



DR. JAMES H. ARNOLD'S

SMILE REVIEW

Winter 2005

Hello and Happy New Year To Everyone!

As the holidays draw to a close, we would like to take the opportunity to thank all of our loyal patients for their continued patronage and wonderful friendships. We thank you for making 2004 a truly wonderful year!

We look forward to welcoming new friends to our dental family

Looking ahead to 2005, we continue to focus on providing the highest quality dental care and best possible customer service. We strive to make your dental experience as enjoyable as possible, utilizing some of the most advanced technology and techniques available including:

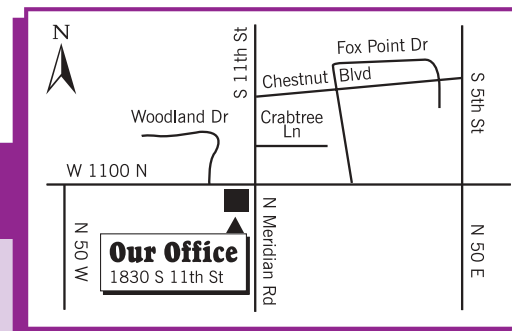
- Water laser technology
- Tooth colored fillings – Often without

- the drill or anesthetic
- Laser assisted cavity detection
- Porcelain veneers made by some of the best ceramists in the country
- Zoom!™ Whitening – One-hour, in-office

In addition, we offer a wide range of amenities designed to pamper you. Our spacious waiting room has freshly baked bread every day, as well as hot and cold beverages. While your dental work is being done, you'll enjoy soothing massage pads, paraffin hand dips and herbal neck wraps. We invite you to take a virtual tour of the office on our web site at www.smilesbyarnold.com.

Here's to a healthy and prosperous New Year! We look forward to welcoming new friends to our dental family.

*Best Wishes,
Dr. James H. Arnold*



Office Information

We Welcome New Patients!

Teeth Whitening Special!



You can have a brighter smile for free!

Offer ends: April 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*

Call Today!
(219) 926-5445

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





Get Back On Track

Eating PATTERNS

Eating patterns often resemble rollercoaster rides! When meals are skipped or rushed and caffeine and snacks are substituted for food, your body becomes a metabolic rollercoaster with screaming energy highs and crashing energy lows. The only way to get off the carnival ride is to stabilize your glucose (blood sugar) level.

Most food is broken down into glucose, a form of sugar in the blood that is your body's main source of fuel.

Foods high in fat or protein don't create significant fluctuations in glucose levels, but complex carbohydrates like those in baked potatoes or pasta can. The important variable is how fast a carbohydrate turns into glucose, triggering a rise in blood sugar levels – the faster the conversion, the more intense the response. Check out the comprehensive glycemic indexes on the Internet!

You can coast through your day instead of careening out of control. Include all types of foods in your eating plan, and try eating nuts or cheddar cheese when you need to graze instead of craze.

Don't Hide Your Smile!

Dental implants can restore your confidence

Anyone who has ever suffered from tooth loss can tell you about the embarrassment of constantly hiding their smile and about the social awkwardness that accompanies difficulty in speaking and chewing. Dental implants could be the answer. A dental implant is an artificial root to which an artificial tooth is attached. An implant can replace one or more teeth or permanently support a bridge or denture.

Here are some of the proven benefits of dental implants.

Improved Appearance: Dental implants look and feel just like your own teeth, so no one will know unless you tell them.

Improved Self-Confidence: An attractive, natural-looking appearance, plus the ability to speak and eat normally and comfortably will have you smiling again!

Improved Oral Health: Dental implants actually preserve bone tissue, and the procedure is considered non-invasive because it does not affect the surrounding teeth.

Reliability: Dental implants have had a proven track record for more than 35 years, and are an excellent option for tooth replacement.

If you are in good general and oral health you may be an excellent candidate for dental implants – no matter what your age!



Toothpaste What's the attraction?

Here's a guide to the many types of toothpastes available. Remember ... whatever toothpaste you choose, make sure you brush at *least* twice a day!

Multiple-purpose – resists the buildup of tartar (the hardened plaque that can lead to gum disease) and resists cavities by remineralizing and strengthening your teeth. These products may also have antibacterial qualities, freshen breath, and some contain fluoride.



What Is Cosmetic Dentistry?

Cosmetic dentistry is the art and science of enhancing smiles. Procedures can range from the simple, like teeth whitening, to the complex, like a complete smile makeover that improves both appearance and function.

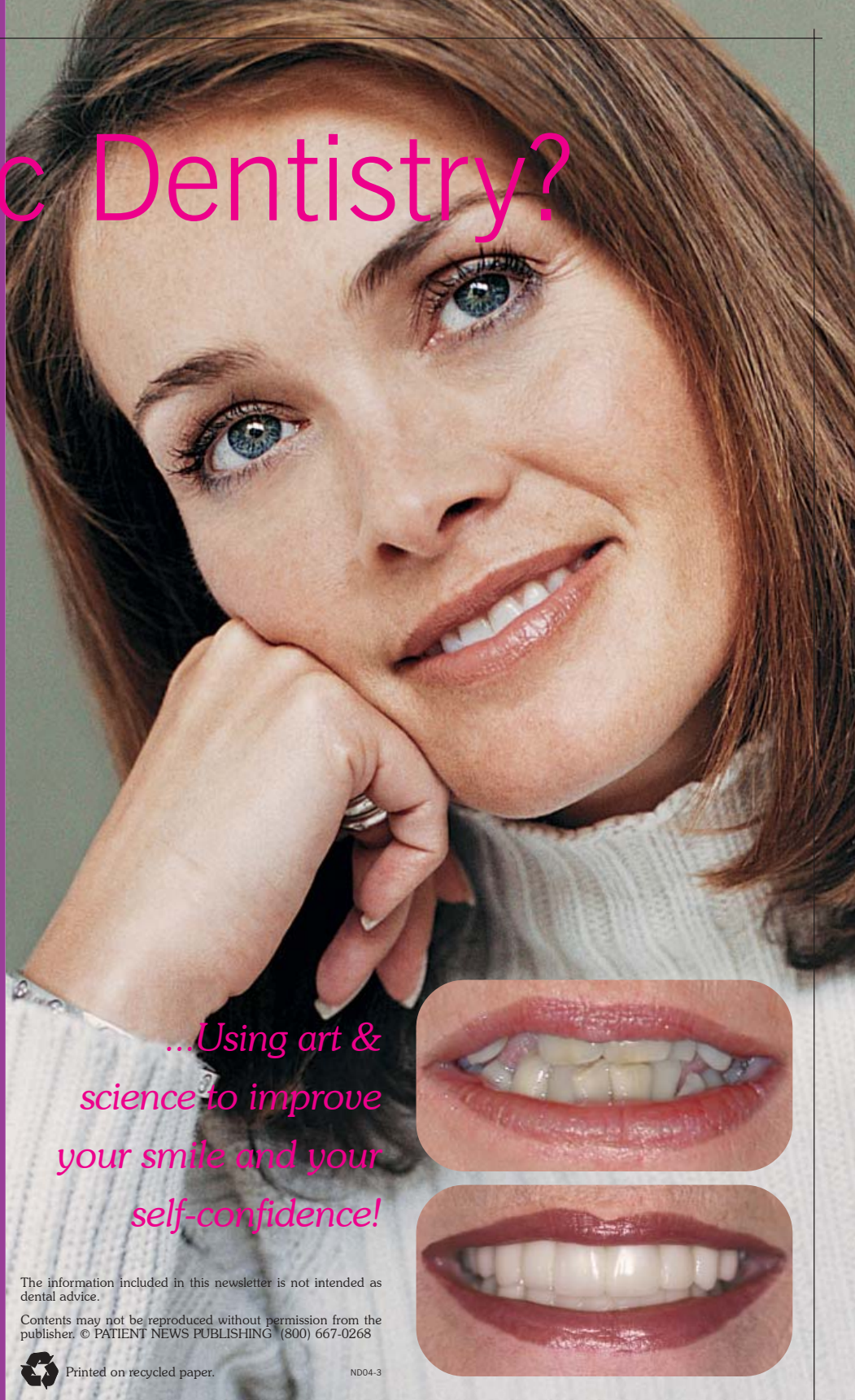
Non-surgical techniques can transform your smile, enhance your appearance, and build your confidence. Stained, chipped, or misshapen teeth can become a thing of the past. Cosmetic dentistry can restore balance and harmony to your facial features, and even plump out fine lines to make your lips appear fuller.

In short, today's cosmetic dentistry offers you more ways than ever to smile with self-confidence.

The mutually compatible desires to look good and to be looked at are completely natural. And we know that the human perception of beauty is inborn, and that symmetrical features are regarded as universally beautiful. The desire for an attractive appearance is more deeply seated and more natural than previously thought.

Individual appeal is based on experience, learning, and personal taste. But looking good, and knowing it, is part of the total human experience.

Let cosmetic dentistry help you to look good. Non-surgical procedures like teeth whitening, white fillings, bonding, and veneers can improve your smile, your appearance, and your self-confidence! We would be happy to explore your options with you.



...Using art &
science to improve
your smile and your
self-confidence!

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Fluoride – strengthens tooth enamel. These toothpastes are particularly useful in regions without fluoride in the water system.

Antibacterial – can control mild superficial inflammation of the gums (*gingivitis*) by reducing levels of bacterial plaque.

Desensitizing – can help decrease tooth sensitivity to hot or cold. *You should have your sensitivity checked by the dentist first, to be sure it is not the result of a more serious problem.* **Whiteners** – may make teeth appear whiter, but may be abrasive on tooth enamel if used incorrectly. Talk to the dentist who can provide safe, simple, convenient teeth whitening that will last.

Of course, if you have any questions about the toothpaste you are using, ask us!

Overcoming Dentalphobia With Sedation Dentistry

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. Jim Arnold today at **926-5445** or visit his web site at www.smilesbyarnold.com.



Transforming Lives One Smile At A Time!

Your smile is one of the first things people notice about you. It can project many things ... self-confidence, joy and youth. You can't overestimate the importance and impact a beautiful smile can have on your life.

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

Our dental team routinely transforms average smiles into beautiful smiles. Often this can be accomplished in one or two appointments. We utilize all of the latest technology, techniques, and materials to help you look your best. Our aesthetic services include:

- Porcelain Veneers
- Full Mouth Rehabilitation
- Cosmetic Bonding
- Dental Implant Restoration
- Aesthetic Bridges

Call us today at **926-5445** to make an appointment for a Free Cosmetic Consultation or log onto our web site and view our Smile Gallery at www.smilesbyarnold.com.



Decayed teeth before & after



Worn teeth before & after

Dentistry and photography performed by Dr. Arnold

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