

Carlston Dental Group's Newsletter

Compliments of Dr. Dean L. Carlston

News from the office of:



Dr. Dean L. Carlston

As we reflect upon the past year and look forward to the new one, we should take a minute now to think about our personal health.

Our newsletter this month includes a reminder that, while many people don't realize it, a dentist's job extends well beyond teeth, into what is commonly referred to as the "mouth-body connection." For this reason, this issue includes articles on oral cancer, lip protection and diabetes. I hope you enjoy our newsletter, and are encouraged to call us if you need more information on any related topics.

Best wishes to you and your family from our dental team. May 2008 bring you health, happiness and success!

All the best,

Dean Carlston

Dr. Dean L. Carlston

Even More to Smile About!

"Look Ma, no cavities!"

That famous line from an old toothpaste commercial certainly did the general population good, encouraging regular brushing and preventing dental decay. In fact, brushing one's teeth as a daily habit was actually a foreign concept until as late as after World War II, when soldiers brought the Army-enforced habit back home.



While your teeth may be cavity-free, they may not be as white or even as you would like. And that's where our cosmetic "smile solutions" come in.

Our goal is to enhance a patient's smile by creating the proper shape, color and harmony of all your teeth together.

SOME OF OUR SERVICES INCLUDE:

■ **TEETH WHITENING:** Whether you're interested in quick, in-office whitening or a take-home teeth-whitening kit, you'll want to hear about our dentist-supervised, professional options for people looking for a safe and effective alternative to drugstore bleaching.

■ **VENEERS:** Porcelain veneers are wafer-thin porcelain shells that are bonded onto the front side of individual teeth to cosmetically correct a number of different tooth imperfections. Easy and attractive, sometimes a few veneers are all you need to create a "movie star" smile!

■ **BONDING:** Using tooth-colored material, we can close spaces between teeth, even-out chips in teeth or even replace the metal in small cavities with a "white" alternative.

■ **CROWNS:** Dental crowns are designed to cover the whole visible surface of a tooth, to become the tooth's new, perfect outer surface.

■ **CONTOURING AND RESHAPING:** A single session is all that's usually needed to alter the length, shape or position of teeth that may need some subtle improvements.

■ **REPLACEMENT OF MISSING TEETH:** Dental implants are the latest, most comfortable and natural-looking option to fill the gap of a missing tooth.

Ask us about our many other smile options too. We have the tools to give you the smile of your dreams, to help you look and feel better about yourself.

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VENEERS VS. WHITENING: WHICH IS RIGHT FOR YOU?

We're deluged with images of shiny, perfect teeth in advertising, television shows and movies, and are more aware than ever of the social and professional benefits of an attractive, confident smile. So what's the best way for the average person to achieve their own "movie star" smile?

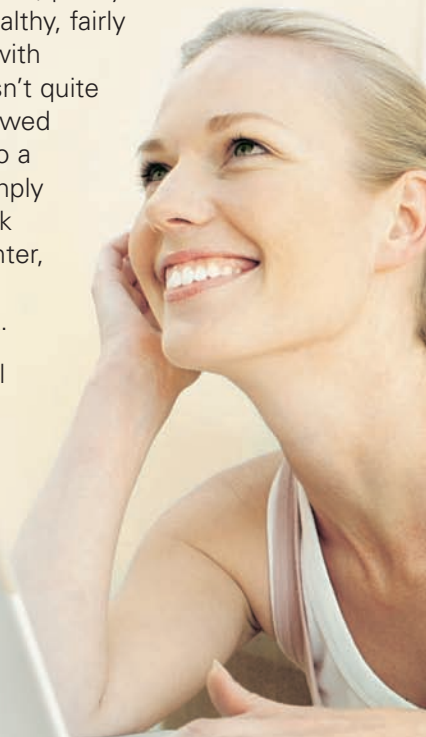
The many advances in dentistry provide a multitude of options, from simple whitening to complete smile makeovers, so the first step is to have a look at what you have, and make up a "need" versus "want" list.

What you may want is a mouth full of perfect, pearly whites. What you may already have are healthy, fairly straight teeth that you may not be happy with because they look too short, their shape isn't quite even, and their color has darkened or yellowed over the years. Before resigning yourself to a number of veneers, we may be able to simply shorten your gums to make your teeth look longer, reshape your teeth to give a straighter, more even impression and whiten your natural teeth to produce a whole new look.

If, on the other hand, you have some small gaps between your teeth, your teeth are small or slightly crooked and you have heavy discoloration that whitening alone wouldn't fully treat, then veneers may be the appropriate solution for you.

PLEASE GIVE US A CALL.

We'll be happy to review your specific situation and explain all your options.



**WE WELCOME
YOUR FAMILY AND
FRIENDS TOO!**

Referrals and word-of-mouth recommendations are our number one source of new patients. In fact, one of the best compliments we can receive from our clients is the referral of one of your friends, colleagues or family members. When you give us a good reference, we will ensure that the person you refer receives special attention and the finest service possible.

Our extensive dental training and experience allows us to understand and provide a wide range of smile solutions. We believe in creating the smile our patients are looking for using progressive dental techniques and technology.

In addition, we can provide a variety of expert cosmetic solutions, from simple in-office or at-home whitening procedures to attractive veneers to complete smile makeovers. Our goal is to put a bright, healthy smile on our patients' faces!

Thank you for your confidence in our services, and for sending your friends, family and colleagues our way!

Carlston Dental Group

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Dr. Carlston

Office Hours:

Mon., Fri.: 8 a.m. - 5 p.m.

Tues., Wed.: 7 a.m. - 5 p.m.

Thurs.: 11 a.m. - 8 p.m.

Every other Sat.: 7 a.m. - 2 p.m.

Our Services Include:

- General and Restorative Dentistry
- Cosmetic Dentistry • Tooth Whitening
- One-Hour Whitening • Porcelain Veneers
- Implants • Crowns • Root Canal Therapy
- Periodontal Treatment

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