to Amy, our new Registered Dental Hygienist. Amy and Jennifer will make a terrific *dynamic duo*; they are good friends and are excited about the chance to work together ... and we're delighted!

*Yours in good dental health,  
Dr. Steven Marsh*

**NEWS FLASH!**

On August 9th our hygienist Jennifer gave birth to a beautiful baby girl, Julia! Both mom and baby are doing great! Jennifer plans to come back to the office in October.

Dear Dr. Marsh,

First of all, I wish to thank you for what you have done for me. Your expertise and artistry in dentistry gave me the confidence to smile again. For the first time in my life, I have people say "Oh you have such a pretty smile." Even two dentists came up to me during a social function and commented on my smile, and after talking with them confirmed that your work was excellent!

Now, Dr. Marsh, I find I am always smiling and I owe it all to you!

Sincerely,  
*Kathleen Tottu*



*Before*



*After*

**Smile Makeovers**

Improve the appearance and proportions of teeth that are stained or chipped, or that overlap or are uneven, with cosmetic veneers. Veneers are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. They can be designed to improve the proportions of your smile.





# Captivating Cosmetic Veneers

Using Deep Brain Stimulation (DBS), neurologists can produce smiles and euphoria. Smile and you'll feel good ...and because people like what they see, they'll smile right back! If you are reluctant to reveal your less-than-perfect smile, you could be missing out. Cosmetic dentistry can benefit anyone who wants to look better, feel better, and smile healthier!

With cosmetic *veneers* you can...  
...look younger by filling out wrinkles...

hide severely stained teeth ... close gaps between your teeth ... improve the look of crowded or overlapped teeth without braces.

Strong, hand-sculpted porcelain veneers can give your teeth such a straight appearance that they have sometimes been called "instant orthodontics." Once bonded to your teeth, they're durable and easy to maintain. They are extremely smooth, solid, and glass-like so ... veneers look completely natural ... they reflect light like natural tooth enamel ... they mask flaws and rejuvenate smiles ... veneers resist staining from food, tobacco, and beverages like tea, coffee, and red wine... veneers reject most oral bacteria which tend to slide off their smooth surface!

Cosmetic *veneers* can give you the two things most people notice first in anyone's smile ... straightness and the whiteness and color of teeth! Please come and see us at our office for a consultation.

## Balancing pHacts

**BALANCE:** Symmetry and balance affect your smile's appearance in more ways than one. Some substances can affect the acid balance of your smile.

**ACID:** Some factory workers, lab technicians, and professional wine tasters can experience teeth staining *and* erosion. For example, wine makers can taste from twelve to eighty wines per day!

**ALKALINE:** Competitive swimmers of any age can develop swimmer's calculus - brownish stains on their teeth. Chlorinated water's high pH factor can cause salivary proteins to break down, forming organic deposits on teeth enamel.

**PREVENTION:** Most patients can control exposure to these kinds of hazards. But if staining or tooth sensitivity due to enamel erosion are a problem for you, come and see us.

**INTERVENTION:** We can provide a professional assessment and cleaning, and suggest home care products and techniques.

## Building Healthy Smiles

### Your smile foundation!

Did you know that a cavity is what is left *after* tooth decay is removed? Or that the incidence of tooth decay is second only to the common cold? Decay is the most important cause of tooth loss in younger people. Periodontal (gum) disease is the leading cause of tooth loss in adults. Both are caused by the presence of bacteria.

Thanks to preventive, minimally invasive dentistry, we can help you

to control bacteria and preserve your oral health with some back-to-basics advice...

1. Brush, floss, and rinse.
2. Stay away from sugary foods.
3. Get regular checkups for your whole family to curtail decay, gum disease, and correct overcrowding or gaps that can cause problems.

Remember ... the true foundation of even the most glamorous Hollywood smile is a healthy mouth!



# COSMETIC CONTOURING Too short ... too much ... TWO methods

Are you self-conscious because your teeth look too short or too long ... because too much of your gums show... because your teeth look different lengths?

Now dentistry can cosmetically contour your smile! If your gumline is uneven or if your teeth look too small, short, or square, we can restore symmetry and proportion by sculpting your gumline with a **gum lift** or **crown lengthening**. Both reveal the natural enamel hidden by excessive gum tissue.

If your teeth look too long, it could be that ageing or periodontal disease has caused your gumline to recede. The proportion of gums that appear "too short" can be restored by applying the same **porcelain veneers** that we use to hide other smile flaws.

Gum sculpting revealed the beautiful smiles of twin sisters with amazing results!



# Progressive Makeovers

Supervised **teeth whitening** and **cosmetic bonding** are popular and affordable first steps toward a smile makeover that can dramatically improve your smile.

**Teeth whitening is a new invention. FALSE** Supervised teeth whitening which *removes* stains is completely safe, reliable, quick, and convenient because the procedure has been refined for more than 100 years. Bonding, which can also give you whiter teeth by *covering* stains, was invented in the 1950s.

**Teeth whitening and bonding are minimally invasive and require no anesthetic. TRUE** Not only that – but your teeth can be brightened in our office or over several weeks at home. You decide!

**Age is a factor. FALSE** For patients under twenty, whitening is the most-demanded cosmetic procedure. After childhood, age is not an issue, and most people can benefit because there is no upper age limit. Even children can benefit from tooth-colored bonding materials for fillings.

**Teeth can be whitened up to eight shades. TRUE** Whiteness depends on the intensity of staining. Our team can help you select the best option for your smile.

**Bonding materials can be used to replace older, compromised amalgam fillings. TRUE** Especially in your front teeth where appearance is important. Porcelain inlays and onlays are excellent options for back teeth.





*A discolored incisor no longer inhibits a smile!*



# Essential Esthetics

Don't settle for less!  
Be at your very best!

Do you cover your grin? Wouldn't you rather enjoy the spotlight and flash your perfect smile? Don't let a less-than-ideal smile hold you back ever again! Dentistry can repair, restore, brighten, and enhance your smile – often in only one or two visits!

**Brighten dull teeth enamel** simply and safely with professional teeth whitening – whether your smile has become discolored from food or tobacco stains, age, or root canal therapy.

**Conceal chips and cracks** with marvelous bonding materials. With tooth flaws concealed, the only thing people will notice is your beautiful smile.

**Close gaps** in your smile with natural-looking bonding or veneers that build up and re-proportion your tooth surfaces to eliminate unattractive spaces.

**Realign the appearance of crooked, crowded, or worn-down teeth** with bonding and veneers that boost your smile power with natural-looking restorations.

**Improve appearance and strengthen teeth** with crowns that cover or cap teeth, restoring them to an ideal shape.

**Span gaps** with a bridge to replace one or more teeth.

**Match fillings to your teeth color**, even at the back of your mouth, with attractive and durable composite fillings.

**With dental health...** show pink healthy gums, clean and beautiful teeth, and enjoy sweet smelling breath.

## office information

Steven P. Marsh DDS, Inc.

Dr. Steven Marsh

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### Office Hours

Monday 7:00 am – 4:30 pm  
Tuesday 7:00 am – 4:30 pm  
Wednesday 7:00 am – 12:30 pm  
Thursday 7:00 am – 4:30 pm  
Friday 7:00 am – 12:30 pm

### Contact Information

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### Staff

Jennifer M ..... Dental Hygienist  
Amy ..... Dental Hygienist  
Marilyn ..... Certified Dental Assistant  
Afsaneh ..... Practice Administrator  
Jennifer H ..... Front Desk/Assistant  
Shirley ..... Front Desk Saturdays 8-12  
Wendy ..... Insurance Specialist

## THE EVOLUTION OF DANCE

Making you smile ... and smile ... and smile!



Judson Laipply

While each and every one of our patients is special to us, occasionally we can't help but share something great that happens within our patient family. Judson Laipply has really given us something to smile about!

Judson is an inspirational speaker and comedian who believes that humour is the best way to make people think. He covers a wide range of topics from Change and Choices and to Conflict Management in his popular talks which include thirty-minute "get them pumped up" and sixty-minute "get them reflecting" themes. Judson has been sharing his own style of thought provoking humour with groups since the year 2000 but his recent video release, Evolution of Dance, has brought success exceeding his wildest dreams!

In this hilarious video, Judson dances to short segments of a number of popular songs, and his style and dance interpretations are right on every time. The moves, expressions, and innuendoes highlight Judson's insight into human nature as well as his skill in dance. Watching even a few seconds of the video is sure to make you smile. In fact, the video is so popular around the world that it made more than 10 million people smile within two weeks.

Judson and his video has received rave reviews from America Today, CNN, Good Morning America, and RollingStone Magazine to name a few.

Judson is just not the kind of guy who rests on his laurels. Already hard at work on Evolution of Dance Revisited, he is welcoming song suggestions. Brighten your day today and visit Judson's website at [www.evolutionofdance.com](http://www.evolutionofdance.com).