

# Dr. David Mitchell

# Word *of* Mouth

Spring 2006

## People Will Look

### Get ready to smile back with cosmetic dentistry

People really do look at your mouth first. That's got to impact your self-consciousness meter ... but that can be a good thing! With these cosmetic dental procedures, we can help you to feel great about your smile – and your oral health - every time you catch someone smiling back at you!

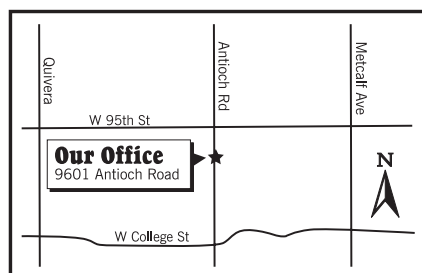
The most popular treatments are all but invisible, very patient-friendly and can improve your smile without surgery and in only one or two visits...

- Replace unattractive stains and discolorations with a pleasing and radiant smile by teeth whitening.
- Say goodbye to dark, outdated silver fillings and match your natural tooth enamel with white composite, porcelain, cast glass, or resin inlays and onlays.
- Improve the appearance and proportions of teeth that are stained or

chipped, or that overlap or are uneven, with cosmetic veneers. Veneers are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. They can be designed to improve the proportions of your smile.

■ Strengthen and renew the appearance of teeth that have had root canal treatment or extensive repair with a natural-looking crown that fits over a tooth to restore its normal shape, color, and function.

■ Recapture your confidence by replacing missing teeth with implants. They can be an esthetically pleasing alternative to dentures and bridges that will allow you to eat, speak, and socialize naturally. Replacing missing teeth can prevent future problems with shifting that can affect your appearance.



## Tooth Whitening Special!

**\$100 off**

You can have a whiter, brighter smile to start the year!

In-office or take-home available.

Offer ends: June 30th, 2006.

**David M. Mitchell, DDS, PA**  
9601 Antioch Road  
Overland Park, KS 66212-4061

### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 8:00 am – 5:00 pm

**Email** [david@opsmiledr.com](mailto:david@opsmiledr.com)

**Emergency** (913) 634-1066

### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Cosmetic veneers
- ❖ Crowns & bridges
- ❖ Porcelain & composite inlays
- ❖ Invisalign®
- ❖ Nitrous oxide sedation
- ❖ Payment plans available



**New Patients Welcome!**  
**Call Today! (913) 383-2343**

# Yogurt and Bad Breath

According to research, sugarless yogurt can help beat bad breath, tooth decay, and gum disease. How? The active bacteria reduces levels of odor-causing compounds such as hydrogen sulfide in the mouth and at the same time, lowers the readings of plaque and gum disease in subjects.

Hard to swallow? Consider that two Australian scientists won the Nobel Prize for a discovery that revolutionized research. In 1982, they proved that painful stomach and intestinal ulcers were caused by bacteria, and not by stress. Since then, microbes have been linked to many systemic inflammatory diseases and gum disease.

Nothing can replace good dental care, but if a natural, widely accessible, sugar-free product like yogurt can help, we're all for it!



## Gourmet or Gourmand?

*If you enjoy preparing gourmet foods & beverages, then chances are you are a gourmand too...*

...In fact, doesn't everyone love eating and drinking fine cuisine? The pleasures of drinking fine gourmet coffees and distinctive teas are also about more than just good taste: the rewards include lingering social exchanges. Sadly, savoring the flavor can cost your best social smile! Tannic acid can etch into your tooth enamel, and wine, blueberries, and other foods can stain teeth. Don't worry – dentistry has smile solutions you'll like.

our supervision. You can have your smile back in a matter of days.



### **Bonding can cover the deepest stains!**

Using a special tooth-colored material that is bonded directly onto your teeth, we can also rebuild damaged teeth or make cosmetic improvements to your smile, including replacing old silver fillings. Bonding is so natural-looking, only we will know the difference!

The best way to discover which smile brightening option is right for you is to go to the dentist for a consultation. Factors like your age, oral health, budget, and lifestyle will be taken into consideration.

Whether you're a gourmet or a gourmand, you can continue savoring the flavor.

### **Teeth whitening may lighten your teeth up to eight shades!**

The procedure involves the lightening of dental discoloration by application of a safe, reliable, and predictable whitening agent under

## EXPLODING ANOTHER MYSTERY

Why do some popcorn kernels pop while others don't? The answer is that good popcorn holds its moisture while bad popcorn releases moisture like water through a sieve. If you've ever cracked a tooth or gotten a kernel caught between them, then you know that this is science that could matter. But there's more you need to know about corn and your dental health.

According to nutritionists, consumption of high-fructose corn sweeteners (HFCS) has increased by more than 1,000%. HFCS are cheaper and nearly twenty times sweeter than table sugar, and are used in:

**Soft drinks ... fruit juices ... baked goods ... canned fruits ... dairy products... cookies ... gum ... jams and jellies...**

So don't be fooled. Your best defense is making educated choices combined with a consistent and effective home care routine and regular dental visits.

# Go The Distance

If you are in the public eye or just the apple of someone's eye, cosmetic veneers can really take you the distance. Long-lasting veneers can whiten teeth that have been badly stained or damaged, PLUS they can camouflage many other flaws. When veneers are sculpted to alter the proportions of your smile, they also re-proportion the lower third of your face, improving its esthetic balance. All this can be found at the dentist's office!

In only one or two visits, without surgery or orthodontics, veneers can...

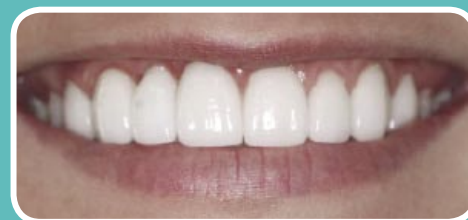
- Repair chips;
- Cover stains and fillings;
- Close gaps between teeth;
- Recontour your gumline;
- Widen your smile to fill in the gaps at the corners of your mouth;
- Plump up your lips and the fine lines that accumulate from time or smoking.

There's more to veneers than esthetics. It's true that veneers are so thin that they reflect light like your natural enamel, but they are also so strong that they can actually strengthen your teeth. In addition, they resist bacteria, contributing to oral health.

Cosmetic veneers, the perfect blend of science and artistry, are only a phone call away. Durable, reliable, and long-lasting ... they go the distance!



**Veneers...** blend space-age technology with traditional artistry. Customized veneers improve and enhance your smile by camouflaging flaws, improving color, and re-proportioning your teeth and gums.



## A Sticky Subject

Surfactants make it harder for bacteria to stick

The term *surfactant* was coined from SURFace ACTive AgeNT. The slippery chemistry of these substances makes it harder for bacteria to stick to surfaces... including your teeth and gums. Surfactants have been added to dental mouthwashes, teeth whitening products, toothpaste, impression materials, and even adhesives for veneers.

This is great news. Any method that science can use to keep tooth and gum surfaces bacteria-free is very welcome. Why? Gum disease, the leading cause of tooth loss among adults, is caused by a biofilm of bacteria that live in the mouth and on tooth surfaces. Other bacteria in this biofilm cause cavities.

It is our pleasure to use products and techniques, and to recommend home care routines and products, that can help you to reduce oral bacteria!



# Bye Bye Metal!

## Invisible braces

Orthodontics involves gently pushing your teeth into place over months or years. Today, about one in five orthodontic patients is between twenty and sixty years of age.

We're excited to introduce invisible braces, a revolutionary technique that has brightened the smiles of thousands! They use a series of clear, removable aligners to straighten teeth. They are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll spend less time in our office having adjustments! Because the aligners are removable, your daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

Ask us how invisible aligners can help give you the smile you've always wanted!

### Invisalign® Special!

**\$300**  
off

If treatment begins before June 30th, 2006



# Community Counts

## What you can look forward to...

Dear Neighbor,

There's a good possibility that we're exactly right for one another. As you know, the need to feel comfortable with – and confident in – your family dentist is very important. You see, we care a lot about this community and we are extremely proud of our reputation as providers of dental care. That's why we'd like to share some of our team's background and values with you.

During the years that we have practiced here, we have been proactive in ensuring patient-centered, preventive, minimally-invasive dentistry. Oral health has an impact on overall health. When we actively support people in overcoming their dental fears, teach them about preventive care, and provide non-surgical and minimally-invasive treatment, we know that we are contributing to the well-being of our community.

Meeting the needs of patients in the most beneficial, satisfactory, and cost-effective way is an integral part of our practice philosophy. That's why we believe that the best patient is an educated, informed patient, and why we are committed to ensuring choice in treatment options. Dental technology has made such significant strides that even very anxious patients can look forward to comfortable dentistry.

We look forward to meeting you and your family ... and hopefully developing a long, mutually beneficial relationship. Our team will be happy to answer any of your questions. You'll discover that we offer the kind of personal attention only a neighbor can give you.

Please stop by our office and have a look at our new renovations. We will be happy to give you a tour of the office and answer any questions you may have.

Sincerely,

Dr. David Mitchell

P.S. We are offering **FREE Cosmetic Dentistry Consultations!** We'll analyze your smile, and discuss what cosmetic dental technique would make you smile more! Please call today at (913) 383-2343. Offer expires June 30th. This consultation could be the best time investment you've ever made!

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