

Spotlight *on Smiles*

a magazine focused on *your* dental health



Smiling

All the Way to Broadway

**Transforming Lives
With a Smile**

**Sleep Apnea-
The Dangers of Snoring**

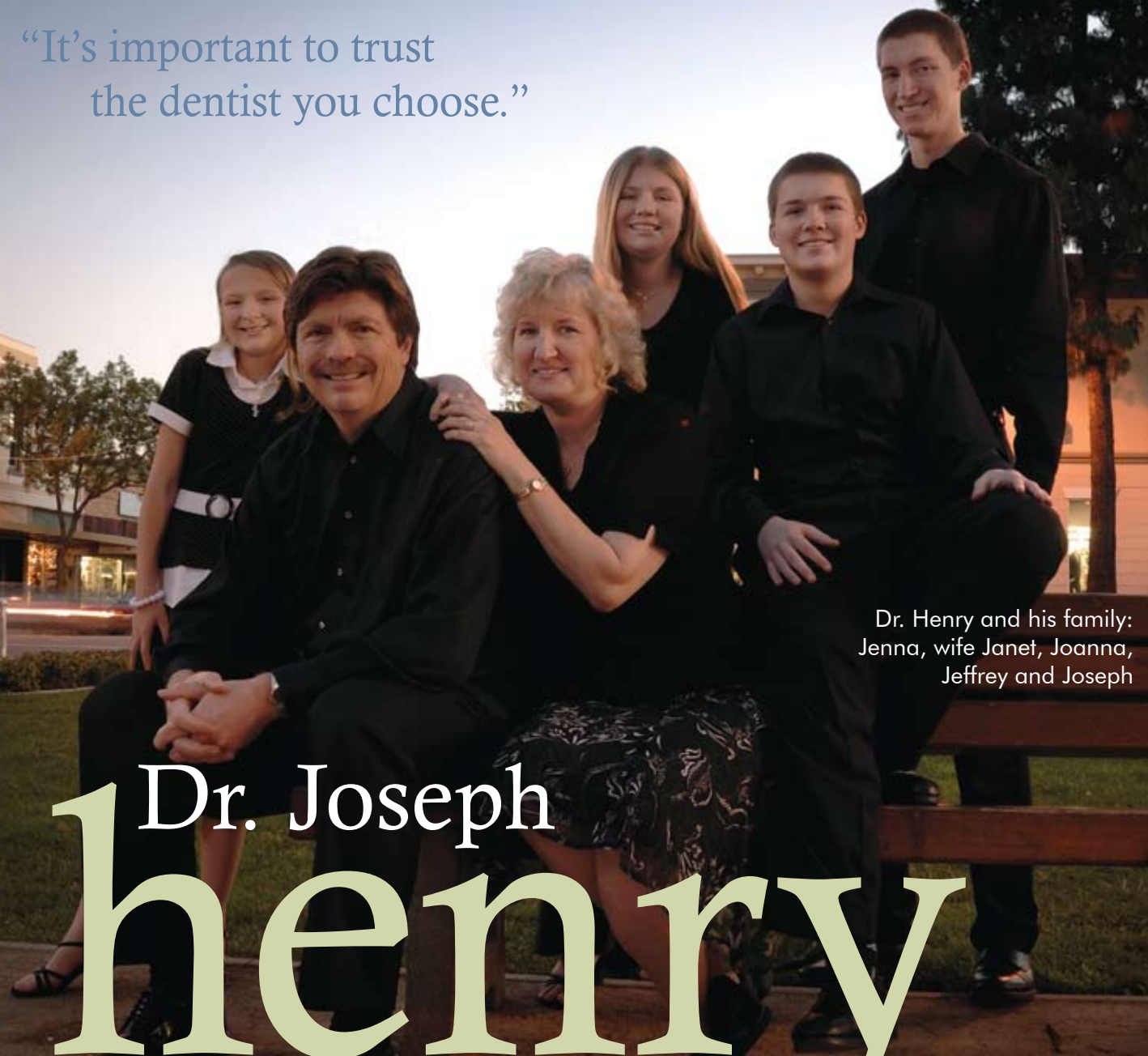
**Headache?
Talk to Dr. Henry!**



Joseph J. Henry, DDS

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“It’s important to trust the dentist you choose.”



Dr. Henry and his family: Jenna, wife Janet, Joanna, Jeffrey and Joseph

Dr. Joseph Henry



Hello, and welcome to this issue of *Spotlight on Smiles* and my practice, the Orange Center for Cosmetic Dentistry. I believe my patients come here for two reasons. One reason is the smile makeovers and testimonials they see in this magazine, in our office and in the Smile Gallery on my website, DrHenrySmiles.com.

The other reason people choose to come here is because they’re comfortable here – we’re like a family. They trust that my team and I will do everything in our power to create a beautiful smile for them.

You’ll see and read stories of some amazing transformations, including one we did for 2007 American Idol finalist, LaKisha Jones. But everyone in here is a star in his or her own right. Maybe you’ll be featured in our next issue!

I also like to let my current and future patients know as much about me as possible – my training, my work and what distinguishes the Orange Center for Cosmetic Dentistry from other dental practices.

One major difference is the amount of post-graduate education it takes to transform smiles such as those you see in this magazine. If you’ve watched any of the TV makeover shows, you may be familiar with LVI – the Las Vegas Institute for Advanced Dental Studies. This is where I have learned, continue to learn and now teach the techniques and technologies to change smiles – and lives!

I hope you enjoy reading the stories in *Spotlight on Smiles* and will discover what advanced dentistry can do for you and your smile!

{ All patients featured are actual patients of Dr. Henry.

he’s an:

artist

There’s no such thing as “one size fits all” in cosmetic dentistry. It takes an artist’s eye for form and a skilled technician’s view for function to create a smile that is not only beautiful and natural-looking, but is the ideal fit for your face, gender and age. Dr. Henry will design a smile that is perfect for you and your desires!

teacher



The measure of a professional is how he is regarded by his colleagues and peers. Dr. Henry has not only completed the full LVI curriculum and obtained Fellowship status, he is also a Clinical Instructor. He is qualified to teach the full range of courses at LVI, including full-mouth reconstruction. He is a Regional Director for LVI and as such teaches introductory seminars throughout California to dentists seeking the latest advancements in cosmetic dentistry.

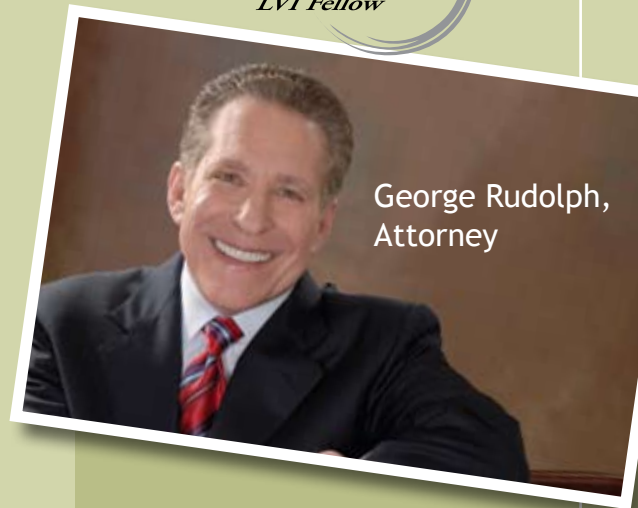
scientist

The type of dentistry practiced by dentists like Dr. Henry requires advanced technology. Diagnostic equipment like intra-oral cameras and digital imaging lets Dr. Henry make accurate diagnoses. Treatments can be comfortable and virtually pain-free with technology such as the soft-tissue laser, used to reshape gums for cosmetic procedures, or treat them for periodontal problems. Dr. Henry uses The Wand™, a computer-controlled instrument for delivering novocaine painlessly. He also uses a TENS unit to relax the muscles of the jaw before using the computerized measurements of the K7 system to evaluate the bite. (See page 14 for more details.)

dentist

Dr. Henry is first and foremost a dentist who has dedicated his life to the well-being of his patients. His expertise is highly regarded among the professional community. He is a member of his local Peer Review Board, where he is called upon to examine patient complaints brought against other dentists.

His responsibility in this capacity is to review the case to ensure that the dentist involved has handled the case in a responsible and ethical manner, and help determine whether the complaint is valid or not.



George Rudolph, Attorney

“A lot of dental professionals say they’re cosmetic dentists, but that doesn’t mean they can do this kind of work. Dr. Henry is meticulous. I had teeth that were cracked and yellowed, and had a full mouth reconstruction. Now I don’t even have to think about my teeth - I can just smile!”



LaKisha

before



What American Idol fan doesn't know LaKisha Jones? Maybe you even voted for her! Her voice was unforgettable and she thrilled people on the show with her renditions of "Diamonds Are Forever," "I Believe" as well as the *Dreamgirls* showstopper, "And I Am Telling You."

But LaKisha, or "Kiki" as her friends call her, had one noticeable problem – her smile. Her teeth were yellow and too small for her face. There were prominent gaps between most of her teeth.

A smile fit for an Idol! LaKisha

SPOTLIGHT ON SMILES: Were you self-conscious about your smile during American Idol?

LAKISHA: I always wanted a better smile, but I couldn't have done anything about it during American Idol. It's so busy and you don't want to do anything that might impact your voice.

SPOTLIGHT: Dr. Henry did this for you after the show was finished?

LAKISHA: Yes! We actually squeezed it in during rehearsals for the tour. It was a good time to get used to my new smile and learn to sing with it.

SPOTLIGHT: You look terrific! Like a whole new person!

LAKISHA: I'm so thankful for what Dr. Henry has done for me. Never in a million years did I ever dream I could have a Hollywood smile like the one I have now. I was on tour for three months and then joined the Broadway cast of *The Color Purple* in December, 2007. I even had my smile makeover published in *Star* magazine!

Do you cover up your smile or stop yourself from laughing out loud because you're ashamed of your teeth? Schedule a consultation with Dr. Henry today. Who knows where that new smile will take you?



Smile Makeovers



Elaine
before

Transforming Appearances And Lives!

Imagine. Your true personality finally revealed. Your passion for living restored. All with a stunning smile! And you can have such a smile — one that is straight, white, even and brilliant — in only two to three comfortable visits, just like the vibrant women featured on these pages. It's possible with a smile makeover by Dr. Joe Henry.

With today's advanced procedures, techniques and materials, any problem with your smile can be beautifully corrected.

- *Missing teeth can be replaced*
- *Chipped, worn teeth can be repaired*
- *Crooked, overlapped teeth can be straightened*
- *Stained, discolored smiles can be whitened*
- *Gums can be contoured*
- *Ugly, failing metal fillings can be replaced with natural-looking restorations*

The possibilities are virtually endless. This dentistry, artfully completed by Dr. Henry, can do more than enhance your appearance. It can absolutely change your life. It did for Rachel (top right). "I used to be the ugly duckling in the family," she says. "Not anymore! My new smile has made me feel so much better about myself!"

Tammy (bottom right) feels like her new smile changed her life, too. "I love my smile!" she exclaims, adding "This is the best thing I ever did for myself! It has completely enhanced my self-esteem."

Elaine (left) had a similar experience. Embarrassed by her smile, Elaine's naturally vivacious personality was muted. "My teeth had shifted, causing gaps. I tried not to smile. When I looked in the mirror, I didn't like what I saw," says Elaine. "I felt very self-conscious about the way I looked. It's difficult to interact with people every day and have to hide your smile."

Dr. Henry recommended bridges and dental implants to return Elaine's smile to health and beauty. She had the procedures done and is not only thrilled with the result, her true personality has literally exploded forth!

With her new big, beautiful smile, Elaine looks younger, has more confidence and loves to smile again. And her naturally effervescent personality comes shining through! "I feel fabulous!" says Elaine. "People tell me I have a gorgeous smile, and I have to agree! If I had only known about Dr. Henry sooner, I would have saved myself some heartache."

A new smile can beautifully improve your appearance, and literally change your life. It did for these happy patients. So, what are you waiting for? Call Dr. Henry today.



Rachel
before



Tammy
before



Lisa

“I’m Demanding, I Chose Dr. Henry.”

“‘Demanding’ doesn’t begin to describe my demeanor when it came to something as important as my smile. I was simply not going to go to any dentist who claimed he or she could do a smile makeover. I wanted more assurance than that. I started by interviewing numerous doctors. I ended up choosing Dr.

Henry because of his experience. I was thrilled with him and his entire staff. They all remained patient, friendly and eager to please despite my constant questions, challenges and demands.”



before

“The change was immediate.”

“My center teeth overlapped and I didn’t want to go through orthodontics. I found Dr. Henry on the Internet and when I met him, I knew he could do the job! I was self-conscious about my smile before, especially when there were cameras around. Now my smile is brighter. I definitely smile more!”



Tina

before

“They’re kind and supportive.”

“Dr. Henry is awesome! I had veneers placed, implants and a bridge, and it literally changed my entire appearance. It eliminated my overbite and even changed the shape of my lips, making them fuller.

“It gave me a real lift!”



Dawn

before

“He Transformed My Smile.”

“I had spaces in between my teeth, and over time they had chipped and discolored. I smiled with my mouth closed. I had been watching TV makeover shows, so I talked to Dr. Henry about enhancing my smile. He completely transformed my smile using veneers. I get compliments all the time! He and his team are great. They’re like friends. I feel so at home there, sometimes I’ll just drop by to say ‘Hi!’”



Dee

before

“Only Dr. Joe Had a Solution.”

“I broke my front tooth in college, and as a result, it would turn black. I tried to hide it when I smiled. I saw many dentists who told me that they could whiten my tooth temporarily. But only Dr. Joe told me it could be fixed. He placed eight veneers on my front teeth, and now I get compliments all the time. I’m a horrible patient, but everyone made me feel so comfortable that I felt at home in his office.”



Mary-Helen

before

“I trust him completely!”

“Dr. Henry is a *very* good dentist! He’s very precise and he knows what he’s doing. He has the technology and the experience. I’d had crowns that kept shifting and they were affecting my gums. Dr. Henry fixed my problem and now people comment that I have a very beautiful smile. I’m grateful for that.”



Usha

before





A Brand-New Smile - A Family Likeness at Last.

What do you see when you look in the mirror?
Your mother's eyes? Your father's chin?

Sometimes a family resemblance is nothing more than an overall "look" that says you're part of a family. But that look just isn't there if your teeth can't give your face the structure and support it needs.

A family resemblance wasn't on Grant's mind when he scheduled an appointment with Dr. Henry. As he says, "I had horrendous teeth. I'm from Scotland, and we don't have good dental care there. My teeth were small, like kids' teeth, and I had huge spaces between them. Eating was actually painful."



Grant

With a full-mouth restoration that included crowns, inlays, onlays and porcelain veneers, Dr. Henry was able to restore Grant's smile from one that Grant himself called "a grimace," to one that's healthy, functional and attractive.

Says Dr. Henry, "Every dental makeover is one-of-a-kind. There are the details of how you'll repair each tooth, but you have to see the big picture as well. The final result needs to fit the person's face - his coloring, personality, age and overall facial structure."

The Non-Surgical

Dental Facelift

The results can be dramatic, so much so that full-mouth reconstruction has been called a non-surgical facelift. Grant was finally able to eat and smile naturally. But there was an added benefit.

"My family hadn't seen me for a long time and they came here from Scotland to visit. They were amazed at the difference and for the first time in my life, there was a family resemblance! Now I truly look like I belong in the family line."



before



after

Sleep Apnea

Threatening More Than Your Sleep

Did you know that almost half of loud snorers have sleep apnea? While sleep apnea does result in loud and disruptive snoring and subsequent gasping for breath, it is much more than an issue of sound. Sleep apnea can seriously threaten your health and even your life!

Sleep apnea patients are much more likely to suffer from strokes and heart problems, such as heart attack, congestive heart failure and hypertension. They also have a higher incidence of work and driving-related accidents. In spite of the dangers of sleep apnea, the majority of sufferers go undiagnosed. In fact, it is estimated that approximately 18 million people in the United States have sleep apnea but only about 10% of those afflicted with this disease have been diagnosed.

Sleep apnea occurs when the tissue in the back of the throat collapses and blocks the airway. This can cause a person to stop breathing for long periods of time, sometimes hundreds of times during the night. When you stop breathing and oxygen levels drop, your brain wakes you up and that is when loud gasping and the resumption of snoring can be heard. This constant cessation of breath, drop in the body's oxygen levels, and consequent waking can have a devastating effect on your health.

Specially trained dentists, like Dr. Henry, work with sleep medicine physicians to help treat sleep apnea patients. For patients with mild to moderate sleep apnea or for those already diagnosed who cannot tolerate their CPAP machines, Dr. Henry can fit you with a custom-fitted oral appliance to treat your sleep apnea.

If you snore and wonder if you have sleep apnea, take this short test, called the **Epworth Sleepiness Scale**. This standard series of questions is widely used to see how your sleep affects your daily life. Then call us to schedule a consultation. Bring in this page for our evaluation, and see how we can help you sleep more safely and feel better than ever before.

In contrast to just feeling tired, how likely are you to doze off or fall asleep in the following situations? Use the following scale to choose the most appropriate number for each situation.

- 0 = Would never doze
- 1 = Slight chance of dozing
- 2 = Moderate chance of dozing
- 3 = High chance of dozing

RANK | SITUATION

- _____ Sitting and Reading
- _____ Watching TV
- _____ Sitting inactive in a public place (i.e., in a theatre)
- _____ As a car passenger for an hour without a break
- _____ Lying down to rest in the afternoon
- _____ Sitting and talking to someone
- _____ Sitting quietly after lunch (without alcohol)
- _____ In a car, while stopping for a few minutes in traffic
- _____ = TOTAL SCORE

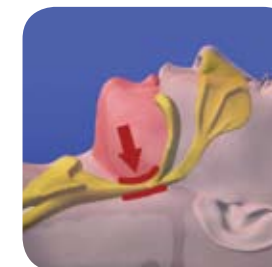
Call us today so we can evaluate your score to see if you are at risk.

NORMAL



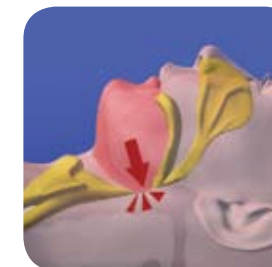
During normal sleep, the muscles that control the tongue and soft palate hold the airway open.

SNORING



When these muscles relax, the airway narrows. This can lead to snoring and breathing difficulties.

OSA



If the muscles relax too much, the airway can collapse and become blocked, obstructing breathing.

We offer a comfortable and convenient device to help sleep apnea sufferers.

This small, custom-made splint, treats both snoring and mild to moderate sleep apnea by gently moving the jaw forward.

Smile Makeovers

for men, women - success!



It's true! Men now make up nearly 10 percent of patients seeking some kind of cosmetic improvement, and cosmetic dentistry is no different.

And why not? Your smile is one of the first things people notice about you and a healthy, beautiful smile gives you a positive energy that others respond to. In a competitive job marketplace, that's important.

Mark has created magnificent landscape designs for some of the most distinctive homes in our area. He understands that a beautiful exterior makes an important first impression.

"In my business, I talk to people who want the outside of their homes to match the beauty of the interior. I felt that way, too."

"My teeth were ground down, crowded and my front teeth were sticking out! It's hard to make a good impression when you can't smile at people. It was really holding me back – and holding back my business."

Dr. Henry was able to create a smile for Mark that reflected the great person he is on the inside. "Everything looks so good!" says Mark. "I'm not self-conscious about my teeth any more!"

Mark

before



Mariah - I tripled my salary!

"I was self-conscious about my teeth my whole life. I hated to talk to new people because I was so self-conscious. I decided to look for a cosmetic dentist, one that treated me like a real person and that could make my smile look totally natural. I found Dr. Henry on the Internet and I really liked the feel of the office. Whatever I had to say, he would really listen to me."

"I work in sales, and since Dr. Henry fixed my teeth, I'm much more successful. I'm more comfortable making calls. The most exciting thing is that my smile has actually paid for itself – I've tripled my salary!"

Mariah

before



Susie is a Hollywood makeup artist who sees the benefits of good cosmetic dentistry every day on the stars she enhances. When she decided to have her own teeth fixed, she knew she didn't want just any dentist – she wanted the best.

To get to that kind of dentist she drove right past all the other dentists in Beverly Hills – literally hundreds of them – to get to Dr. Joe Henry. He's just that good. As she says, "In my industry, I'm a reflection of my own work. My teeth had changed color and I felt like people were staring at that side of my smile."

"But now my smile completes my look! When I go to a set to work, people think I'm the actress instead of the makeup artist!"

Susie

before



Lara - I'm more confident!

"I have always been self-conscious about my teeth – I never smiled for the camera. I'm a law student and had job interviews coming up. I needed to make a good impression and wanted an LVI-trained dentist. Dr. Henry and his team were so welcoming and personal, you really feel comfortable with them."

"I had seven veneers placed, as well as a bridge. I felt so much better, even while the work was in progress! I started smiling immediately. It really helped my confidence!"

Lara

before



We call TMJ Treatment “Neuromuscular Dentistry.”

Chronic migraines. Grinding your teeth. Neck and shoulder pain. Ear congestion and popping. Achy jaws. The list is endless and often the symptoms are blamed on stress.

But if you're one of the many who suffer from such ailments, you may be surprised to learn that the cause of this pain may be your bite. Or more specifically, the position of your bite, called occlusion.

As one of the few dentists in the country to offer neuromuscular dentistry for the diagnosis and treatment of malocclusion — a poorly aligned bite — Dr. Henry can help you get back to pain-free living.

He did just that for Marilyn. “I had TMJ pain and had really ground down my teeth. When I opened my mouth, my jaw would grind. I had migraines, neck and shoulder pain and stuffy, popping ears. But I didn't attribute any of them to my bite!” says Marilyn.

“I had always wanted white teeth, then I saw Dr. Henry's ad in a magazine. I came to him for whitening. During my visit, we talked about my smile and my symptoms. That's when I found out that my bite was causing all my problems.”

Through neuromuscular dentistry, Dr. Henry diagnosed Marilyn's malocclusion. Through a series of careful measurements, he determined the optimal position for her jaw. He completed a full mouth restoration, returning Marilyn's teeth to a healthy size, shape and appearance, and restoring her bite to a comfortable position.

Today, Marilyn's chronic pain is gone. Best yet, she has a beautiful, white, straight smile that she absolutely loves.

While the name “neuromuscular dentistry” may sound intimidating, it is actually a gentle, comfortable treatment option. Many people who thought they were destined to endure chronic pain have been restored to health and comfort. To many, it's nothing short of a miracle. What can it do for you?

“I had headaches, neck pain and ear infections. I clenched my jaws, woke up every morning with my jaw aching and I had worn my front teeth down to points from grinding them,” says Gary.

“I had been seeing the same dentist for 32 years. He was old school and didn't associate the symptoms with my bite.

“My wife was a patient of Dr. Henry and she told me to see him. I was so surprised at the changes in dentistry that he offered!

“He recommended a full mouth restoration. I talked to him for a year and a half about it. I did my homework, researched it on the web and finally decided to have Dr. Henry do the procedure.

“It was absolutely the right decision. The pain is gone. I've had so much positive feedback. I smile more now, and my wife really likes my appearance.”



Gary
before



Marilyn

Our Patients Call It
Amazing.





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JOSEPH J HENRY, DDS

www.DrHenrySmiles.com • 714.881.4208

Take Our Smile Quiz

Are you a candidate for cosmetic dentistry? Take our quick quiz and find out!

Are you unhappy with the appearance of your smile?	Yes	No
Do you have crooked or overlapped teeth?	Yes	No
Do you have chipped or broken teeth?	Yes	No
Do you have teeth that are worn or uneven?	Yes	No
Do you have a “gummy” smile?	Yes	No
Do you have missing teeth?	Yes	No
Are there gaps between your teeth?	Yes	No
Are your teeth stained, yellow or discolored?	Yes	No
Do you have gray metal fillings that are detracting from the natural beauty of your smile?	Yes	No
Do you feel the appearance of your smile keeps you from personal fulfillment or professional success?	Yes	No
Does the appearance of your teeth inhibit you from laughing or smiling?	Yes	No

If you answered yes to even one of these questions, you are a candidate for cosmetic dentistry. With today’s advanced cosmetic dentistry, Dr. Henry can resolve any of the problems mentioned above, quickly and comfortably.

You’re Invited to Smile!

We welcome you to enjoy a Complimentary Smile Consultation

If you would like to find out just what cosmetic dentistry can do to enhance your smile and your health, please call and schedule your Complimentary Smile Consultation. 714.881.4208



“The perfect smile for my wedding.”

“I wanted to say a huge thank you to Dr. Henry and his team for an amazing job on my teeth. I came to Dr. Henry because I hated my smile and I wanted the perfect smile for my wedding day – and he made it happen! I cannot tell you enough how grateful I am. My wedding day was amazing thanks to Dr. Henry!”

Grace

before

