

Dr. James H. Arnold's SMILE REVIEW

Summer 2005

Spectacular Service And Exceptional Dental Care!

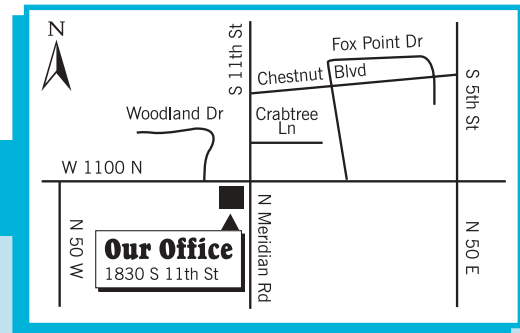
It's not often that the expression "indulge yourself" is used to describe a visit to the dentist. We use this expression with our patients every day because we make your trip to the dentist a *pleasure!* You will enjoy a wide range of amenities designed to pamper you. In our spacious reception room, we offer hot and cold beverages and freshly baked bread. Our practice is filled with the scents of aromatherapy candles and fragrances to make you feel as if you're entering a spa.

In our treatment rooms, we offer paraffin hand dips, warm herbal neck wraps, and the DVD movie of your choice. To *further* increase your comfort, each of our chairs is equipped with a multi-function massage pad, and

warm blankets are available. Our treatment rooms offer wonderful views of our birdfeeders, which attract a wide variety of beautiful birds. You'll forget that you're *in* a dental office!

Our fantastic team is well-trained to provide you with, gentle, excellent care, utilizing all of the latest technological innovations, materials, and techniques. We *even* provide sedation dentistry for fearful patients or those who would like to have lengthy appointments completed while they snooze. We've eliminated just about *every* excuse that you've ever made for not visiting us.

Learn more about us at
www.smilesbyarnold.com



Office Information

Teeth Whitening Special!

now
\$99
*new patients only

Regularly \$376
You can have a
brighter smile for
\$99!

Offer ends: September 30th, 2005

James H. Arnold, DDS, FACE
Professional Complex of Chesterton
1830 South 11th Street
Chesterton, IN 46304-9381

Web site www.smilesbyarnold.com

Office Hours

Mon & Tue 7:30 am – 5:30 pm
Wednesday 7:30 am – 2:30 pm
Thursday 7:30 am – 12:30 pm
Fri & Sat *By Appointment*

Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Laser dentistry
- ❖ Cosmetic veneers
- ❖ Crowns & bridges
- ❖ Drill-less dentistry
- ❖ Tooth-colored fillings
- ❖ Porcelain & composite inlays
- ❖ Tooth whitening
- ❖ Committed to excellence in dentistry
- ❖ Visa, MasterCard, Discover, CareCredit, Dental Fee Plan, and checks welcome



**Call Today! (219) 926-5445 or
Visit us online at www.smilesbyarnold.com**



Best Smile Forward

Let dentistry help you create an impression

Whether you're dressed to the nines or standing around the barbecue, your smile is the *very first thing* people notice about you. There's just no question that smiles make a big impression on people. Cosmetic dentistry can make sure that it's the right one.

One of the most common smile dimmers is virtually unavoidable. It's called *Life*. Just eating and drinking can stain your teeth. Period. Some foods and beverages have a worse reputation than others. Coffee, tea, red wines, and berries are notorious smile sulliers. Then of course, there's smoking. Dentists call these *extrinsic* stains. They affect only the enamel surface of the tooth, and are easily remedied by teeth whitening.

Teeth whitening can be done reliably and conveniently in a number of ways. Your dentist-supervised whitening program will be customized to ensure

the whitening product is right for you.

If you have *intrinsic* staining, you probably know it. It's discoloration within the tooth which is permanent. There are a number of non-surgical solutions, but by far the most popular is veneers.

Veneers are paper-thin, ultra-strong translucent shells that are applied to the surface of one or more teeth to both whiten and re-shape your smile. They can also be used to close gaps, correct chips, or smooth out a crowded-looking smile.

We have many tried and true smile solutions! Let us help you put your best smile forward.

Tired Of Snoring?

It doesn't have to affect your daily life

Think of snoring and what do you see? Probably an overweight, middle-aged man. For this group, researchers have found a link between sleep apnea marked by the cessation of breathing for up to several seconds and the risk of stroke. Many people are surprised to find that whole families including young children snore. And did you know that virtually all North Americans associate sleep loss with impaired work performance? One solution may be a well-made, well-fitted dental appliance to reduce or eliminate snoring, and relieve symptoms related to sleep apnea.

Are you savvy about snoring? Try our quiz below!

True or False



Over 50 million North American adults snore. **T** or **F**

About 20% of children snore on a regular basis. **T** or **F**

Up to 30% of those who habitually snore have sleep apnea. **T** or **F**

Chronic snorers can benefit from treatment. **T** or **F**

Snoring by a spouse or partner is the leading reason for sleep loss. **T** or **F**

Answers: All of these statements are true.

Do I Have Cracked Teeth?

A dentist can help

How Would I Know?

- Teeth hurt upon biting, and pain disappears right away;
- Cold or hot drinks cause sharp and immediate pain.

How Does It Happen?

- Years of biting down on hard objects;
- Teeth clenching and grinding;
- Accident that affects the mouth;
- Stress on heavily filled teeth.

How Are Cracked Teeth Treated?

- Craze lines, the tiny cracks that affect only the outer tooth enamel, cause no discomfort and require no treatment, but they can be hidden with cosmetic veneers.
- Deeply cracked teeth may require crowns to reinforce the tooth's structure, or root canal treatment if dental pulp is affected.

Stellar Smiles

Consider fast, accessible cosmetic dentistry

Star light, star bright, first star I see tonight ... A poignant reminder of childhood longing, this 19th century American nursery rhyme resonates with wishes past. Fortunately, grownups in the 21st century can make their own dreams come true. And for many, number-one on the wish list is a stellar smile.

It's hard for men and women to admit that their confidence is still affected by an inherited trait like an obvious overbite or genetically discolored or missing teeth. But 21st century cosmetic dentistry has solutions

that can truly transform and restore that confidence!

Non-surgical dental procedures can create smiles that are so natural looking that your friends will definitely notice the difference, but they won't be sure what's changed!

Cosmetic dentistry treatments are faster and financially more accessible than ever before. But only you can decide whether simply whitening your smile will make your wish come true, or whether a complete smile makeover is the key. Call your dentist and help make your inner star shine brighter.



Before & After



Restore your confidence! Worn-down, misshapen, or too-small teeth can be recontoured to esthetic harmony with natural-looking and translucent porcelain veneers that add a bright new glow to your smile.

Nourish Your Smile...

With a well-balanced diet



Eating correctly not only reduces the risks of diabetes, heart disease, and being overweight, it benefits your *periodontal health*. Here's how:

- Diets low in important nutrients weaken the immune system's ability to fight off infection.
- *Periodontitis* is a bacterial infection that destroys the tissues and bone that support the teeth.
- Calcium builds bone density in the alveolar bone that supports the teeth.
- Men and women who have insufficient calcium are almost twice as likely to have periodontal diseases – particularly young adults in their 20s and 30s.
- Vitamin C plays a role in maintaining and repairing healthy connective tissue.
- Patients who consume insufficient vitamin C risk developing severe gingivitis and red, swollen, bleeding gums.

Adequate nutrition and regular dental care are important steps on the road to periodontal health.

Dental Diet Tips Maintain your weight and your oral health

- Brush your teeth right after meals to keep from snacking beyond being satisfied.
- Drink water to curb your appetite, to avoid excess calories and carbohydrates, and to keep your mouth fresh.
- Chew sugarless gum while cooking so "sampling" doesn't turn into snacking.
- Get your teeth cleaned professionally ...regularly. You'll enjoy the clean look, feel, and taste so much – you won't want to stain them!



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Eliminating Dental Fear

If going to the dentist is one of your greatest fears, you need to know that you're not alone. Dr. Arnold treats patients who have a lot of fear of going to the dentist. He and his team *understand* your fear. He simply gives fearful patients a small pill to sedate them so that they are *totally* relaxed. He corrects years of painful and embarrassing problems with their teeth in just one appointment.

In his office, you will *never* be lectured to or made to feel guilty about past bad habits concerning your oral health. You wouldn't *think* of having your tonsils or appendix operated on without being sedated, why should complex dental problems be any different?

To end your discomfort or enhance your smile call Dr. Arnold today! Ask us about our other amenities that will make you *forget* that you're in a dental office!

Call Today!
(219) 926-5445
www.smilesbyarnold.com



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Sensational Smile Makeovers!

Your smile is one of the first things that people notice about you. Most Americans agree that your smile can have an influence on professional success and personal relationships. It can project many things, such as self-confidence, joy, and good health. A beautiful, healthy smile can have a tremendous impact upon how others view us.

As we get older, our smiles often reveal worn, discolored, chipped, or missing teeth that can add years to our appearance. Cosmetic dentistry can help people to look younger and healthier in just a few visits. It can improve one's *overall* appearance dramatically!

Our awesome dental team *loves* helping people to enhance their natural beauty! In fact, **Dr. Arnold teaches other dentists from around the world how to perform dramatic Smile Makeovers with the prestigious Hornbrook Group.** Our team utilizes cutting-edge technology, techniques, and materials to help you look your best.

The new smiles featured below are just a few of the *many* smiles that we have helped to transform. Please visit our website at: www.smilesbyarnold.com to see more examples of our work and to get to know us better.

Call us today at **926-5445** to make an appointment for a **Free Cosmetic Consultation** or just stop in to say "hi"!



Dentistry and photography performed by Dr. Arnold

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