

# EXCEPTIONAL DENTISTRY

BY DR. KRISTON GALLIPEAU



Teeth whitening, dental Implants, veneers right around the corner!

Winter 2011

## Cosmetic Dentistry?

### Improve your smile & your confidence!

Cosmetic dentistry is the art and science of enhancing smiles. Procedures can range from the simple, like teeth whitening, to the complex, like a complete smile makeover that improves both appearance and function.

Non-surgical techniques can transform your smile, enhance your appearance, and build your confidence. Stained, chipped, or misshapen teeth can become a thing of the past. Cosmetic dentistry can restore balance and harmony to your facial features, and even plump out fine lines to make your lips appear fuller.

In short, today's cosmetic dentistry offers you more ways than ever to smile with self-confidence.

The mutually compatible desires to look good and to be looked at are completely natural. And we know that the human perception of beauty is inborn, and that symmetrical features are regarded as universally beautiful. The desire for an attractive appearance is more deeply seated and more natural than previously thought.

Individual appeal is based on experience, learning, and personal taste. But looking good, and knowing it, is part of the total human experience.

Let cosmetic dentistry help you to look good. Non-surgical procedures like teeth whitening, white fillings, bonding, and veneers can improve your smile, your appearance, and your self-confidence! We would be happy to explore your options with you.



### Whitening Special!

**REGULARLY \$500**

Brighten your smile in only one hour or in the privacy of your own home!

P.S. Our special doesn't expire until March 30th, 2011, so smile!





We're accepting  
*new patients!*



**BANKERS HILL DENTAL**  
**Dr. Kriston Gallipeau**  
2333 1st Avenue, Suite 207  
San Diego, CA 92101-1540

Are you ready to change  
your life, starting with  
your smile?

.....  
*Call Today!*  
**(619) 234-5377**

Or visit our website: [www.bankershilldental.com](http://www.bankershilldental.com)

*New  
Smiles are  
Welcome!*

Call us to book your **FREE**  
introductory consultation.

*We Look Forward To  
Meeting You!*

# What's That About Implants?

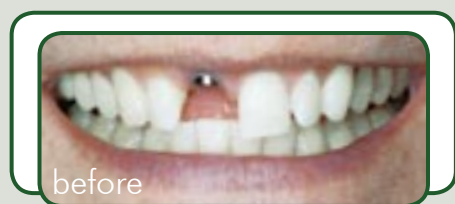
**You say they're amazing? So do we!**

The Peruvian government launched a national campaign to promote dental health – and improve hearing health. Why? The total or partial lack of teeth may cause progressive hearing loss over time, affecting self-worth as well as social and emotional relationships. Even without possible auditory complications, there's no question that tooth loss can negatively affect your health and self-confidence.

If you have been afflicted by tooth loss, perhaps it's time to consider permanent dental implants which can be used to...

- replace teeth lost by decay, gum disease, or trauma;
- secure and prevent slipping of removable dentures and bridges;
- improve appearance and function by preventing drifting teeth, gaps, and a sunken aged look.

Our dental team will be happy to explain the process further and answer any implant questions you might have. Call us today!



## Equal But Different Oral cancer

More men still get oral cancer than women, but women are catching up. Smoking cessation has major and immediate health benefits for men and women of all ages, yet according to some research it appears that men and women may need different strategies to quit.

When men quit smoking, the most prominent symptom of withdrawal is biological craving, so just time or use of the patch or other weaning methods can be helpful. Some women are more likely to use cigarettes to manage moods, deal with stress, and control weight. A successful cessation program needs to incorporate these social motivators.

Quitting smoking or giving up smokeless tobacco is really worth the effort. You can reduce your risk for oral cancer, cavities, gum disease, and tooth loss, as well as lung and heart diseases.

# The Heart Of The Matter

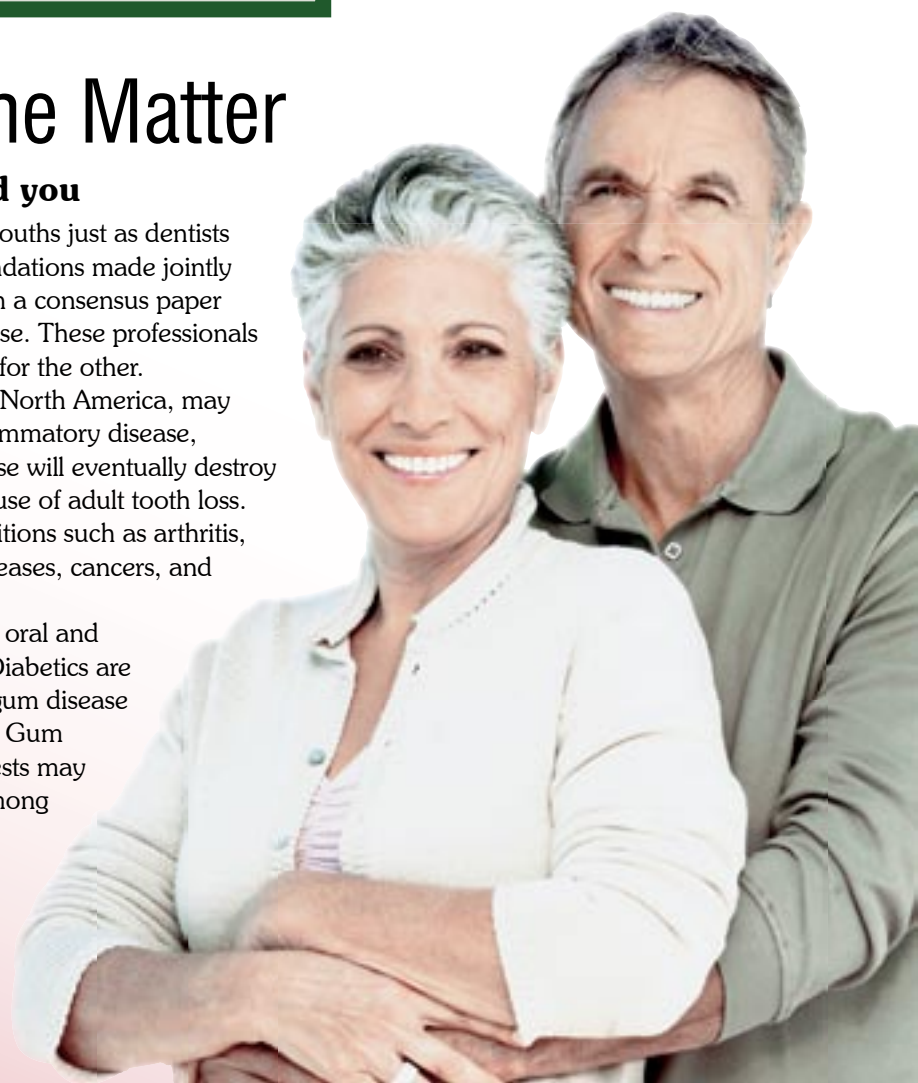
## Some mouth-body links might astound you

Soon cardiologists may routinely examine patients' mouths just as dentists ask about heart health. This is the outcome of recommendations made jointly by leaders in both periodontal dentistry and cardiology in a consensus paper on the relationship between heart disease and gum disease. These professionals believe that managing one disease may reduce your risk for the other.

Cardiovascular disease, the leading cause of death in North America, may be linked to progressive gum disease, also a chronic inflammatory disease, which affects about 75% of adults. Untreated, gum disease will eventually destroy supporting jawbone and ligaments, and it's the major cause of adult tooth loss. In addition to cardiovascular diseases, it may affect conditions such as arthritis, osteoporosis, complications of pregnancy, respiratory diseases, cancers, and diabetes which is considered epidemic.

Diabetes raises more fascinating questions about how oral and overall bodily processes may interact with one another. Diabetics are more likely to have gum disease than most people, and gum disease makes it more difficult to control their blood-sugar levels. Gum disease can lead to tooth loss which some research suggests may lead to hearing loss, which is about twice as prevalent among diabetics as the general population.

Not all the answers are in, but time is on your side. Research can lead to solutions ... and most forms of gum disease progress slowly. With regular checkups, and good home care, dentistry can help you maintain your oral health – and overall health.





# Dream Or Reality?

## How to stay happy, healthy, and smiling

Being outgoing and feeling youthful are linked to better health and a longer life. They can increase optimism and motivation to overcome challenges... which helps reduce stress and boost your immune system ... which ultimately lowers your risk of disease. Healthy teeth and gums that let you eat the wholesome nutritious food you need, and a warm attractive smile that reaches out to others, could be important parts of your long and happy life.

A healthy mouth can also open the door to smile boosters you may have only been able to dream about...

- Whiten discolored teeth professionally to lighten stains and brighten smiles.
- Camouflage chipped or cracked teeth.
- Recontour your gumline if you're self-conscious because you have an uneven gumline, your teeth look too short, or because too much of your gums show when you smile.
- Fill gaps in your smile with techniques that range from veneers to crowns, bridges, and implants.

Cosmetic dentistry does more than boost your smile power. By restoring and maintaining function, it can help your smile stay bright and healthy. The perfect recipe for a lifetime of optimism and self-confidence!

Call today! We want to help make your dream a reality!



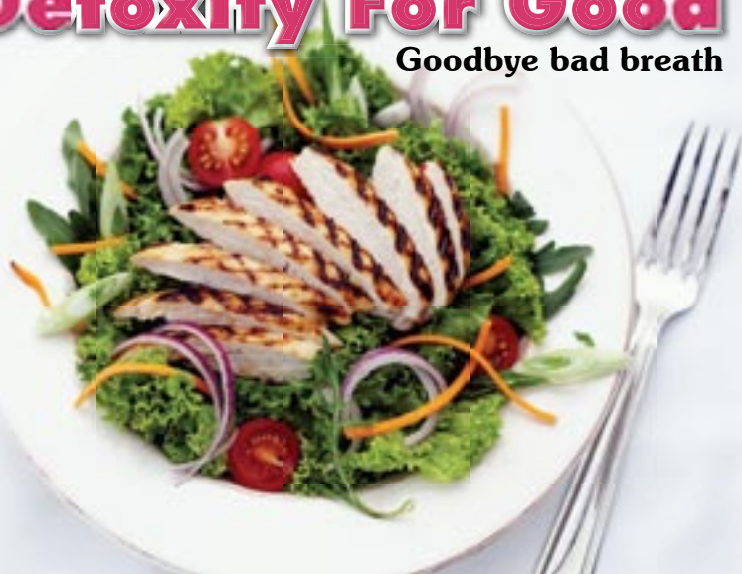
**Before**



**After**

## Detoxify For Good

**Goodbye bad breath**



Some foods are obviously not for dates or important business luncheons. Who wants to struggle in a skirmish with a plate of spaghetti or risk a tummy-burbling bowl of fiery chili beans? But there are quieter sneakier hazards. Even seemingly safe salads can be loaded with tiny toxic bits of spice, garlic, and onion. That's when you need a smelly food quick-fix.

Lemons, cinnamon sticks, parsley, mint sprigs, and other green garnishes are great emergency deodorizers, but their effects won't last, especially if your bad breath is chronic.

Brushing your teeth, gums, and tongue can help fight bad breath ... but go the extra distance! Dentistry can help you with effective treatment plus brushes, toothpastes, tongue scrapers, antibacterial agents, and mouthrinses designed to vanquish your bad breath – at home, work, and play!

# The Secret Is Strength

## Crown & bridge can restore your smile

A crown restoration or cap can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!

*Call Today!*  
**(619) 234-5377**



**BANKERS HILL DENTAL**  
**Dr. Kriston Gallipeau**  
2333 1st Avenue, Suite 207  
San Diego, CA 92101-1540

PRSRT STD  
U.S. POSTAGE  
**PAID**  
PNP 14304

## ORAL HEALTH AND YOU

### *Regular visits = Healthy smiles*

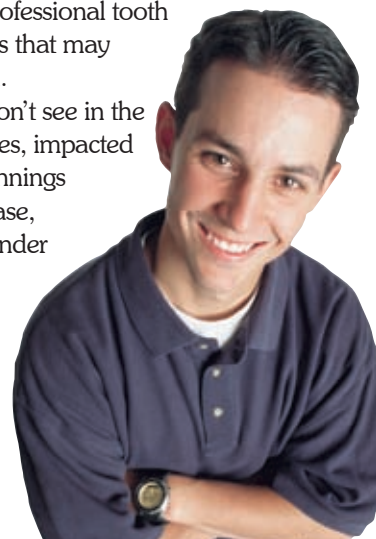
Oral health is sometimes easier to define by what it's not rather than what it is. A healthy mouth has firm pink gums, the tongue is pink and not coated, the teeth are clean and have minimal or no plaque deposits. A healthy mouth smells fresh, and is free from gum diseases like gingivitis, periodontitis, and other disorders – including oral cancer.

Brushing and flossing combined with dental visits is the best means of problem prevention and oral health maintenance. Regular professional tooth cleaning is important to remove tartar and any stains that may develop, especially in areas that are difficult to reach.

When we check your teeth, we see things you won't see in the mirror. We can be alerted to possible hairline fractures, impacted wisdom teeth, deterioration of restorations, the beginnings of cavities, periodontal pockets caused by gum disease, and even new decay tucked under the gumline or under existing fillings! Your gums can also tell us about impending gum disease. Your lips, tongue, cheeks, and gums may even show the early warning signs of oral cancer.

These dental problems can be treated successfully, and gum diseases may be reversed if they are spotted in the early stages. But for us to catch and treat these concerns, we need you to keep your regular recall appointments. Together, we can help you maintain and recover your oral health.

*To your good health,*  
*Dr. Kriston Gallipeau*



### **Floss every day!**



P.S. If you'd like to visit our office – or if you currently have a dental problem or concern – please schedule a **FREE** introductory consultation. We'll be happy to answer any questions you have. No charge. No obligation. **SIMPLY CALL (619) 234-5377! THANK YOU.**