

FROM THE DENTIST

LVI Dentists

What does it mean?

LVI Las Vegas Institute for Advanced Dental Studies teaches the



most up to date techniques for porcelain inlays and onlays, cosmetic fillings for back teeth, as well as complicated situations where veneers or full mouth rehabilitation are necessary. These more complicated techniques are founded in what we call *Neuromuscular Dentistry*, where we place the bite in the optimal position for comfort and durability of the restorations. This is accomplished using special electromyography software and equipment.

There are approximately 40 dentists in Calgary that have some level of LVI training from the most basic to more advanced. I am proud to say that I have personally had the most advanced LVI training of any dentist in Calgary. If you are contemplating more advanced levels of restoration for your mouth it is important to have a proper diagnosis and treatment plan.

Mention any concerns you may have the next time we see you, or schedule a consultation so we may provide you with the most comprehensive care available.

- Dr. Michael Popp



The Smile Makeover

These days, it is easy to find a variety of products and services to enhance your appearance, from cosmetics and fragrances, to health and fitness items. A more youthful appearance can also be achieved by means of various procedures performed by a dermatologist or cosmetic surgeon. The popularity of these procedures is greater than you might even realize, simply because the best results appear so natural.

This is also true of cosmetic dentistry or the *smile makeover*, which has gained increasing popularity in the last fifteen years. With the introduction of improved dental materials and bonding techniques, people do not notice the best smile makeovers because the new smile looks so naturally beautiful. Friends may sense that something looks great but are not sure what it is ... *did you change your hairstyle?*

Studies have shown that after the eyes, the mouth is the second place people look when having a conversation. A fabulous smile can help you make your very best first impression! Other studies have shown that people perceived to be attractive tend to make friends more easily and are more likely to succeed in their careers.

So what can a *smile makeover* accomplish? Unsightly stains can be removed, teeth can be whitened, and gaps, chips, crowding, and the shape of teeth can all be corrected.

Some situations require more than a simple correction in order to achieve natural beauty. For instance, widening teeth in order to close a large gap may make the



BRITE SMILESM

Associated Teeth Whitening Center

widened teeth look too square. Idealizing width/length tooth size ratios, as well as other tooth contours can help create a very natural appearance.

In addition to the cosmetic advantages, your dental and general health can also be improved by cosmetic dentistry! By ensuring your smile is balanced and healthy, your front teeth are protected from chipping, and your back teeth from wear. In fact, because the jaw joint is so close to many nerves that pass by it, related ailments including headaches and tiredness can be dramatically reduced. Studies have shown that simply *smiling* more can improve your health!

If you feel that a *smile makeover* may help *you* smile more, give us a call to arrange a consultation.



A fabulous smile can help you make your very best first impression!



Thank you for all your referrals - we appreciate them!

Crown Lengthening

Most people know that cosmetic dentistry involves creating an attractive smile. They often think that means taking care of *teeth*: their shape, color, and the restoration or replacement of damaged or missing ones. But creating an esthetically pleasing smile actually involves *three* components: the teeth, the lips, and the *gingivae* or gums.

Individuals with a “gummy” smile may have a perfectly healthy mouth and attractively shaped teeth, but the impact of their smile is diminished by an excessive amount of gum tissue. Cosmetic dentists think of the lips as a frame for our smiles, with an ideal lip line that shows the teeth in their entirety plus a little bit of gum. Excessive gingival tissue can distort this symmetry, make teeth look smaller or shorter, and more square by comparison.

Cosmetic dental techniques can be used to create a more natural, more proportioned smile simply by removing excess gum tissue.

We would be happy to discuss options that are best for you.



Silent Pictures

If you collect unusual phrases, here's one for you: *zygomatic smile*. That's the *big* smile.

It's the one that curves up the corners of your mouth and crinkles the corners of your eyes. It's a true smile of happiness. It makes us feel good – the sender and receiver both. If you can't remember the last time you smiled like that, cosmetic dentistry could be what you're looking for.

We've long known that non-verbal communication is crucially important for the human species. Experts believe that what we say without speaking is more trustworthy than the words we use. But sometimes we're our own worst enemies. We override our natural impulse to smile because we're ... well ... embarrassed about how it looks. Hiding our teeth doesn't just cancel our smile – it sends out a totally different message. Compressed or down-turned lips can communicate anger, dislike, grief, or sadness.

Cosmetic dentistry is a growing industry: whitening procedures have increased by 300% in the last five years. That's because more and more people know that their smiles

communicate who they are. It's also because there are many non-surgical, non-intrusive procedures that can resurrect your smile in as little as one visit.

Whitening can lighten discolored teeth, tooth-colored composite can replace darkened fillings, and crowns can restore damaged teeth. Veneers correct gaps, and crooked or chipped teeth, and bridges and implants replace missing teeth. Gum sculpting makes teeth look longer and re-proportions your smile. Orthodontics straightens teeth and closes gaps.

Giving a smile can feel as good as getting one. We welcome a consultation to discuss your smile with you!



dentistry's bright future

Many adults will suffer tooth loss in their lifetime. When teeth are lost through extraction, periodontal disease, or inherited traits, bone loss can occur. Over time, with the combination of tooth loss and bone loss, the proportions of the face can alter, bringing the nose and chin closer together. This creates an overall appearance of sadness, and limits our ability to chew properly or to speak clearly. Restorative procedures like implants or even dentures can require bone grafting or guided bone regeneration first, to create a more stable supporting structure. Scientists are working to inhibit bone loss, but

the puzzle remains unsolved.

Still, the future looks bright as a number of exciting scientific advances are being made in bone regeneration. Scientists are experimenting with adult bone marrow stem cells to grow new bone, and are also trying to identify all the components of bone formation to create a designer blueprint. Another approach involves using proteins that occur naturally in the body. Scientists have already had some success with human subjects.

It's just a matter of time before an exciting new wave of treatments arrive, because along with science, we're on your side!

science is on our side!

Reach For The Stars!

Modern cosmetic dentistry can

give you a stellar smile!

If you were given the moon, would you ask for the stars? Probably. Most of us feel naturally compelled to strive for more ... to *be* better ... to *feel* better about ourselves. For some of us, the quest for self-esteem can even lead to fame and fortune.

If the celestial stars feel just too far from reach, then you might want to reflect on the glory of some luminaries who are closer to earth. Many of today's celebrities have fulfilled their personal dreams - maybe that's one of the reasons we like to emulate them. Some of the most coveted smiles belong to leading lights like Julia Roberts, Halle Berry, and Jennifer Lopez, George Clooney, and Mel Gibson. In the celebrity couples category, Will Smith and Jada Pinkett Smith, and Brad Pitt and Jennifer Aniston are considered the tops!

We know that positive self-esteem is powerful. When combined with a sense of personal control, it can make

us less susceptible to illness. It allows us to look outward and feel more concern for others. With self-esteem *and* personal control, the sky really is the limit!

Taking control means taking action - making the changes that allow us to feel more accepting of ourselves. Cosmetic dentistry offers numerous

options that can improve both the appearance and the function of our smiles. Many people have inherited a family feature like a receding chin or genetically missing teeth. These traits can become barriers to self-esteem, and it is easy to assume that they are inevitable. This is not the case.

With the help of modern cosmetic dentistry techniques, we can re-sculpt a stellar smile.

Cosmetic dentistry is no longer the exclusive preserve of the rich and famous. Treatments are faster and financially more accessible than ever before. Your smile will look so natural that your friends won't be sure what's changed.

Dare to reach for the stars, and call us today for your VIP consultation.

Dental Implants

More people than ever before are choosing dental implants as the preferred tooth replacement therapy. According to an American Dental Association survey, the average number of surgically placed dental implants has increased by almost 50% in the past five years. That's because people are discovering that implants not only feel secure and stable, allowing them to speak and eat clearly, but they look so natural as well. And there's another bonus - because they help to prevent bone loss, implants can help to maintain a more youthful appearance.

Implants are based on sound science. They have withstood the test of time, and the procedure has been continually refined and improved since they were first invented in 1952. A titanium post will be placed into the bone to support a single replacement tooth, or a frame for several, beneath your gum. The post will become biologically fused to your jawbone. The replacement tooth will then be secured to this implanted post, leaving you with a natural-looking and fully functional smile.

Call us today to see if you are a candidate for this exciting and popular procedure.



Cosmetic Veneers

Create that perfect smile

Veneers recreate your smile by concealing damage or defects on the fronts and sides of your teeth. They can correct the appearance of stains, chips, breaks and cracks, oddly shaped teeth, permanently discolored teeth and unsightly fillings.

What are they? Veneers are very thin but strong, custom-made shells that are permanently bonded to your teeth. They are usually made of porcelain, come in just about any shape and size.

invisalign®

Talk to us about teeth whitening and invisible braces.



What are the advantages? Veneers are an alternative to crowns and resin fillings. Although crowns and resin are still the best choice in some cases, veneers have some important advantages. Only a small amount of natural tooth needs to be removed to attach a veneer. The end result gives the tooth a healthy, natural look!

Veneers do need some special care. They aren't recommended for people who grind their teeth or who have severe bite problems. They don't take kindly to opening bobby pins, and they need diligent home cleaning to stay looking as good as new.

How are they prepared? Veneers are attached directly to your existing teeth. We make an impression or replica of the tooth that is being

treated, and use the impression to custom design the veneer. During your veneering appointment, your teeth are conditioned with a mild solution. A tooth-colored glue helps adhere the veneer to your natural tooth and is hardened with a high-intensity light.

With proper maintenance, veneers can last for years, and in some ways they are even better than human enamel. Call our office today because even a subtle smile enhancement using veneers can make an exceptional difference in the way you look and feel!

OFFICE INFORMATION

Marlborough Dental Centre
Marlborough Mall
Dr. Michael Popp
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Calgary, AB
T2A 2K2

Office Hours

Monday	9:00 am	–	9:00 pm
Tuesday	9:00 am	–	9:00 pm
Wednesday	9:00 am	–	9:00 pm
Thursday	9:00 am	–	9:00 pm
Friday	9:00 am	–	9:00 pm
Saturday	9:00 am	–	6:00 pm
Sunday	10:00 am	–	3:00 pm

Contact Information

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*24 hour emergency service
Your trust and confidence are so important to us that we have included four *Referral Reward Cards* that you can give to friends to bring on their first visit. Make sure they mention your name when they make their first appointment! After all, what's a little name-dropping between friends? Thank you for your confidence.



The K7 Myotronics System

We're proud to announce that our practice now has the state-of-the-art *Myotronics K7* technology. The K7 CMS (Computerized Mandibular Scanner) and the K7 EMG (Surface Electromyography) allows us to study the pattern of jaw opening and closing through its full range of motion and in three dimensions. We can then determine with amazing precision the optimal jaw position.

How are the tests conducted? The tests are strictly "non-invasive" – there are no injections and there is no pain. To do a K7 CMS, a tiny magnet is applied to your lower gum with sticky tape. You then wear very lightweight headgear much like you would wear a pair of glasses. Sensors on the headgear precisely follow the path of the magnet as you open and close your mouth, and send the three-dimensional information to the computer as your jaw opens and closes.

Muscular activity is monitored with the K7 EMG, a technology very similar to an electrocardiogram. Thin wires are attached to the skin by adhesive

patches. Tiny electrical signals emitted by your muscles are detected and sent to the computer.

This gives us what we call your baseline data. We may then connect you to the *Myomonitor*, a mild, battery-operated electrical muscle stimulator, again by means of wires attached with

adhesive patches. The *Myomonitor* will painlessly exercise your facial and jaw muscles which overcome the "programming" of your muscles and allows them to achieve a truly relaxed state. After about 45 minutes, the same tests will be repeated to gather data in this relaxed state. All baseline and relaxed data are stored in the computer. We can now

compare the two to determine if your jaw is presently in a near-optimal position, or whether your jaw position should be adjusted.

If you have any symptoms of TMJ, please come and see us as soon as possible. Our "new millennium technology" and caring staff are always here to help you.

