

Reflections of Health & Beauty

with **RiverviewDental**

SPRING 2012



Dear Neighbor,

If you're not already our patient, we would love to meet you! Experience our patient-oriented practice and see first-hand why our practice is held in high regard by our patients - your neighbors.

WE PROVIDE:

- one-stop family and cosmetic dentistry at a central location with ample parking for your convenience
- we use the latest techniques and advanced technology to give you the smile you deserve
- a professional and inviting environment with experienced, friendly and knowledgeable office staff.

Dr. Burdette has over 37 years of experience and will meet with you personally to conduct your exam and answer your questions about your oral health and options for improving your smile. There's no obligation and no pressure.

P.S. Call now and we'll set up the ideal time for you. These no-cost opportunities tend to fill up quickly, so call now!

New Patient Exam & Consult Special!

CALL NOW!

603.290.5669

Offer expires July 31st, 2012



We are a General and Cosmetic dental office with 37 years of experience, & knowledgeable, friendly staff!

We are now accepting new patients!

CALL TODAY! (603) 290-5669

Call now for a consultation appointment.



DR. R.E. BURDETTE
6 Loudon Road, Suite 202
Concord



Plump Lips Without Surgery

Bolster your happy confident smile!

Beyoncé may have the luscious lips you love, or Angelina may have the pout you prefer, but did you know that gorgeous red-carpet lips begin with your teeth and gums? Strong teeth, secured by healthy ligaments and bone, support and fill out your face and lips giving you a more youthful look.

And there are simple ways to enhance your lips without expense or surgery...

EXFOLIATING: Slough off dry skin, very gently, and no more than once a week, with a soft toothbrush and petroleum jelly to reveal a pleasing pout.

PLUMP: Dab on a spicy plumping gloss for temporary shine and fullness. There are many off-the-shelf products to choose from.

ILLUMINATE: Line lips with a color that's one shade darker than your lipstick. Fill in with the lighter shade and highlight with gloss on the center of your bottom lip to add volume.

Most important of all – for your beautiful camera-ready smile – schedule regular dental visits and follow a good at-home regimen of brushing and flossing!

Put Your Best Breath Forward

With regular checkups!

Bad breath can hamper you in any social situation, from business to pleasure. While strong foods such as garlic and onions are responsible for only a small percentage of halitosis cases, studies have proven that poor oral health is the major cause of chronic bad breath.

Bacteria in the mouth create volatile sulphur compounds. These can be a result of:

- Gum disease
- Bacteria in the spaces between teeth
- Bacteria on the tongue.

The good news is that all of these can be prevented by a proper at-home regimen of flossing daily and brushing at least twice daily. When you add regular dental checkups to the mix, you have a winning combination for fresh breath and a dazzling smile. So eat that exotic dish ... just ensure you care for your smile afterward!

Adult Cavities And Heredity

Are you at risk?

What else can we blame on our parents: poor cooking abilities, our insecurities, failure to commit? Studies have shown that gum disease may be linked to genetics. But did you know that genes may also influence the number of cavities you have as an adult? With proper care and regular checkups, cavities can be prevented or detected in early stages before they become more serious.

HERE'S WHAT TO LOOK FOR:

- White spots or brown areas on teeth
- Sensitivity or pain when eating or drinking
- Toothache
- Holes or pits in teeth

If a cavity is just forming, you may not have any symptoms at all, so don't take any chances. Commit to a regular schedule of general checkups and cleanings. They don't take a lot of time and they can prevent future problems!



Zesty Zappers

Slay bad breath

Quick! Anybody got a cucumber? Apparently, holding a slice between your tongue and the roof of your mouth for about 90 seconds helps minimize oral malodor. Fresh out of cukes? No worries... Whether you're eating out or dining in, here are a few hints to help keep bad breath at bay.

- Dill, parsley, basil, and cilantro contain chlorophyll, a natural breath freshener.
- Cardamom seeds contain cineole, a bacteria-killing antiseptic.
- Coriander, spearmint, tarragon, eucalyptus, and rosemary are all bad-breath fighters.
- Crunchy fruit and vegetables, such as apples, carrots, celery and, yes, cucumbers, boost saliva production which washes away odor-causing bacteria and helps remove bacteria-laden plaque on teeth and gums.

But you still have to brush, floss, and rinse!



before



after

Try Dental Veneers

A fast effective way to a perfect smile!

You know that you deserve a perfect smile, but you may not have the time to devote to lengthy procedures. If you have crooked, discolored, or gently misaligned teeth, then veneers may be for you. They can give you a gorgeous uniform smile within just a few visits!

WHAT CAN VENEERS DO?

- Hide fillings and chipped teeth
- Correct the look of crooked teeth
- Cover badly stained teeth
- Close gaps between teeth

Veneers are custom-made to cover the front of your teeth, reshaping them and hiding imperfections. Either ultra-thin shells of ceramic material are bonded firmly to the front of your teeth or composite materials are sculpted and bonded to their surface. Both methods are natural looking and each has its own appeal and advantages which we'll be happy to discuss with you.

Do you clench or grind your teeth? You can still consider veneers. A nightguard can help safeguard your fabulous new smile.

If you've been living with teeth that don't make you smile, let's talk cosmetic veneers today!



"I cannot speak highly enough of the integrity, professionalism and holistic approach to my overall wellbeing. I have a good reason to smile!"

~Sherri

Some Things Are Worth Sounding The Alarm For!

Delaying your oral health care does more than just ravage your smile – it can **affect your general health** as well. Another cause for concern is that gum disease can progress without you being aware of it. That makes regular visits to the dentist critical, and if it's been a while, we urge you to give us a call.

Taking action really matters. For example, if you experience any of these symptoms, you may already have gum disease that has progressed...

- redness or puffiness that you would see with any infection
- bleeding when you brush or floss
- a bad taste in your mouth or bad breath.

If left untreated, gum disease can lead to tooth loss and because it's a chronic infection, **it can trigger your immune system to overreact.** As well, once your gum tissues break down, bacteria can travel through your bloodstream and **affect other parts of your body.**

Gum disease has been linked to diabetes, osteoporosis, cancers, Alzheimer's, lung diseases, hypertension, heart disease and stroke, toxemia, low birth weight, and cancers.

Please call us at (603) 290-5669 today for a consultation. Worrying won't keep you healthy – great dental care will help.

\$99 GET ACQUAINTED SPECIAL!

Comprehensive exam, necessary x-rays and consultation

REGULAR \$287

Offer Expires July 31st, 2012

Forget About Braces... With Invisalign

We're very excited to introduce you to *Invisalign*[®], a revolutionary orthodontic technique that has improved the smiles of thousands of patients. *Invisalign* uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to arrange a consultation to discover how *Invisalign* can give you the smile you've always wanted!

FREE INVISALIGN[®] CONSULTATION

PLUS... Save \$250 OFF your treatment costs!

Offer Expires July 31st, 2012

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