



Reflections of Health & Beauty

with **RiverviewDental**

Caring, Gentle, One-On-One Family Dentistry

We're proud to have served the dental health needs of our community for over 30 years, ensuring lifetimes of healthy, happy, beautiful smiles for thousands of patients and their families. We listen to your concerns, we respect your goals and wishes, and we believe in a professional, holistic approach to the art and science of dentistry.

- Pain-free anxiety-free sedation dentistry and no-drill, no-needle procedures in a welcoming and relaxing environment.
- Same-day mini-implant procedures, non-surgical periodontal therapy, and *Invisalign*[®] clear braces.
- Comprehensive family and cosmetic dentistry plus early, after-hours and emergency appointments.

We look forward to meeting you and your family, answering any questions you may have, and providing the compassionate gentle care you deserve.



MOST INSURANCE PLANS ACCEPTED!

ALWAYS WELCOMING NEW PATIENTS. CALL (603) 369-4850

Crowns **Special**

Smile with confidence

\$100 OFF

Call for details!

New Patient **SPECIAL**

NOW \$99 Reg \$287

Includes exam, oral cancer screening and x-rays.

Low or no cost with insurance.

New Patients only

Smile Naturally Again

DENTAL MINI-IMPLANTS

Restoration as low as

\$105/month

Give Your Smile A Lift

Fast & effective rejuvenation

Looking for ways to revive your smile? Bonding and whitening can transform your smile and make you look younger, more vibrant, and even healthier! Like a mini-facelift, these *smile lifts* are less invasive than other dental procedures, plus they're affordable and quick – usually the transformation is complete in just a visit or two!

Supervised Whitening – Dentist-prescribed home systems and in-office treatments are customized for your unique smile, giving you a lasting gorgeous bright smile.

Bonding – Whether used as white fillings or as veneers to cover unattractive flaws, bonding can hide tooth stains, correct alignment, close minor gaps, and repair damage – giving you beautiful white uniform teeth!

A refreshed smile can boost confidence and make you look and feel fantastic. Bonding and whitening ... for the fast, effective, and well-deserved beauty lift!



Grounds For Divorce?

Silencing snoring & sleep apnea

Can snoring ruin your marriage? Maybe not... but it can certainly cause tension between an otherwise harmonious couple.

If your partner is a chronic snorer, you could experience classic signs of sleep deprivation – memory, learning, and reasoning difficulties. You could also suffer from headaches, burn-out, irritability, and depression. The snorer also faces health risks as snoring can be a manifestation of sleep apnea – repeated cessation of breathing during sleep. Sufferers have a 30% greater risk for heart attack and an elevated risk for stroke, high blood pressure, and diabetes. All kidding aside, studies actually do show that couples who struggle with sleep apnea have a higher divorce rate than those who sleep peacefully.

Effective dental solutions are available for both snoring and sleep apnea. Call us today. We help you protect your health ... and maybe even your marriage!



3 Restoration Options

One delighted, younger-looking smile!

It's no secret that your smile plays a very important role in the impressions you make. An attractive smile is engaging – it's one of your most meaningful non-verbal expressions – and it gives great pleasure to others!

There's no need to live one more minute with a smile you feel like hiding. A vibrant healthy-looking smile can make you look and feel years younger, and provide a great confidence boost. Transform yourself with these 3 restoration options...

1. Veneers cover the front surface of teeth with attractive white porcelain, reinforcing them, perfecting their shape, hiding unsightly damage, and correcting alignment and spacing.

2. Crowns fully encase teeth, becoming their beautiful, new outer surface. Crowns repair discolored, misshapen, and damaged teeth, and when coupled with implants or bridges, they replace entire teeth.

3. Implants support one or more beautiful replacement teeth. Not only do they fill in spaces, they actually help preserve jawbone structure so you can intercept that inevitable sunken look that accompanies tooth loss.

If you currently hide your smile, you're also hiding a warm inviting side of your personality. Look years younger, feel more confident, and open up to the world again with a beautifully restored smile!



Are Your Gums Receding?

You need to know the causes and risks

Is your big-grin smile showing less gum than it used to? Gum recession is a common problem in North America, especially for those over 40. And it shouldn't be taken lightly. Receding gums can warn of periodontal disease which is linked to many life-threatening illnesses including heart disease, stroke, and some cancers.

Although the leading cause of receding gums is gum disease, there are many more, and all of them can open the door to gum infection and periodontitis.

- **Hormone fluctuations:** Hormonal changes associated with puberty, pregnancy, and menopause can make gums sensitive and more likely to recede.
- **Over-brushing:** Aggressive brushing can wear away enamel and increase risk for gum recession.
- **Grinding, clenching, and an uneven bite:** All can put excessive force on the teeth and jaws, causing gums to recede.
- **Tobacco use:** Smokers are more likely to have plaque and tartar buildup which can cause gum recession.
- **Mouth piercings:** Jewelry can rub the gum and wear away gum tissue.

Don't ignore receding gums. The resulting exposure of tooth crowns and roots opens the door to root cavities, eroded tooth structure, and ligament destruction... leading to devastating tooth loss.

Call us if you have concerns. We can treat and repair receding gums and help prevent further damage to your beautiful smile!

Enjoy Your Antioxidants!

Mixed-berry cobbler

Antioxidants – like vitamins A and C – counteract oxidation and cellular damage that contribute to ageing and disease. Oxidation also contributes to gum disease which has been linked to over 200+ systemic diseases!

Some of the most antioxidant-rich foods are berries, so enjoy this ever-so-simple and delicious treat!

Magnificent Mixed-Berry Cobbler

Ingredients:

4 cups berries, fresh or frozen
1 tbsp lemon juice
1 large egg

1 cup sugar
1 cup all-purpose flour
6 tbsps butter, melted

Preparation:

Preheat oven to 375°F. Place berries in a greased 8" square baking dish or 6 greased ramekins, and sprinkle with lemon juice. Stir together egg, sugar, and flour until mixture resembles coarse meal. Sprinkle over berries. Drizzle melted butter over topping. Bake at 375°F for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes. Top with whipped cream. Makes 6 servings.



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Meet Dr. Burdette...

Dr. Rodney E. Burdette has practiced in New Hampshire for over 30 years, and remains devoted to his patients' health, and the self-esteem they gain through their beautiful smiles. He believes passionately in continuing education, and has pursued his studies with some of the world leaders in dentistry. He has been honored with a fellowship in the Academy of General Dentistry, has received post-grad education from the world-renowned L.D. Pankey Institute, among many others.



Away from the office, Dr. Burdette takes full advantage of all the great outdoor activities New Hampshire has to offer: "The more time I spend outdoors, the happier and more alive I feel." He cross-country skis, loves hiking, gardening, and water sports. He also is a wood-worker, building cedar strip canoes. He spends quality family time with his two children and especially his nine grandchildren.

Dr. Burdette looks forward to meeting you and your family soon.

Most Insurance Plans Accepted

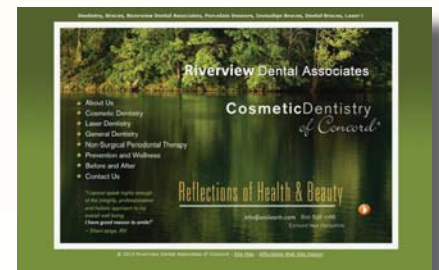
- Detailed explanations of your treatment plan, ensuring you have a full understanding and comfort during your procedures
- We submit your claims for you
- Flexible dental financing options available

Conveniently serving the Concord area

- Expertise in all areas of family dentistry, including preventive, restorative, cosmetics, dentures, and implants
- Digital x-rays with much less radiation
- Nitrous Oxide Sedation and Drill Free Dentistry for your comfort

"I cannot speak highly enough of the integrity, professionalism, and personalized attention I have experienced as a patient of Dr. Burdette at Riverview Dental. My individual dental needs are always addressed with my total health in mind. The staff continues to ensure that my treatment plan remains flexible and suited to my lifestyle and financial situation. Thanks to Dr. Burdette and his team I have many reasons to smile!"

-Sherri Lange, RN



www.cosmeticdentistryofconcord.com

