



**DR. STEPHANIE MAPP & DR. GARY SCARLETT'S**

# SMILE FILE

Winter 2008

## You Deserve A Happy Smile!

**Don't be embarrassed to share it**

Think you're alone because you're embarrassed to smile? Embarrassed to visit a dentist? You are not alone, and we understand.

At our practice, we've been able to help other people who are dissatisfied with the appearance of their smile. But smile flaws don't have to negatively influence your business, social, or romantic relationships. No matter what they are, we know that your smile concerns are vital to you.

Dentistry has a solution that will suit your needs whether you are uncomfortable with your smile because you have:

- Stained teeth that require whitening;
- Avoided dental treatment;
- Unattractive decay and gum disease;

- Crooked or uneven teeth;
- Bridgework or dentures that are uncomfortable and conspicuous, or;
- Premature signs of ageing because of visible decay, gum disease, or recession, discoloration, or worn down teeth.

Many people can relate to these imperfections. Whether you need a slight smile lift or a significant smile makeover, we can help you to improve your smile and your appearance ... and boost your self-esteem.

Please call our office for a cosmetic dentistry consultation and let us help you! We'll be happy to answer all of your questions, and show you the simple, safe, and efficient treatment options you can consider. Then you can visualize your bright, smiling future! Don't wait! Call 904-215-3323 today.



Visit us online at  
[www.familysmiles.com](http://www.familysmiles.com)

**Call Today!**  
**(904) 215-3323**

**Dr. Stephanie Mapp**

**Dr. Gary Scarlett**

1515 Business Center Drive, Suite 1  
Orange Park, FL 32003-4401

### Office Hours

Monday 8:00 am – 7:00 pm  
Tuesday 7:30 am – 5:00 pm  
Wednesday 7:30 am – 5:00 pm  
Thursday 8:00 am – 1:00 pm  
Friday closed

**License #DN13848**  
**#DN13685**

### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Crowns & bridges
- ❖ Relaxing & friendly environment
- ❖ Latest in sterilization techniques
- ❖ New patients welcome
- ❖ Evening appointments
- ❖ TVs, videos, & music in treatment rooms
- ❖ Visa, MasterCard, American Express and CareCredit welcome

**YOU DESERVE A BEAUTIFUL SMILE!**

# Take

# 14

## Inventory your smile assets... or liabilities

Beauty is in the eye of the beholder ... and that includes you! If you're conscious of a smile flaw that diminishes your appeal, cosmetic veneers could be for you. Sculpted by hand and completely natural looking, cosmetic veneers can dramatically improve your smile!

### Your Smile Inventory

- 1 Are your teeth dull, yellow, or stained?
- 2 Do you have teeth that overlap?
- 3 Do you have teeth that are crooked?
- 4 Is the line between your middle teeth off-center with your lips?
- 5 Do your teeth have gaps between them?
- 6 Do your front teeth have fillings that don't match?
- 7 Have silver fillings stained your enamel blue or gray?
- 8 Can you see cracks in your enamel?
- 9 Are your teeth edges rounder or more square than you'd like?
- 10 Are your gums higher on some teeth than others?
- 11 Are your teeth too small and out of proportion?
- 12 Are the biting edges of your teeth chipped or irregular?
- 13 Do you have teeth that are different lengths?
- 14 Do your crowns have mismatched colors?

Call us if you can answer "yes" to any of these questions. Veneers could be what you've been waiting for!

# Classy or Sassy?

## Find your ideal

The desire for an idealized appearance didn't just start in modern times. A beautifully proportioned smile has always been an essential aspect of excellence in restorative dentistry. But did you ever wonder where the ideal smile comes from? It is based on Leonardo da Vinci's principle of Divine Proportion. Dentists start with this model to create cosmetic makeovers.

How does inspiration become reality? In Leonardo's day, the physical

characteristics of the available materials limited the results. Today, nothing could be further from the truth. Wonderful materials and techniques can produce your best smile.

Can we help you to discover your ideal? By listening to you, learning your history, and performing an oral examination, we can help you to achieve a cosmetic dentistry smile makeover that harmonizes with your age, health, lifestyle ... and ambition!

*A beautiful, ideal solution!*



*Teeth worn down by grinding*

# Spa Trip Tips

## Take care ... before you go!

Are you interested in anti-ageing strategies? Nothing wrong with that! Looking younger for longer is practically a side-effect of eating right, exercising, and taking care of yourself. And it could explain the trend towards spa and fitness vacations! To make sure you enjoy your healthy-learning holiday, be sure to take care of your oral health.

### Use these useful tips before and during all kinds of vacations...

- Before you go, consider a dental checkup to intercept unexpected pain or infection that could ruin your trip.
- Maintain your home care routine.
- Keep toothbrushes dry to prevent bacteria growth. Alternate between two toothbrushes that are stored in ventilated containers to promote drying.
- Wash your hands before flossing and brushing.
- Don't share toothbrushes with other family members. Oral bacteria can be passed along and potentially spread gum diseases.

# Get Noticed

**Brighten your smile – and smile more!**

Because people notice your mouth first – and you notice them noticing – your smile is *really important* to how you perceive yourself and how you project to others. You can improve your appearance and your self-confidence with whitening techniques that have been designed just for you!

**Teeth whitening is used to erase unattractive stains and discolorations** for a brighter, whiter smile.

What kind of stains? Discoloration caused by food, coffee, tea, tobacco, and ageing can be removed simply, safely, and effectively under the supervision of a dentist! Depending on the chosen technique, you can see remarkable results within weeks ... or hours!

**White fillings are virtually invisible.** They can be made from enamel-colored composites, porcelain, cast glass, or resin inlays and onlays. You can replace silver-colored fillings for a clean, natural look.

**Veneers conceal flaws.** They are extremely thin but strong porcelain shells that are placed onto the front surfaces of natural teeth. They can disguise even the darkest stains from medications, and the bonus is that they camouflage chipped, overlapping, or uneven teeth, and can improve smile proportions.

**Crowns restore natural white color** as well as tooth shape and function when placed over teeth. Teeth that have had root canal treatment or extensive restoration can be repaired and strengthened with a crown.

**Erase your doubts.** You could be an excellent candidate for a brighter, stronger, smile.



**Project  
your most  
confident  
smile!**

## We have solutions

Hormonal changes and lifestyle changes during every stage of a woman's life affect her oral health. Adolescence, pregnancy, and mid-life all increase the risk of gum disease. Diet pills as well as other medications can decrease the flow of saliva which is uncomfortable and increases the risk for cavities and gum disease. Women with eating disorders risk erosion of tooth enamel. Smoking greatly increases the risk for gum disease and oral cancer.

### **What can you do to ensure optimum oral health?**

- Brush at least twice a day and floss every day.
- See a dentist to evaluate and monitor your oral health.
- Tell the dentist about medications or any changes in your health.
- Ask the dentist to recommend the home care products and techniques best suited to your stage of life.

Stage Fright?



# Look! No Braces!

## Invisible braces

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

We're very excited to introduce you to *invisible* braces, a revolutionary technique that has brightened the smiles of thousands of patients. This technique uses a series of clear, removable aligners to gradually straighten teeth. They are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. Because the aligners are removable, your daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to call our office to ask questions or to arrange a complimentary consultation to discover how invisible aligners can help give you the smile you've always wanted!

*We welcome you to arrange a complimentary consultation to discover how Invisalign® can give you the smile you've always wanted!*

*Call today 215-3323*



## Oral Health Matters

### Linking periodontal and heart disease

Proper periodontal care may lead to an overall improvement in blood vessel function. In March of 2007, the *New England Journal of Medicine* published the results of a clinical trial showing that when severe periodontal disease is treated, a vast improvement has been noted in the arterial function after an average of six months.

Studies have yet to conclude the reasoning behind this outcome. Though it seems to be the first time an actual link between the two has been brought to light, it is how maintaining this particular form of oral care can result in the *lessening of heart attacks and strokes* that are of great interest. Explanations behind this vary between how the inflammation, though beginning in the mouth, causes inflammation throughout the body affecting the vascular walls, or how bacteria can spread through by the body via the bloodstream.

To protect yourself from periodontal disease you should be cautious if you:

- have bleeding gums, even if it is from flossing;
- use tobacco products;
- find your gums receding;
- are pregnant;
- or have had teeth extracted.

If you exhibit one or more of these symptoms, you should contact a dental care professional. Heart disease affects us all, but it has established itself as the leading cause of death. Please inform those you care about.



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