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LUMINEERS[®]
BY CERINATE[®]

LUMINEERS™ Has Exceptional Advantages Over Traditional Veneers With A PAINLESS PROCESS That Gives Lasting Appeal



For over 25 years, Dr. Whiteside has been creating flattering smiles. Throughout this time, he has seen dramatic improvements in technology and materials as well as patient comfort. "Porcelain veneers have been an excellent option for those typically seeking smile enhancements since they need far less removal of the natural tooth than a crown," explains Dr. Whiteside, "so it's been a better choice until now."

A revolutionary permanent and painless veneer has Dr. Whiteside, and patients, thrilled with the results. LUMINEERS™ BY CERINATE® are contact lens thin veneers that Dr. Whiteside applies to teeth with minimal or no grinding or shaving of the natural tooth.



Since they do not require removal of sensitive tooth structure, the procedure requires no anesthesia, giving patients a virtually pain-free experience.

Lumineers can transform misshapen, worn teeth into a naturally beautiful smile as well as provide instant teeth straightening and permanent whitening.

Lumineers can be placed over crowns to improve esthetics and rejuvenate a smile. In many cases, they are a convenient substitute for braces, depending on bite severity, and used to strengthen worn teeth and prevent further wear.

Made from patented porcelain, Lumineers are even warranted. Each veneer created by Lumineers is custom-made in a process clinically proven to last up to 20 years. They are ultra-thin with unsurpassed strength that resists micro-cracking.

The publication, Dental Products Report, awarded Lumineers a spot in their 2004 "Top 10 Products" list.

To discuss smile enhancements with Lumineers (or any options), call 936-3636 to arrange a complimentary consultation appointment with Dr. Whiteside or ask at your next visit.

Did You See???

Dr. Whiteside was the local spokesperson for Lumineers on WINK-TV's evening News program during the July 28th "Eye On Your Health" segment. He and two patients were interviewed by Health Reporter/Anchor Candace Rotolo and the segment included an over-the-shoulders view of Dr. Whiteside placing a patient's Lumineers.

Dr. Whiteside Selected As CEREC MENTOR & COACH

Although Dr. Whiteside has been using CEREC 3D technology for single-visit porcelain crowns, inlays and onlays for just over a year, Patterson Dental, the exclusive North American distributor of CEREC technology, has appointed him as a local Mentor and Coach to other dentists. He is currently one of the most active users of the CEREC technology in Florida, which is now available in approximately ten percent of non-specialty dental practices, according to a Patterson spokesperson.

Dr. Whiteside has been included in several Speaker Forums in Southwest Florida and host of in-office sessions, giving fellow dentists hands-on access to the technology. "There is a significant learning commitment for this level of technology in order for the dentist to successfully integrate this into his or her practice," states Dr. Whiteside. "While I hope to aid others in incorporating this smoothly and successfully, I also want to relay what's involved to make this beneficial for both the doctor and patient. Like anything, what fits well with one dentist may not fit as well with another."

A New Face

Rosa, our new Registered Dental Hygienist,



is a wonderful addition to our team. A hygienist for over 8 years, she resides in Cape Coral with her husband and three sons. Welcome!

Meet The Staff...

In this issue, we'd like to tell you more about ... **Gina, Registered Dental Assistant**



Gina, a native of Fort Lauderdale, has been part of Dr. Whiteside's team for over 3 years. Gina was recently married. She and husband Jon live in Cape Coral.

In her free time: "I love to shop, go out on the boat, go to the beach, scrapbook, and

spend time with my friends and family!"

Pets: "I love dogs and have a Chihuahua and a Boston Terrier."

Best trip ever taken: "Our honeymoon to the Bahamas!"

Why she chose a dental career: "As a child, I had a

lot of dental work to straighten my teeth and it had a positive impact on my self-confidence. I wanted to be a part of helping others feel good about their smiles."

Favorite thing about dentistry: "I love the cosmetic aspect of dentistry. It's an amazing feeling to be part of helping someone feel good about their smile."

Favorite quote: "The best thing to hold onto in life is each other."

Dr. Whiteside Stays On Top Of The Latest In Dentistry!



Today's dentistry has much to offer! To provide patients with the latest in cutting edge techniques, technology, diagnosis and treatment planning, Dr. Whiteside commits many hours to educational courses, including ...

- Sept 8-9:** "Advanced Lumineers" (14 CE hrs), in Santa Maria CA
- Jul 28-30:** West Coast District Dental Association Annual Meeting (8 CE hrs) - Courses in Oral Pathology, Medical Errors Update, and New Vistas In Dentistry, in Naples
- Jun 26:** CEREC Workshop - Hosted by Dr. Whiteside, in Ft Myers
- Jun 15-17:** Florida State National Dental Congress Meeting (12 CE hrs), Courses in Esthetics, nutrition, and imaging, in Orlando
- May 6:** "Teeth In An Hour: Minimally Invasive Computer Guided Implant Placement" (8 CE hrs), in Sanibel
- Apr 23:** "The New Dentistry" (7 CE hrs), in Ft Lauderdale
- Feb 16:** "Selection For Dental Ceramics" (1 CE hour), in Ft Myers
- Jan 19-20:** "CEREC Anteriors" (14 CE hrs), in San Diego
- Jan 13:** CEREC Forum: Dr. Whiteside as Guest Speaker, in Naples
- Dec 8:** CPR Certification (2 CE hrs), in Ft Myers
- Nov 11-13:** "Lumineers" (19 CE hrs), in Las Vegas
- Oct 6-7:** American Dental Association Annual Meeting (7.5 CE hrs) - Course completions in technology and practice management, in Philadelphia

Air Travel Plans? Tips to help avoid jet lag



Crossing time zones often leads to jet lag, which can result in headaches, upset stomach and nausea, difficulty concentrating, and trouble sleeping. To help:

- Get plenty of sleep before you begin your trip.
- Stay well hydrated before, during and after your flight.
- Upon arrival, adjust sleeping and eating to the new time. If unable to stay awake until bedtime, nap just 1-2 hours.

- Change your watch to the new time zone.
- Engage in activities to help your body clock adjust.
- Eat protein and vegetables and avoid starchy foods.

Many U.S. flights to popular European destinations leave in the evening. Try to take a morning flight that arrives in the evening to keep your body more or less on its usual schedule for the visit.

Happy flying!

Oak Tree Replaced With A New Look!



When lightning hit the 75-year-old oak tree at the corner of our office, we tried tree trimmings and other efforts to save it.

Eventually, however, all was lost and plans were made to replace the tree with something to honor its beauty.

Our new waterfall has a natural look and constructed so water recycles continually. It is surrounded by lovely plantings and shaded for your viewing comfort.

Enjoy!

Medications & Your SMILE

It's important to make us aware of changes in your health or medications at every visit. Because overall health and dental health are integrated, having the most recent information allows Dr. Whiteside to provide optimal care based upon your individual needs.

For example, some bisphosphonate medications (such as Fosamax, Actonel, Boniva) are taken orally to prevent or treat osteoporosis. Others, (such as Aredia,

Bonefos, Didronel, Zometa) are given intravenously as part of cancer therapy to reduce bone pain and high calcium levels in the blood.

In rare instances, some individuals receiving the I.V. bisphosphonates have developed a rare but serious condition that involves severe loss, or destruction, of the jawbone. The damage has occurred when dental procedures involving the jaw bone have been performed, such as dental

implant placement.

Although rare, we feel it is in your best interest to make you aware that some medications can have adverse effects when your dentist is not informed of all current medications.

Another example is Coumadin, a blood thinner, which can cause a greater degree of bleeding during extractions and other procedures.

Be safe! Keep a list of all medications you take and the dosage of each to bring to each appointment. We want your dental visits to ensure you are healthy and worry free!

New Patients Welcome!

Occasionally we are asked, "Are you accepting new patients?"

YES! New patients are always welcome. We are flattered that most new patients come to us from recommendations of current patients.

If you know others who would appreciate the care you've come to know, please invite them to call **936-3636** or visit us online at **www.WhitesideDr.com**.

Thank You!