



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, x-rays and cleaning.
Low or no cost with insurance.

New Patients only

Smile Naturally Again

DENTAL MINI-IMPLANTS

*Restoration as low as
\$105/month*



Cultivate A Calmer You Garden away stress!

Stress is incredibly harmful to the mind and body ... and the mouth. It can manifest in teeth clenching and grinding, and can lead to *Temporomandibular Joint Disorder* (TMD), an inflammation in the jaw joint. It affects up to 30 million North Americans – the majority of which are women – and can lead to:

- earaches
- headaches
- jaw pain
- tooth damage
- gum trauma and disease.

Why not try gardening for effective stress relief? Fresh air, exercise, communing with nature, and creating something beautiful all work together to ease your troubled mind and lower your body's cortisol (stress hormone) levels.

If gardening doesn't pique your interest, simply choose another hobby that will de-stress and delight you regularly!



Precision Gum Sculpting For the perfectly proportioned smile!

When you look in the mirror, do you see a pleasing well-proportioned toothy grin, or are your gums monopolizing your smile? No matter where you are in life, a beautiful confident smile can transform the way you address the world and the way it addresses you.

The perfect proportion of pink well-cared-for gums will always make you look healthier and more youthful. Gum sculpting is a fast and effective procedure that can improve your smile by:

- giving an irregularly shaped gumline a more pleasing uniform look
- making short teeth look longer and perfectly proportioned in your mouth
- giving you the confidence to flash a bold toothy grin that lights up a room!

Gum sculpting can be performed on a single tooth, or on a number of teeth, and is usually done in a single visit. For a complete smile makeover, consider a tooth whitening procedure to highlight your new smile. A quick fix with bonding may correct damaged, misshapen, or poorly spaced teeth.

No more closed-lipped grins for you! We will help you achieve that beautiful, bold, confident smile of your dreams! Call us.

Do You ♥ Sugary Drinks?

Hmm... Maybe not so much...

Statistics show that 50% of us have a sugary drink every day. That's pretty scary considering that a new study suggests that drinking as little as *one* sugary drink per day – a soda or sweetened juice – could raise a man's risk for heart disease by 20%. An earlier study showed similar results for women. Further research is underway, but for now, the *American Heart Association* recommends drinking fewer than the equivalent of 3 cans of soda per week.

We know that sugar isn't healthy for our bodies, and from a dental perspective, that it causes painful irreversible damage to teeth and can lead to gum disease which has been linked to heart disease. Good oral health care – including brushing, flossing, and regular dental visits – is essential to ensuring a healthy body as well as a gorgeous smile!

Need A Smile Recharge?

Take a quick self-assessment quiz!

Smiling is a natural and effortless way to make yourself, and others, feel great. Your brain gets an instant mood lift when you smile, and it's boosted even more when people smile back ... so everyone wins when you grin! But what if you're not proud of your smile and always try to hide it? You may be missing out on things that life has to offer. Take our self-assessment quiz – what's your score?

- Is your smile holding you back socially or in your career?
- Do you have crooked, gapped, poorly aligned or missing teeth?
- Are your teeth stained or yellowed?
- Do you have unsightly, dark, or discolored fillings?
- Do you have an ageing worn-down smile?
- Are you embarrassed to smile or lack confidence because of your smile?

If you answered “yes” to even ONE of these questions, you may be ready for a smile re-charge!

Modern dentistry can absolutely transform your smile. From gorgeous whitening, to repairs and enhancements, to replacing missing teeth – there are options to suit all budgets and lifestyles! And don't ignore your molars! All teeth can be seen when you enjoy a good belly-laugh, and who wants to miss out on the fun? Give us a call. We'll get you smiling again!



A Recipe For Change! **Healthy heart and body**

You've likely heard about the DASH diet (Dietary Approach to Stop Hypertension), designed by the *US National Institutes of Health*. An eating plan rich in fruits, vegetables, low- or non-fat dairy, and low in salt not only can reduce blood pressure, it also lowers the risk for cancer, stroke, heart disease, and diabetes. And it's good for the waistline!

Here's a great recipe to try!

PINEAPPLE-PEPPER SALSA

- 1 cup diced fresh pineapple
 - 1/2 cup chopped red bell pepper
 - 1/4 cup finely chopped red onion
 - 2 tbsp chopped fresh cilantro
 - 1 fresh jalapeno pepper, seeded and finely chopped
 - 1 tsp lime zest
 - 1/4 tsp salt
- Spooning 2-3 tablespoons of salsa over cooked chicken breast adds a fantastic zip!



RIVERVIEW DENTAL
Dr. R.E. Burdette
6 Loudon Road, Suite 202
Concord, NH 03301-5321
www.cosmeticdentistryofconcord.com

PRSR STD
U.S. POSTAGE
PAID
PNP 14304



Dr. R.E. Burdette
6 Loudon Road, Suite 202,
Concord
603-369-4850

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