

Makarita

CREATING BEAUTIFUL SMILES

Spring 2009

What A Difference A Smile Makes

You can transform your appearance and your life!

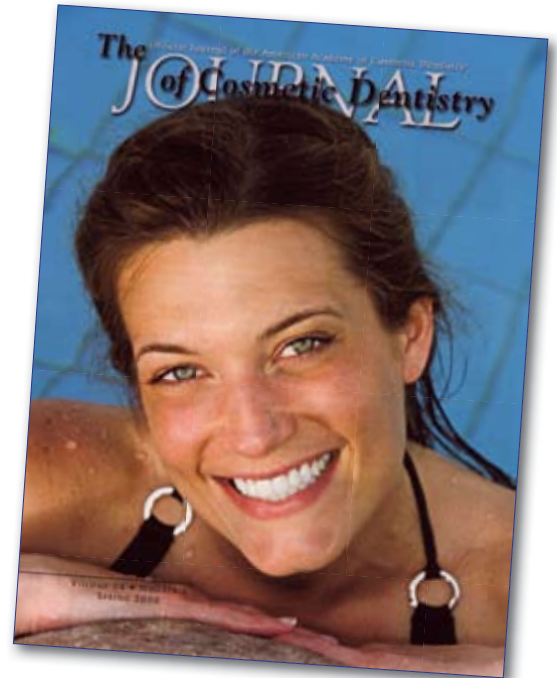
In this issue I would like to share a case that was featured in the Spring 2008 issue of *The Journal of Cosmetic Dentistry* – not because it was published but because it is a powerful story. I believe that we dentists are truly blessed with the ability to change, in some instances, the course of someone's life. One such case that I will never forget is the transforming effect of a challenging cosmetic dental restoration for Erica, a patient who was recovering from bulimia. This is just one of the eating disorders which affect approximately seven million people in the United States and although I have seen its effects on the dentition previously, never have I witnessed it to this extent.

Complex problems require complex solutions.

Creating an effective treatment for Erica required not only skill, but patience, teamwork, and communication. I am filled with respect and gratitude for Erica's trust and willingness to share the emotional as well as clinical issues that she was experiencing due to her deteriorating smile. Imagine that your teeth have worn down so much that your face is beginning to take on an ageing, collapsed look... that you no longer smile but cover your mouth to hide your yellow, cracked, and broken teeth ...that you experience chronic headaches and jaw pain and difficulty with normal functions like eating... And that you're only thirty years old.

As you can see from the before and after photos (pg. 4), Erica's treatment was a complete success.

Using computer diagnostic technology, precision orthotics, and natural looking cosmetic restorations, I was privileged to provide her with a



new smile – and a more positive outlook.

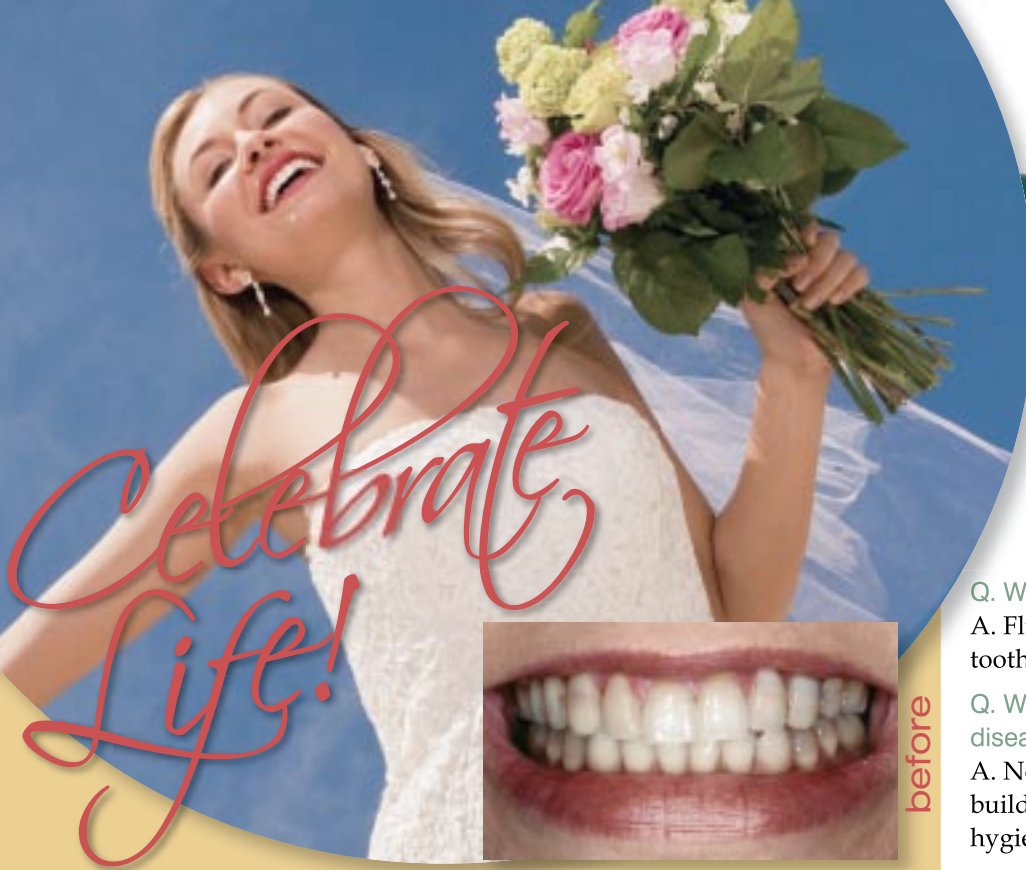
You know, creating a beautiful smile for a patient is extremely rewarding for the dentist and for the team. So while it is true that it is an honor to be published in such a prestigious journal and even to make the cover in Spring 2008, my satisfaction really comes from successfully treating you, my patients. That's why, as one of only forty-three accredited Fellows of the *American Academy of Cosmetic Dentistry* worldwide, I am so committed to lecturing locally and internationally, sharing my knowledge and experience with other dental professionals.

Over the years many of you have heard me describe cosmetic dentistry as my passion. You have seen first-hand how my staff and I take great pleasure in seeing the difference a new smile can



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Thank you for all your referrals. We appreciate them!



Celebrate Life!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...



before



after

Share your smile with the one you love!

FAQtually Speaking

About toothpaste

Q. What does fluoride toothpaste do?

A. Fluoride fights tooth decay and strengthens tooth enamel.

Q. Will tartar-fighting toothpastes prevent gum disease?

A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.

Q. Are whitening toothpastes okay for sensitive teeth?

A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.

Q. Does *The American Dental Association* test toothpastes?

A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.

Q. Do children's toothpastes need to taste good?

A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.

Q. How often should I use toothpaste?

A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



Whitening *Bonding*
Tooth-colored inlays/onlays

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

Dental implants
Veneers *Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how
to avoid
the Silent
Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know
they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



Erica's Story

Throughout my early 20's I suffered from bulimia. It is a difficult disease to heal from; not only do you have to learn to love yourself, but you must also learn to accept love from a world which you have deliberately excluded yourself.

Dr. Makarita changed my life. For years I had been extremely hesitant to leave the house alone because I was worried that someone would engage me in conversation, and I envisioned their disgust if I were to accidentally smile or show my teeth. I discontinued my college education because I was fearful of showing my teeth during class discussions; in fact, I withdrew from any activity that might actually cause me to show my teeth.

Soon after my full-mouth rehabilitation, my boyfriend and I joined Dr. Makarita on a trip to Egypt. It was while posing for photos at the pyramids that I realized how long it had been since I had allowed myself to smile (I literally had to massage my cheeks to relieve muscle fatigue)! The more photos we took, the more attention we drew. Other people actually started photographing us during the photo shoot, and one even asked if I was a movie star!

A smile is much like life itself, in that you never fully appreciate it until you are faced with losing it. I am forever grateful to modern dentistry and to Dr. Makarita for restoring my confidence and, with that, the course of my life. I soon will be returning to school to obtain a degree in dental hygiene so that I can play a small part in passing on this gift to someone else.

The world seems a nurturing, bright, and loving place when you are able to receive it with a smile. I now have the confidence to enjoy life rather than simply trying to survive it.

officeinformation

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Karen Practice Administrator



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Before



After



make in a patient's appearance, confidence, and self-esteem. If you would like to read first-hand about Erica's case, please let me know. I will be happy to mail you the cover and the article from the Journal of Cosmetic Dentistry, and to answer any questions you may have about your smile.