



## DENTISTRY GOES SUPER SCI-FI!

### DESIGN AND 3D-PRINT YOUR PERFECT SMILE WITH DSD AND INVISALIGN

Sometimes when I describe the work I do here in my office, I feel like I'm telling my friends and family about a sci-fi novel. Dentistry has come out with so many high-tech advances in the last few years, like 3D-printed implements, robotic assistants, and even a drug that might be able to regenerate lost teeth. In my opinion, though, one of the coolest innovations is a collaboration between two amazing tools: Digital Smile Design (DSD) and Invisalign.

DSD is a brand-new, super high-tech way of transforming a patient's smile. Only a handful of dentists' offices around the world are trained to use it, and Great Smiles is one of them! The concept is pretty simple. To use DSD, I start by taking photos and videos of a patient talking, laughing, and smiling from different angles in my on-site photo and video studio. Then, I send those videos to our designers in Spain.

There, technicians design a 3D digital blueprint of the patient's perfect smile based on their face shape and how their lips pull up and wrap around their teeth. Every smile is a unique work of art, and the DSD team does an amazing job of creating a harmonious look that seems both beautiful and natural. Then comes the best part: The team in Spain sends the design back to me, and I work with the patient to tweak the smile until it looks exactly the way they want it!

This process is almost like building a house — you can fully customize everything from the layout (the bite) to the backplash (tooth angles, shapes, and sizes) and check out the final look on a 3D-printed prototype. You can even "test drive" your smile because DSD will digitally swap it in for your current one on the photos and videos we took. Then, once you're happy with your smile design, we can use a combination of Invisalign and other cosmetic modalities like veneers, bonding and crowns to make it happen!

In this process, the aesthetic benefits of Invisalign are front and center. Last month, I filled you in on some of the structural benefits, like how aligning your bite can eliminate the "bulldozer" pressure points that repeatedly damage fillings and crowns. But Invisalign can also fix crooked, overlapping teeth. Studies



Dr. Weddle in her DSD studio with a patient

show that a straight, white smile can boost your confidence, improve the way people perceive you at work or school, and make you more attractive to potential partners. I love that DSD and Invisalign can make that happen in such a fun, collaborative, fully-customized way. When both of these tools work together, they take cosmetic dentistry to the next level!

I've been a big fan of DSD ever since studying it directly with Dr. Christian Coachman, the sixth-generation dentist and dental laboratory technician who created it. (His family is actually in the "Guinness World Records" book for how long they've been practicing dentistry — wild, right?)

After all of that study, I think the best thing about DSD is that it creates a complete smile blueprint patients can implement long term. You might not want to completely overhaul your smile in one dental visit or even one year, but with a Digital Smiles Design ready to go, we can create a two-, three- or even five-year plan to perfect your look.

If you want to learn more about how you can try DSD and Invisalign this month (and get an awesome discount!), just open up this newsletter. I've got you covered!

To your great smiles and better health,

*-Dr. Michelle Weddle*

# WANT TO GET THE MOST FROM YOUR HEALTH CARE?

## TRY THIS UNDERUSED TOOL

When you're sitting in your doctor's office feeling unwell — your pain compounded by anxiety from researching your symptoms — it's easy to assume the worst. You may be worried about whether your insurance will cover necessary medications or procedures and wonder if there are any good options that will actually help.

These worries are normal and understandable, but there's a rather simple way to ease your mind. To feel empowered to make the right health care decisions for yourself or your loved ones, you need to gather information, and that starts with asking good questions.

### What are the benefits and the risks?

To make an educated decision about your health care, you need to know the good, the bad, and the ugly of treatment options your practitioner presents. Since you want to get better, it's easy to remember to ask how suggested procedures or medications will help. But don't forget to ask about the downsides, risks, or potential complications.

**Pro tip:** To humanize the situation and help you understand how to think through a given decision, ask your provider: "What would you tell your family member about the benefits and risks of this procedure if they were considering it?"



### Are there alternatives to consider?

Sometimes, the most common treatment isn't necessarily the best one for you. If you're hesitant to take a new medication because of the side effects, for example, ask about alternative medications or therapies. Be prepared that some alternative treatment options may require a greater commitment to lifestyle changes to see results.

**Follow-up question:** Asking "Why do you recommend this procedure/medication over the other options?" will help you understand the factors your doctor has considered when making their recommendation to you.

### What results can I expect, and how long will it take?

This is an often-overlooked question. Say you tell your doctor you have back pain, and they recommend physical therapy. You may be expecting to be pain-free ASAP, while they may think that a successful treatment will yield increased mobility and reduced pain over the course of a few months.

It's important to be on the same page about what to expect and how long it will take to see improvements.

A healthy dose of curiosity may be all you need to get more from your health care and feel confident in your decisions.



While you may be happy for the years of wisdom you've gained since being in your 20s and 30s, you might be missing the mental sharpness you once had. Why not have the best of both worlds?

Scientists have found that the human brain changes with age — neurons fire more slowly, for example, and short-term memory recall can be more challenging — but that we often underestimate our capacity to continue learning as we grow older. Negative stereotypes about aging can reinforce these beliefs.

However, new research is showing that older adults who've committed to immersive study of a new subject show brain function akin to someone 30 years younger. This goes beyond the tired advice to do a crossword puzzle or work a sudoku puzzle every day. The participants in this research study were

## STAY SHARP AS YOU AGE

### BY GOING BACK TO SCHOOL

learning entirely new-to-them subjects, like how to speak a foreign language, use a new piece of technology, or make art.

### Convinced of the benefits but not sure where to turn to learn? Try these two sources.

Most colleges are designed with the traditional, 20-something college student in mind, which may not appeal or be a great fit for adults in their 50s, 60s, and beyond. But many universities are starting to cater to an older crowd with lifelong learning programs. One example is the Osher Lifelong Learning Institute at the University of Washington (UW). UW's program offers a full course schedule on subjects in the arts, sciences, and current events taught by qualified faculty and provided at an affordable rate. There are over 100 such programs at universities across the U.S.

Have a longtime dream to write children's books? UC San Diego Extension has a certificate program for that! If you're looking to dive into a single subject or perhaps you'd like to continue working in retirement or shift gears later in your career, certificate programs are a great option. No previous education is required. Most certificate programs are open to all, typically run for less than a year, and easily accommodate part-time learners.

Celebrate your years of hard-earned wisdom but commit to keeping your brain young by going back to school this fall.

# IS THIS GOOD FOR ME?

## APPS TO HELP YOU MAKE SMART FOOD CHOICES



Sometimes going grocery shopping can leave you feeling more like a detective than a human just trying to feed yourself and your family. Sleuthing down the snack aisle brings up questions about whether gluten-free means “good” and whether no added sugars means “nutritious.”

The foundation of healthy snacking includes fresh fruits and vegetables, but how can you make smart (or smarter) choices when buying packaged snack foods? New smartphone apps mean the answer is just one bar code away.

### Switch It Up

FoodSwitch is a mobile app developed by an international health advocacy group, The George Institute for Global Health. Even packaged foods that purport to be healthy can have high levels of salt, sugar, and saturated fat. While valuable information appears on nutritional labels, they can also leave you more mystified than empowered.

In that case, simply open the FoodSwitch app, scan the bar code of the item you’re interested in, and get instant nutritional information and options for healthier alternatives. Each item gets a Health Star Rating from .5-5, making it easy to understand where the item falls on the health spectrum and how it compares to other brands. If that item doesn’t meet your dietary needs, let FoodSwitch recommend an alternative.

### In a Snap

If you’re already a dedicated Snapchat user and don’t want to add another app to your phone, you’re in luck. Snapchat has recently implemented a scanning technology powered by the nutrition-tracking app Yuka. While it has similarities to FoodSwitch, the format Snapchat uses lays out the nutritional pros and cons of each item and gives each item an overall rating on the traffic-light system. Green means good to go, yellow means proceed with caution (moderation), and red means reconsider or only eat this item rarely.

With these two apps, you can put down your magnifying glass and pick up your smartphone. Making healthier snack choices is right at your fingertips.

TAKE A  
BREAK!



## TOMATO AND WATERMELON SALAD (YES, REALLY!)

Inspired by [BonAppetit.com](http://BonAppetit.com)

*Bon Appétit* magazine calls tomato and watermelon “soul mates,” and they’re right! This surprising gourmet salad will be a hit at your next barbecue.

### INGREDIENTS

- 1 tsp peppercorns, coarsely crushed
- 1 tsp coriander seeds, coarsely crushed
- 1/2 tsp cumin seeds
- 1/2 tsp turmeric
- 1/4 cup coconut oil
- 4 cups seedless watermelon, rind removed and cut into 1/2-inch cubes
- 2 heirloom tomatoes, cut into 1/2-inch cubes
- 8 oz feta cheese, cut into 1/2-inch cubes
- Sea salt, to taste

### DIRECTIONS

1. In a small saucepan, sauté spices and herbs in the coconut oil for 3 minutes over medium heat to create turmeric oil. Take the pan off of the heat, then let it cool.
2. Combine the watermelon, tomatoes, and feta on a large platter or in a bowl. Drizzle with cooled turmeric oil. Now, simply sprinkle with sea salt and enjoy!

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## MEDITATION NOT WORKING FOR YOU?

### TRY A SOUND BATH

As is the case with many self-care trends like yoga and meditation, what's old is new again. The latest relaxation practice with ancient roots to make waves in modern times is sound baths. Celebs from Charlize Theron to Laurence Fishburne say they help promote relaxation and reduce stress. Kendall Jenner, who's been public about her struggles with anxiety and sleep paralysis, also swears by the practice's healing powers and has even started creating her own sound baths and sharing them on Instagram.

While you *can* create a sound bath experience at home, most practitioners "bathe" at in-person sessions with "sounders" — those who create the soundscape. These sessions typically last 45-60 minutes. The idea behind the sonic experience is that bathers sit or lay in a relaxing position while gently focusing on the sounds they are immersed in. Sounders commonly use singing bowls, chimes, gongs, and other instruments to create a meditative and relaxing vibe.

In fact, sounders say the vibrations of some instruments facilitate relaxation by literally changing the brainwaves. Health practitioners put it differently, saying that the practice



promotes a parasympathetic autonomic nervous system response, aka a stress reduction response. Either way, the practice is a nice alternative to standard sitting meditation, which often focuses on the breath and can be difficult, especially for new practitioners.

While there hasn't been a lot of medical research done to test the efficacy of the practice, it is becoming a more widely used supplemental treatment for stress, anxiety, addiction, and post-traumatic stress disorder. If you get the chance to experience one yourself, try to approach it with an open mind and open ears. You just might be surprised.

# AUGUST 11 IS NATIONAL ALIGN YOUR TEETH DAY!

TO CELEBRATE, HERE ARE SOME AWESOME  
PROMOTIONS TO GET YOUR **SMILE ON!**

**SMILE and Save  
over \$2,000  
in August!**

Are you struggling with crooked or oddly-shaped teeth, discoloration, or a lack of confidence because of your smile?

We can change that!

## ***Promotion No. 1: Invisalign + Complimentary Whitening***

- Get the straight, beautiful smile of your dreams for \$1,500 off.
- Call our office now for a consultation, and approve your treatment plan on or before Aug. 31 to save.
- Enjoy a bonus complimentary teeth whitening.

## ***Promotion No. 2: Digital Smile Design (DSD)***

The DSD Protocol is unique because your smile is designed based on your face, function AND teeth. Going through DSD is as easy as 1-2-3!

1. Tell us about the smile of your dreams! Step into our studio for photos and videos of your smile and function.
2. Dr. Weddle digitally designs your smile.
3. Try a prototype of your smile design so you can see for yourself and make modifications to make the smile uniquely yours!



This service is normally \$1,200. For the month of August, pay just \$350. That's \$850 off Digital Smile Design!

**Need both Invisalign and DSD? Combine all of our promotions for maximum savings on a life-changing smile upgrade!**

**What are you waiting for? Call 908-561-0225 today to take advantage of these offers and achieve the straight, white, customized smile of your dreams before it's too late.**



Invisalign service at Great Smiles of New Jersey regularly costs \$3,200-\$7,500. Digital Smile Design regularly costs \$1,200. Promotions No. 1 and 2 expire 8/31/21.