

WHITESIDE



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936-3636

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A Great Smile, and No Fear!



Some cannot recall when their dental fears began. Barbara Bryant remembers well. As a child, her dentist was "very rough", creating a dread of dentistry even after she began seeing another dentist.

At age 18, Barbara developed an abscessed tooth. She visited Dr. William Nevans, the now-retired partner of Dr. George Whiteside. She told Dr. Nevans she was "the world's biggest coward," but found his gentle care was nothing like the dentistry she'd formerly experienced.

Although Barbara became comfortable with Dr. Nevans, relocating to Tennessee and then Arizona left her without a dentist who created the same feeling.

A Florida native, Barbara eventually relocated to Fort Myers. Upon learning Dr. Nevans had retired, Barbara scheduled time with Dr. Whiteside. "The whole atmosphere there is comfortable. The staff is super, and Dr. Whiteside is so caring," says Barbara. "He talks to you as a person and has a very caring demeanor." Barbara found she was in good hands once again.

After a thorough examination, Dr. Whiteside discussed her needs and explained treatment options. "What I also like about him is that he takes the time to explain things to you and why you need it. He doesn't try to force you into a decision; he presents you with your

choices," states Barbara.

Barbara decided to proceed with a lower bridge to replace several back teeth. Although the visit was nearly two hours, she was totally comfortable. The results?

"It's wonderful! The bridge matches the rest of my teeth so well you couldn't tell even by looking. He really took the time to make sure it matched my teeth perfectly," shares Barbara.

Barbara works with a local Chiropractor and is sensitive to how personalized attention can make a patient's experience pleasant. "Dr. Whiteside has such a super group," she says. "Sometimes, it's the little things that make such a difference."

While Barbara's dental anxieties have been conquered, millions of American adults still wrestle with a fear of dentistry. It is estimated that over 70% of adults have anxiety when it comes to dental visits. Even worse, about half of those have such a high level of fear they avoid dentistry altogether.

"This may explain why so many Americans have some form of gum disease," explains Dr. Whiteside. "Hopefully, the words of people like Barbara will influence others to seek out the healthy, confident smile they deserve – and can achieve without having an uncomfortable experience."

If you, or someone you know, has avoided dental care due to fear, call 936-3636 to discuss the comfort options offered in today's dentistry.

Smiling is finally a pleasure with today's dentistry (just ask Barbara)!



Sleeping Problems Nothing To Yawn About!

If you're not getting sufficient sleep, the results can be significant. "As a dentist, I am concerned that many never associate teeth grinding and night-time clenching with sleep loss," Dr. Whiteside states.

For most, eight hours of sleep is the ideal. When sleep time is sacrificed or interrupted on a regular basis, the losses are devastating. Sleep loss has been calculated at 90 billion dollars a year due to

absenteeism, car accidents, lost productivity, and medications. As little as six hours of sleep nightly can result in serious problems, such as:

- Problems with memory or concentration
- Irritability
- More susceptibility to infection

Sleep loss related to clenching or grinding is often easily resolved. By creating a small, custom-fitted

mouthpiece, Dr. Whiteside can prevent clenching and grinding comfortably. The FDA approved **NTI device** is also proven to eliminate or decrease migraines and headaches related to facial muscle tension and strained jaw joints.

If you are losing sleep, or feel clenching or grinding is a problem for you (or a mate), call 936-3636 to discuss the success rate of the NTI device with Dr. Whiteside.

QUESTION: "As a child, the gap between my front teeth didn't bother me. As an adult, it does. How can this be repaired without braces?"

Answered By Dr. George Whiteside

As with any patient, it is necessary to first diagnose what caused the gap to occur. Assuming that gum disease did not contribute to tooth movement, there are several ways to repair a gap between your front teeth.

Depending upon the width of the gap, bonding may be the easiest method to close the space. In this process, a tooth-colored resin material is applied to the teeth. Shading is carefully matched and the surface is polished to give a natural appearance. This is the least expensive method; however, bonding, particularly on front "biting" teeth, is more vulnerable to chipping or breaking than with porcelain veneers.

Porcelain veneers are custom-designed "shells" that are attached to the front of teeth. Veneers give the most durable, natural feel and appearance possible, even reflecting light as a natural tooth.

Although the design of the veneer can reshape or resize the tooth for a more flattering look, this method also causes minimal disruption to the natural tooth.

If teeth are badly turned or misshapen, porcelain crowns can be used to close the space. This method requires the existing tooth to be reshaped to accept a custom-designed crown. The crown covers the top and sides of the tooth, while protecting the natural tooth portion underneath. Like veneers, crowns give excellent longevity and have natural appeal.

If the space is wide, other front teeth may need to be involved in treatment. This keeps the teeth visible in your smile to balanced proportions. Otherwise, you could end up with two, very wide front teeth that close the gap but doesn't result in an appealing smile.

After an examination, we can determine which option will give you the best results. You will also learn the process and fee involved. Once you understand the choices, you have already taken the first step to regain a smile you'll love!



Staff Spotlight On...

Kris

Patient Coordinator



Native of: Holland, Michigan (but has been a Fort Myers resident for 27 years now)

Number of years with Dr. Whiteside: 3 & 1/2 years

In Her Free Time: Enjoys reading, cooking, spending time with her husband and three children

Last Book Read: *Fortune Rocks*, by Anita Shreve

Favorite Foods: "I love all food, from barbeque to gourmet!"

Best Trip Ever: Summertime in a lake cabin in Northern Wisconsin

Why She Chose A Dental Career: "I began working with an Orthodontist when I was fifteen and stayed with it."

Favorite Thing About Dentistry: "I love getting to know all the patients and hearing their stories."

Favorite Quote: "What goes around, comes around."

Reasons To Not Floss

"My hands are too big."

Dr. Whiteside reminds that floss holders are available. "These are especially helpful for people with dexterity problems, such as arthritis sufferers," he says.

"My gums bleed."

Gums that are red, swollen, or bleed easily indicate gingivitis, an early form of gum disease, which should be treated immediately. Gum disease can have devastating effects on your oral and overall health.

"I have my teeth cleaned twice a year, so I don't need to floss."

In less than two days, plaque can turn into calculus. To remove calculus, a professional cleaning is required. The easiest way to prevent calculus is through daily flossing that takes very little time and energy.

"My teeth are too tight for floss."

Waxed or polymer floss is recommended for people with tight spaces between teeth.

"Flossing takes too long."

Once in the daily habit of flossing and you've perfected the technique, the time required is less than 5 minutes. This time can save much in dental care.

"I may damage my gums when flossing."

Technique is important and will be reviewed with you during your regular hygiene visit.

To care for mouthguards, here are some guidelines:

- Before & after each use, rinse with cold water or mouth rinse.
- Keep away from hot water, hot surfaces, and sunlight to avoid distortion.
- Store in a firm, perforated container to allow air circulation and prevent damage.
- If holes, tears, or looseness develop, mouthguards can irritate teeth and gums. Replace as needed.
- Clean the mouthguard by using a toothbrush and toothpaste. A weekly soaking in cool, soapy water is also advised.

Don't Forget Your Mouthguard!

The football field or hockey rink are not the only places where teeth need protection. The American Dental Association advises mouthguards for children and adults in most recreational activities.

Mouthguards cushion blows that cause broken teeth and injuries to the lips, tongue, face or jaw. It is believed that they may also reduce the severity and incidence of concussions.

Types of mouthguards include "boil-&-bite", which do not require a dental fitting. However, the most comfortable are custom-made by dentists, who can also make guards for lower teeth (equally vulnerable).

Schedule Year-End Appointments EARLY

To take advantage of unused insurance benefits and flexible time during holidays, many patients arrange treatment near the end of the year. Since the return of winter residents traditionally causes the schedule to fill quickly at this time, please make appointments as early as possible.

We Welcome New Patients!

We are always pleased to welcome new patients to our office. Your recommendations to others are the highest compliment we can receive.

Thank you!

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