

# Spotlight *on Smiles*

a magazine focused on *your* dental health

New Technology,  
*a New You!*

A Smile Fit for  
an American Idol -  
*LaKisha Jones*



Look Years Younger -  
*Non-Surgical  
Dental Facelifts*

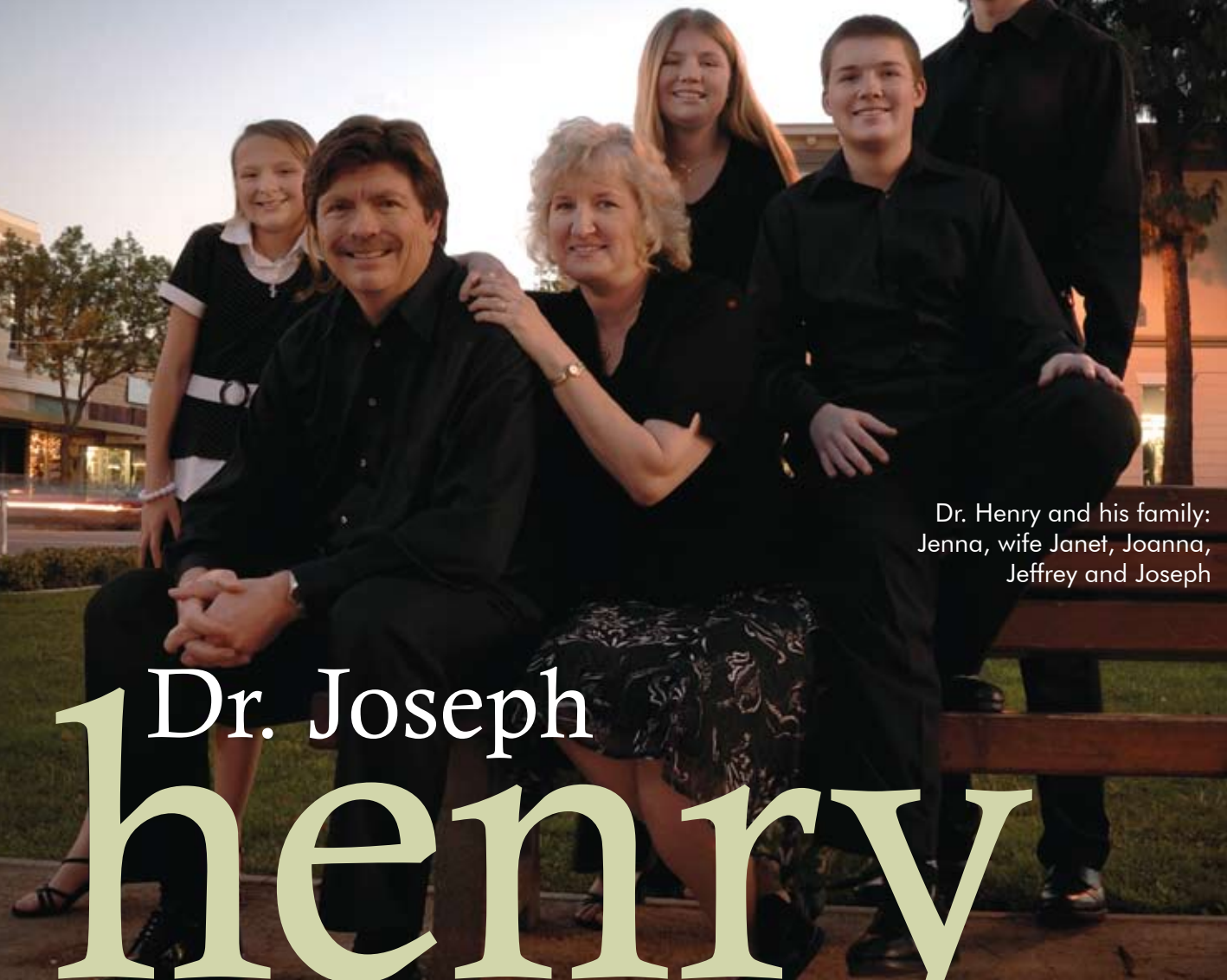
Can Dentistry Help  
*Your Headaches?*



**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, [SpotlightOnSmiles.com](http://SpotlightOnSmiles.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.

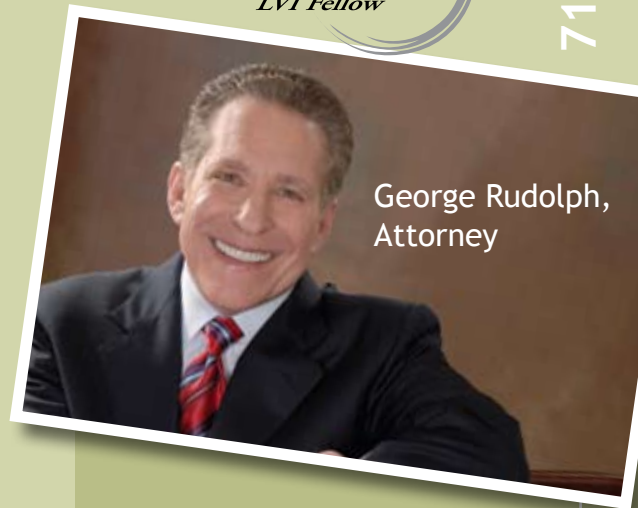
scientist

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.

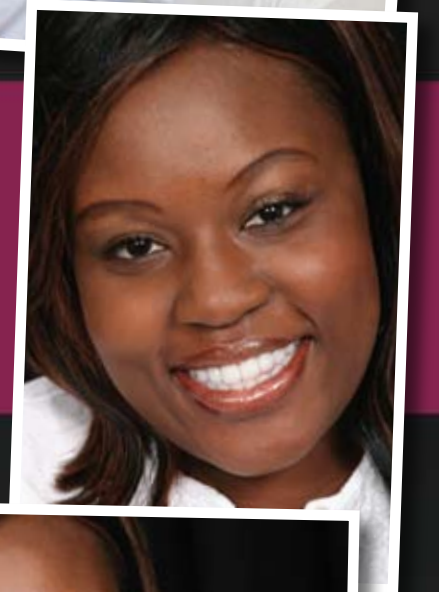
*SPOTLIGHT: Dr. Henry did this for you after the show was finished?*

**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?



# Mercury-free for health and beauty

Are you interested in a dazzling, sexy smile? Or are you happy with your smile but want it to be as healthy as possible?

Either way, ask Dr. Henry about removing any silver-mercury fillings you may have in your teeth, and replacing them with white composite fillings or porcelain inlays.

Obviously tooth-colored restorations will look better – who wants to show off a mouth full of dingy, grey metal? The edges of metal fillings can wear down and corrode. They can also expand and contract with hot or cold foods, leaving gaps for bacteria to accumulate underneath the fillings.

Metal fillings also contain mercury, a toxic substance that can release harmful vapors into your system. Mercury exposure has been linked to such diseases as MS, Parkinson's, Alzheimer's and Autism.

In place of silver-mercury, Dr. Henry uses a white composite resin material. It's applied in multiple layers; each layer is "cured" with a special light before the next layer is applied.

These steps are repeated until the filling is built up enough to cover the cavity. The result is a tooth that looks the way teeth are supposed to look – clean, white and healthy.

What would you rather have in your smile?



If more of the tooth needs to be covered, a porcelain inlay or onlay may be used. Unlike metal fillings, composite resin fillings and porcelain inlays and onlays will not expand and contract. They also require less reduction in natural tooth structure. They are extremely durable, lasting up to 30 years – much longer than traditional metal fillings, preventing the need for more extensive restorations later on.

*"I was looking for a dentist to fix my front teeth. I had old crowns that needed to be replaced and the color of my teeth was awful – I avoided looking in the mirror. Dr. Henry was great, he gave me all the time I needed."*

*"I had crowns and veneers placed. Now I'm much more confident when I smile!"*

~ Natalia,  
Accountant



Natalia

before

# Treatments for healthy gums and a healthy life

Most of us don't give much thought to gum disease. We brush and floss, and so long as our gums aren't inflamed or bleeding, that's enough, right?

Well, yes and no. Gum disease doesn't always have symptoms we can see. Sometimes bacteria can accumulate well below the surface and never create the common symptoms we've learned to watch for. In these cases, only a dentist can spot gum disease through regular checkups and cleanings. That's why it's important to visit your dentist at least two, preferably three times a year.

Some of the consequences of untreated gum disease are obvious – bad breath, loose teeth, an unattractive smile. But new studies are emerging that point to relationships between gum disease and some pretty serious health conditions.

The culprit is a protein produced by the liver called C-reactive protein, or CRP, a substance that can contribute to heart attacks and strokes. When bacteria from gum disease enter the bloodstream, they can trigger the liver to manufacture CRP. CRP in turn inflames the arteries and promotes the formation of blood clots.

In addition to cardiovascular diseases, CRP triggered by gum disease has been found to be a factor in such conditions as Alzheimer's disease, preterm and low birth weight babies and even pancreatic cancer.

Dr. Henry can treat many cases of gum disease through deep cleaning with an ultrasonic scaler, and by planing the surface of the teeth so that bacteria have a harder time attaching to the tooth. Many times, surgery can be avoided through the use of topical and oral antibiotics. Dr. Henry can also use a soft tissue laser to treat gum disease by disinfecting the gum pockets. There is very little bleeding, swelling or discomfort from any of these procedures.

John

before



Most of us go to the dentist for regular checkups and have the occasional cavity filled. An hour in the dentist's chair and life goes on as before.

But imagine life when every tooth in your mouth is in need of repair. Teeth that have been ground down for years, and weakened by constant grinding, so they're chipped and cracked as a result. This was John's experience and it caused years of misery for him.

To restore John's smile, Dr. Henry needed to draw on his expertise in every facet of dentistry – cosmetic, neuromuscular, periodontal and restorative. In John's case, every single tooth needed attention and he needed periodontal therapy to rebuild a healthy foundation for his teeth.

*"It helps that Dr. Henry is an LVI-trained dentist. Before I saw Dr. Henry, I spent a lot of time at different dentists getting my teeth fixed. But Dr. Henry could do it all."*

*"Dr. Henry gives you his complete attention when you're there. He's focused just on you and really listens when you talk. He makes you a priority."*

~ John, Owner  
Software Consulting Firm



Rosemary

### “Dr. Henry’s team is awesome!”

I loved that Dr. Henry teaches at LVI. He’s very meticulous and he understood what I wanted. He’s in tune with you. I went to him to have a crown repaired but was so happy with my care that I had veneers done too! I deal with the public in my business and my smile is important. Now people comment on my great smile!



before

### “I feel prettier!”

I’ve wanted a prettier smile my entire life. My kids had their braces. They’re out of school now and I decided it was finally time for me!

As soon as I saw Dr. Henry’s last magazine, it hit me like a thunderbolt. Now I feel like I’m realizing my full potential at last!



Sheila

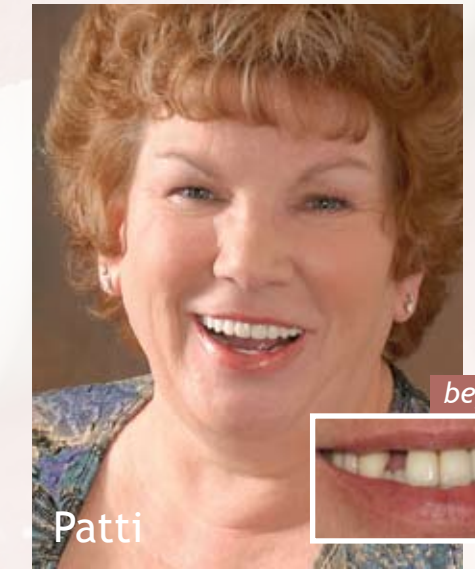


before

### “They’re like family to me!”

I came here first as an emergency patient when my veneers from another dentist broke off only a week after I had them done!

Dr. Henry was very thorough; he really listened to me. I had a full mouth reconstruction. My new veneers are really comfortable and I get so many compliments on my teeth now!



Patti



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

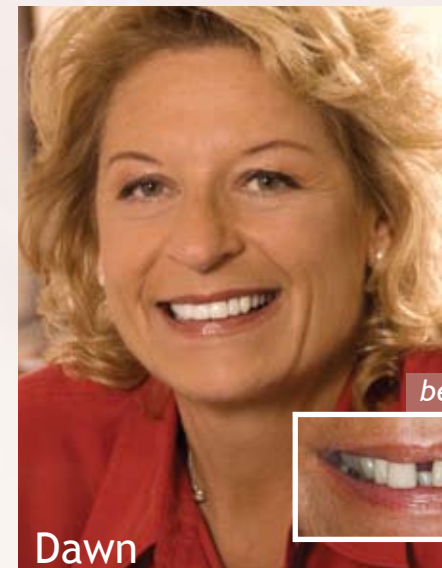


before

### “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

### “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



Grant

### 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."



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."



before



after

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."



Karen

### A Dramatic Change - A Whole New Look!

Karen's full mouth restoration also gave her a surprising extra benefit. She had small, worn teeth, an overbite and some of her teeth had shifted. Braces were one option for her, but she didn't want a treatment that would take years to complete. She saw an ad for Dr. Henry's practice and asked him about her options.

Dr. Henry recommended a full mouth restoration to restore Karen's teeth to an optimal shape, size and position, with careful consideration for her bite (also called occlusion, or malocclusion when it's out of balance). Dr. Henry restored Karen's teeth with porcelain veneers and crowns.

As a result, Karen's smile was beautifully enhanced. But as you see from her photos, her looks changed dramatically as well. Can dental work create this kind of change?



"Absolutely," says Dr. Henry. "Karen's teeth had been ground down for years, which shortened her bite. Her face was literally dragged downwards when Karen closed her mouth."

By restoring Karen's teeth to their natural, healthy state, her jaw was returned to its ideal position, beautifully elongating her face and the surrounding muscles.



before



after

"I look like I had a facelift!" says Karen. "I had a friend who was sure that I had cosmetic surgery done. Another insists that I've lost weight."

Such improvements are common results of a full mouth restoration. By restoring the bite to its optimal position, the jaw line is defined. The profile becomes more appealing. The results are truly amazing.

# The Non-Surgical *Dental Facelift*

# 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



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



## 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



## 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



Marilyn

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.”

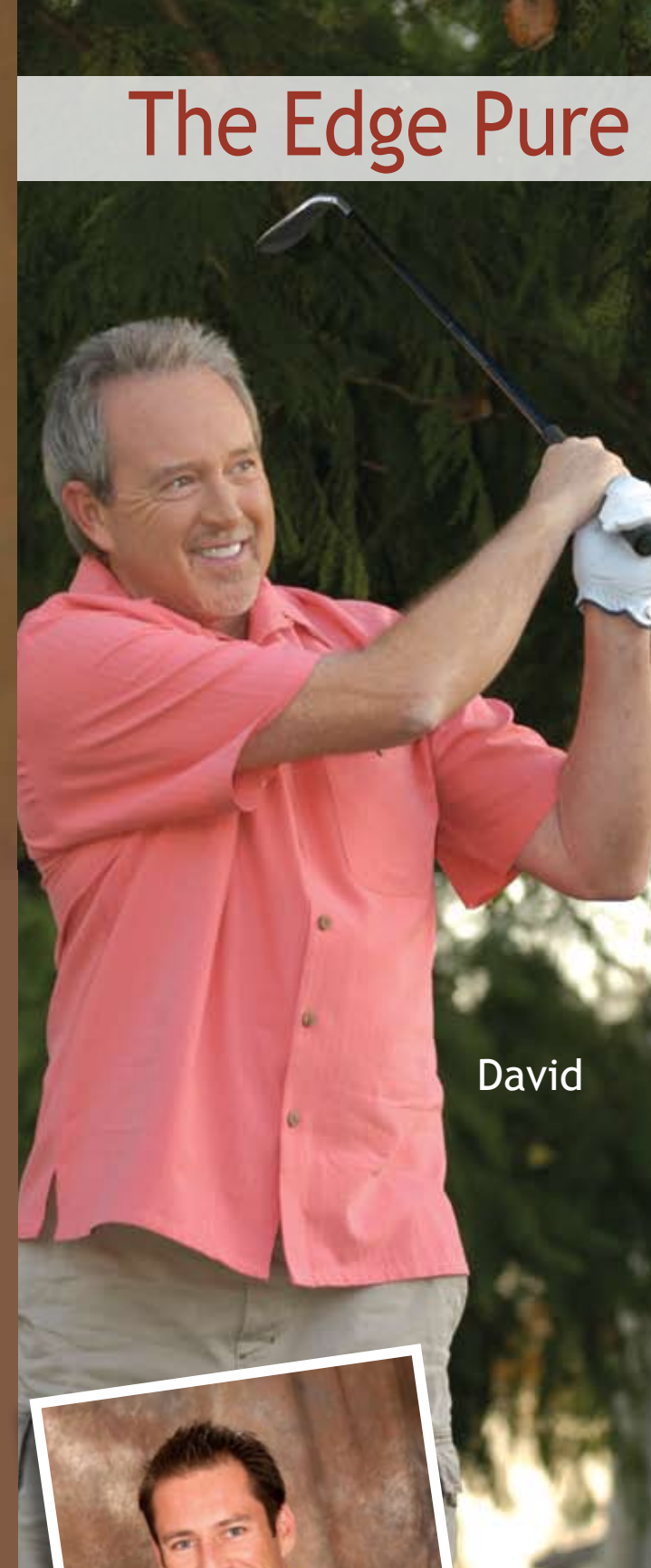
Through neuromuscular dentistry, Dr. Henry diagnosed Marilyn's malocclusion, and with a series of careful measurements, he determined the optimal position for her jaw. He completed a full mouth restoration, returning Marilyn's teeth to healthy size, shape and appearance, and restoring her bite to a comfortable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

# Our Patients Call It Amazing.

# The Edge Pure Power Mouthguard® ...



David

## Used by Professionals, Loved by Weekend Warriors!

What do more than 100 professional athletes in the NHL, NBA and NFL have in common? They're using **The Edge Pure Power Mouthguard (PPM)** to enhance their balance, upper body strength and overall performance. And you could too!

The Edge is a protective mouthpiece that uses the principles of neuromuscular dentistry to align an athlete's bite and bring his jaw, head and spine into balance. The results can be dramatic. See what The Edge has done for these athletes:

**Golfer Garth McAdoo:** “The increase in my upper body strength has brought my game to an entirely new level.”

**Marathon Runner Joe Lowden:** “The Edge Pure Power Mouthguard helped my posture, which improved my breathing – so much so that I cut 4-1/2 minutes off my time!”

**Golfer David:** “The Edge Pure Power Mouthguard helps me play like a pro – my swing has improved remarkably, my aim got a promotion – in fact, my game is so much better it surprises even me! Thanks Dr. Henry!”

**Triathlon and Iron Man Competitor, Larry:** “The Edge helped my posture, improved my breathing, got rid of my headaches and actually gave me more stamina. I would never compete without The Edge.”

Some of the most well-recognized names in professional sports have benefited from The Edge Pure Power Mouthguard. These players include Seattle Seahawks linebacker Lofa Tatupu and Steve Smith, wide receiver for the Carolina Panthers, along with the entire Indiana Pacers roster. In fact, Josh Brown, former Seahawks kicker, increased his 2007 field goal percentage to 94.1 while using the device, an entire 14 percent over the previous season – he is currently the NFL's leading kicker.

No matter what your sport is, if it requires balance, endurance or upper body strength – and that's just about all of them! – you can improve your performance with The Edge Pure Power Mouthguard.



*“I've been doing Jiu-Jitsu for 4 years and have always used a store bought mouthguard to protect my teeth. Before using the PPM mouthguard I had never won a tournament. With the mouthguard I breathe easier, have more energy, my agility and strength have increased and I now have a Gold Medal – thanks in part to The Edge Pure Power Mouthguard and Dr. Henry.”*

~ Bret, 11th Annual Copa Pacifica Jiu-Jitsu Tournament Gold Medal Winner





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ORANGE CENTER for  
COSMETIC DENTISTRY

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# 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.*



## “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!”



## 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