

Smiles UPDATE

Your first step to a beautiful smile... *Sonoma Smiles*

Produced for the Patients of Dr. Wayne Sutton

Winter 2009

fromthedentist

Facebook® Me!

Another fun way to stay informed on the happenings at *Sonoma Smiles* is on Facebook. Simply search for Sonoma Smiles and add yourself as a friend to join our group page. Here you can find interesting and informative links, see where Dr. Sutton will be holding seminars and even get in touch with other patients on our page!

Thanks again for your continued confidence in our office.

Dr. Sutton

ARE YOU INCLUDED?
8 OUT OF 10 INTERNET USERS HAVE LOOKED ONLINE FOR HEALTH INFORMATION ON VARIOUS TOPICS.

Sonoma Smiles Is The First In Rohnert Park To Offer Six-Month Braces

Virtually invisible braces straighten teeth more quickly than traditional braces

Adults and older teenagers looking to straighten their teeth can now get the smile they have always wanted – in just six months – through a cosmetic-braces procedure available exclusively at *Sonoma Smiles*.

Sonoma Smiles is the Rohnert Park area's first practice to offer the six-month braces technique, designed specifically for adults and teenagers over the age of 15, who have crooked, crowded or spaced teeth – without major bite issues.

The technique offers tremendous advantages over traditional metal braces.

Unlike the traditional braces people must wear for two to four years, this procedure straightens teeth in an average of just six months and uses low force to move teeth more comfortably.

Six-month braces employ clear braces and tooth-colored, nickel-titanium wires – making them virtually invisible.

The procedure requires fewer dentist visits and is much less expensive than traditional braces.

In addition, the six-month braces technique can result in healthier gums,

since straight teeth are easier to clean than crooked teeth.

“For the first time in Rohnert Park, the word ‘braces’ no longer has to strike fear among adults and older teens who want to straighten their teeth,” says Dr. Wayne Sutton. “They can now get the radiant smile they’ve always dreamed of, without waiting for years. Six-month braces are virtually invisible, and straighten teeth much more quickly and more comfortably than traditional braces.”

Dr. Sutton stresses the medical benefits of proper dental care, which helps fight against tooth wear and gum disease. Healthy teeth also encourage proper nutrition by enabling people

to eat a variety of foods, help boost self-esteem and can reduce headaches and joint pain. He encourages people to ask us if the six-month braces technique is a good option for them.



Before



After 6 months treatment!

Patients interested in learning more about the treatment can contact Sonoma Smiles at (707) 585-2555.

An attractive smile makes a lasting impression!

PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

Restore gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

Prevent or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

Sculpt your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

STEP UP TO THE WINNER'S CIRCLE!



Winner Takes All!

Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

Brighten your teeth by up to eight shades quickly, reliably, and safely.

Camouflage more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

Say goodbye to old silver fillings with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

Set Your Sights On Health

Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.



Top 10

Reasons To Smile

By Mark Stibich, Ph.D., About.com

1. Smiling Makes Us Attractive

We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away -- but a smile draws them in.

2. Smiling Changes Our Mood

Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. Smiling can trick the body into helping you change your mood.

3. Smiling is Contagious

When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you.

4. Smiling Relieves Stress

Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action.

5. Smiling Boosts Your Immune System

Smiling helps the immune system to work better. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling.

6. Smiling Lowers Your Blood Pressure

When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

7. Smiling Releases Endorphins, Natural Pain Killers and Serotonin

Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

8. Smiling Lifts the Face and Makes You Look Younger

The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day -- you'll look younger and feel better.

9. Smiling Makes You Seem Successful

Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.

10. Smiling Helps You Stay Positive

Try this test: Smile. Now try to think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that Life is Good! Stay away from depression, stress and worry by smiling.



officeinformation

Sonoma Smiles

Wayne Sutton, DDS

1330 Medical Center Drive, Suite 1
Rohnert Park, CA 94928-2901

Office Hours

Mon-Thurs 7:10 am - 4:00 pm

Contact Information

Office (707) 585-2555

Fax (707) 585-3704

Email waynesutton@sbcglobal.net

Web Site www.sonomasmls.com

Office Staff

Debbie..... Front Office Coordinator

Tina Patient Care Coordinator

Kelly..... Office Administrator

Debbie..... Registered Dental Hygienist

Heather Registered Dental Assistant

Ashley Registered Dental Assistant

www.springstoneplan.com

Checks

CapitalOne healthcare finance™

