

# Spotlight on Smiles

How To Find a Dentist  
You Can *Trust*.

Looking Great  
And Feeling Even Better!

The Non-Surgical *Dental*  
Facelift.

Are Your Teeth Causing Your  
Headaches?



Joseph J. Henry, DDS

Orange Center for Cosmetic Dentistry  
2401 West Chapman Avenue • Suite 201  
Orange, CA • [SpotLightOnSmiles.com](http://SpotLightOnSmiles.com)  
714.881.4208

# Dr. Joseph Henry

Each person featured in this magazine is an actual patient of mine. I invite you to read through their stories and discover the amazing dentistry that's available to you, here at my practice. It's a great way for me to share my passion for smiles with you.

I've been practicing dentistry for over 24 fulfilling years. After graduating from UCLA's School of Dentistry in 1983, I established my own practice in Orange to provide my guests with exceptional dentistry, create beautiful smiles and enhance wellness.

I'm happy to say that I've been doing just that ever since. I like to "partner" with my patients, empowering each person to make educated choices about the treatment they receive. You know, not every dentist has the same

training, and there *is* a difference in the dentistry that's offered from practice to practice. The more my patients know about the advanced dental procedures I offer, the more confident they are in their decisions.

I also share my expertise with my peers. In 1997, I was a Clinical Instructor at Baylor College of Dentistry for Continuing Education, teaching other dental professionals. For the past 10 years, I have also served as a Clinical Instructor at the prestigious Las Vegas Institute for Advanced Dental Studies (LVI), the premier postgraduate center for aesthetic and neuromuscular dentistry.

I invite you to read on and enjoy the first issue of Spotlight on Smiles and discover what advanced dentistry can do for you and your smile!

# LVI Training. *Does it Really Make a Difference?*

You may have heard about LVI-trained dentists on TV or read about them in magazines. But is there really a difference? The answer is yes.

Founded in 1995, LVI educates, guides and supports dentists in the delivery of the most advanced, patient-based care possible. LVI provides dentists with expert instruction, intensive hands-on clinical training and state-of-the-art facilities and technology.

Dr. Henry is not only an LVI graduate, he is also a Clinical Instructor there, teaching dentists from around the world the most current dental procedures. As such, he has created a practice that is very different from the typical dental practice. Dr. Henry provides care that is in his patients' best interest. He answers only to his conscience, caring for patients as he would care for family.

Just ask his patients about the difference and they'll tell you. Over the years, they have enjoyed such exceptional care and personal attention that they completely trust Dr. Henry and his recommendations. If this is the quality you demand for yourself, call Dr. Henry. Need more convincing? Follow the guidelines below, and they should lead you right to Dr. Henry's door!



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1

## Do Your Research

There are so many dentists in the area, you've got to do your homework! Research area dentists and the services they provide. Visit websites. Read their philosophies and patient testimonials.

2

## See for Yourself

Don't just take their word for it. Look for photos of their *actual work* (not stock photos of another doctor's work!) to get a feeling about the quality and artistry they provide.

3

## Insist on Training

Insist on LVI training for the ultimate in health and appearance. Cosmetic dentistry is not taught in dental school. Post-graduate training is crucial!

4

## Make an Appointment

Make an appointment for an initial exam. This will help you get a feel for the practice, the dentist and the team. These are the people who will care for you, so you have to trust and like them.

5

## Talk, Talk, Talk

Talk to the dentist! Discuss your expectations. Engage in conversation. Get a feel for their "bed-side manner." It's important that you genuinely like your dentist and feel confident in his abilities.

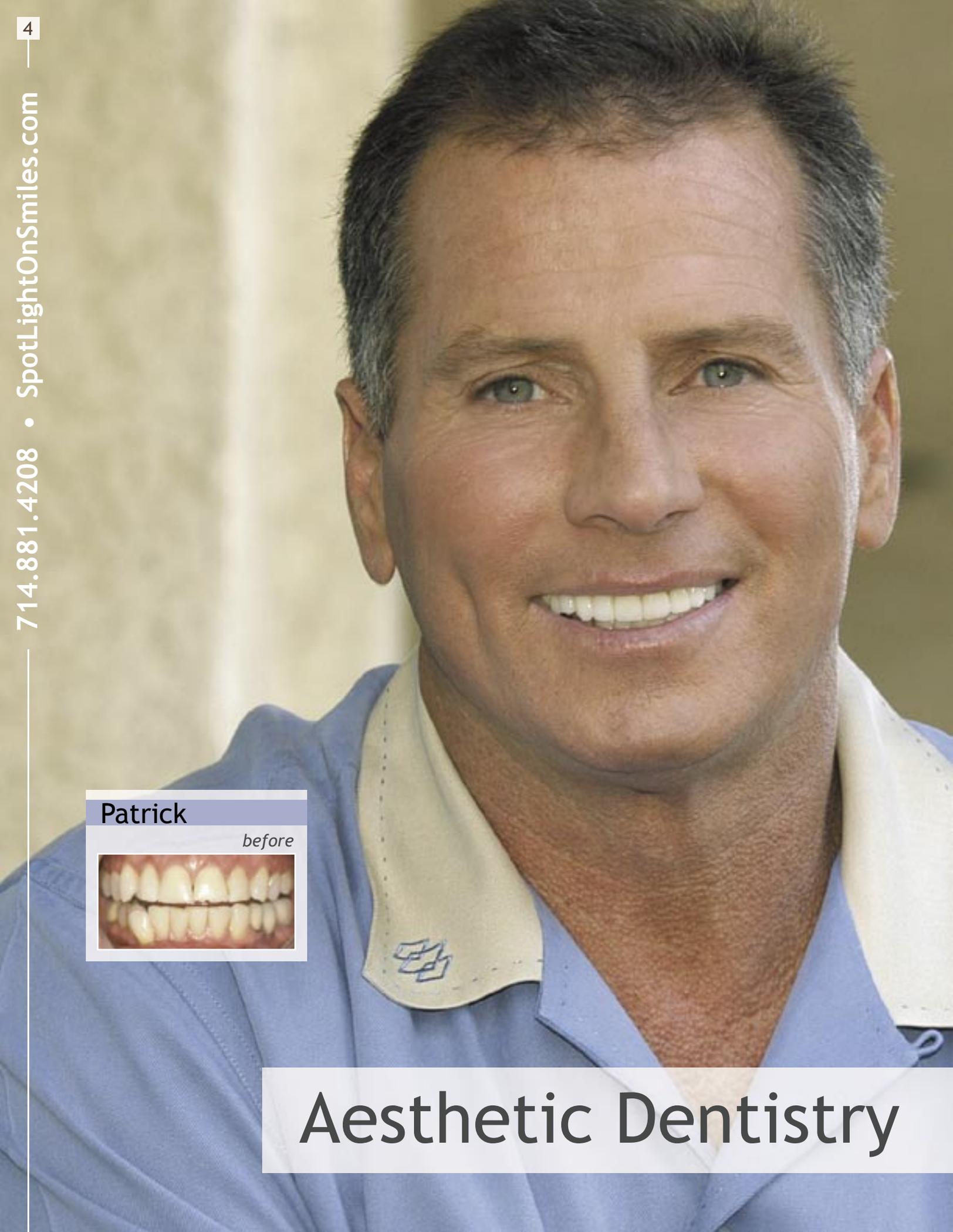
6

## Trust Your Instincts

If you feel comfortable and confident with the dentist, trust your instincts. And smile!

# Tips for Finding a Dentist *You Can Trust*





Patrick

*before*



# Aesthetic Dentistry

# It's Not Just About Looking Good.

Don't let the name fool you. Today's aesthetic dentistry does more than enhance your smile. It can help improve your overall health, too.

That's just what Dr. Henry's patient, Patrick, discovered.

Dr. Henry and Patrick are members of the same church, so Patrick came to the practice for general dentistry. "I was bad at taking care of my teeth," says Patrick. "I wanted to feel healthier. But when I saw the pictures of patients and their smiles in the office, I wanted to look better, too."

Patrick didn't know what he needed to do, so Dr. Henry presented a variety of options to restore his smile to health, and then developed a treatment plan.

Ultimately, Dr. Henry restored cavities, removed old crowns and placed veneers on the front teeth. The results speak for themselves.

Not only does Patrick's smile look wonderful, it feels great, too. "I get a lot of compliments now," says Patrick. "My smile is healthier. The end result is great."

That's the kind of reaction Dr. Henry is used to hearing. "Yes, patients expect their smiles to look better," says Dr. Henry. "But they're often amazed at how much healthier they feel."

Dr. Henry attributes the enhanced health to periodontal therapy, metal-free dentistry and aesthetic resto-

rations created with consideration to occlusion (the position of the bite.)

"Periodontal disease is dangerous and elusive," says Dr. Henry. "Patients have it and don't know it. And it's a potential killer. Researchers have found that people with periodontal disease are almost twice as likely to suffer from coronary artery disease as those without periodontal disease. Recent studies have linked the bacteria from periodontal disease with an increase in C-reactive protein (CRP) found in the bloodstream. High levels of CRP are associated with an increased risk of coronary artery disease that can contribute to a heart attack and stroke. This bacteria has also been linked to diabetes, infections, premature birth and low birth-weight babies. In essence, taking care of your gums may help save your life.

"When I restore a tooth with porcelain, whether it be an inlay, an onlay or a crown, I can save much more of the healthy tooth structure than is possible with metal," says Dr. Henry. These non-metal restorations are safer, stronger and so much more attractive than their metal counterparts.

"There is a difference in the way these restorations make teeth look and feel," says Dr. Henry. "In addition, when I place these restorations, I make sure that they fit the occlusion — or the bite — of the patient." If the bite is off, a variety of painful problems can result. When the restorations keep the bite in its most optimal position, the jaw is relaxed and comfortable. And the patient can feel the difference."

## Helps You Feel Healthy, Too!



**Rachel**  
*before*



**Tammy**  
*before*

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 left). "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 left) 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 (right) 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.

# Smile Makeovers



Elaine

*before*



Transforming Appearances  
***And Lives!***



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.

before



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.”

## “Nobody Has Noticed”

“I loved my smile and I wanted to keep it that way. But a filling behind my front tooth was creating a dark shadow. Dr. Henry placed 6 veneers on my front teeth and I’m thrilled with the result. Nobody has noticed. My smile looks identical to the way it looked before, except for the dark spot, which is exactly what I wanted!”



Karen

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



## “I Wanted an LVI Dentist”

“I had gold crowns that were beginning to look yellow, and I hated it. I wanted veneers, but it was important to me to find an LVI doctor. So I did my homework and found out that Dr. Henry is not only a graduate of LVI, but he’s also a Clinical Instructor there! He placed porcelain veneers on my upper arch. Now I love my smile. I don’t know why you’d go anywhere else.”



Sandra

## “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 8 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



Mike

## “I Wanted the Best, I Wanted Dr. Henry.”

“I used to grind my teeth and it made my teeth look short, discolored and worn. I work in the dental industry and I have very discriminating standards for dental work: I know what can be done to repair a smile, and I know it is important to find a doctor with experience in the procedures you are considering. I choose Joe Henry because he is a very conscientious doctor.



I knew he wouldn’t rush things. Dr. Henry restored my upper arch and half of my lower arch. Now I’m so much more comfortable, I get more compliments, and, though I always smiled, I smile more.”

# The Non-Surgical *Dental* Facelift.



When patients come to Dr. Joe Henry for his dental expertise, of course they expect their smiles to look wonderful and feel healthy following treatment.

But with some dental procedures, there are surprising benefits that you may not expect.

It's exactly that kind of unexpected benefit that has made Karen so happy with her new smile.

Karen was looking for a new dentist. She saw an ad for Dr. Henry's practice, liked what she read and came in for a cleaning. She had small, worn teeth, an overbite and some of her teeth had moved. She had consulted an orthodontist, but didn't want to wear braces for two years. So she talked to Dr. Henry about her options.

Dr. Henry recommended a full mouth rejuvenation. In this procedure, the teeth are restored to an optimal shape, size and position, with careful consideration of occlusion (the bite). The teeth are restored with porcelain veneers and crowns.

As a result, Karen's smile was beautifully enhanced. Her smile is now straight, white and stunning, and her bite is comfortable. But more than her smile, this procedure enhanced the appearance of her face as well. How is this possible?

Over time, as Karen's teeth wore down, the position of her jaw changed. The natural "closed" position, (when the top teeth meet the bottom teeth), was altered. This can cause a variety of problems, from headaches and TMJ pain to a change in facial appearance. When the bite "shortens," the face, for lack of a better term, collapses.

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.

"I look like I've 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 – and much appreciated – results of a full mouth rejuvenation. By restoring the bite to its naturally optimal position, the jaw line is defined. The profile becomes more appealing. The results are truly amazing.

So before you consider plastic surgery to enhance your profile, perhaps you should consult Dr. Henry first. It may be your teeth and the position of your jaw that are affecting your appearance. And cosmetic dentistry is an easier, more comfortable and non-invasive alternative to surgery! You may end up with a beautiful profile . . . and a beautiful smile!

*before*



*after*





Karen

***A Beautiful Alternative.***



David C.

*before*



Invest in Your *Self*.

# Start With Your Smile.

When it comes to business and success, you've got to put your best self forward. But if you're not confident in your smile, it shows. And that lack of confidence may not send such a positive message to others.

One of the best investments you can make in your professional life is a healthy, attractive smile.

David C., a CEO, is a perfect example. "I was always afraid that something was going to break during a business trip," says David. "I had a gap between my front teeth, a cracked front tooth and chipped bottom teeth. Dr. Henry is our family dentist and had done some cosmetic work for my wife. It looked great, so I went to see him."

Dr. Henry placed veneers on David's top teeth and the difference is amazing. "The best part is that people

don't know I have had anything done," says David. "It looks so good, they think it's my natural smile."

Now, with a healthy, strong, attractive smile, David can give his complete attention and focus to business. He's not distracted by, or worried about, possible dental problems while he's away from home.

Is your smile an asset? According to the American Academy of Cosmetic Dentistry, 75 percent of Americans agree that an unattractive smile can hinder a person's career success.

The improvement does not have to be dramatic. Some people only need a whitening to experience a boost in confidence. Ask Dr. Henry what can be done to improve your smile today.



David H. always wanted to have a nice smile. But he thought that his teeth were too small; they just weren't as perfect as he wanted them to be. He was feeling self-conscious about it. "When you have smile issues," he says, "the first thing you notice about a person is their teeth!"

He's right. In fact, according to the American Academy of Cosmetic Dentistry, 90 percent of Americans believe that a smile is an important social asset.

David didn't want a major change; he just wanted to enhance the smile he had. So he went to Dr. Henry.

Dr. Henry completed a full mouth restoration, returning David's teeth to their optimal size, shape and position. The result? David now has a straight, white, even smile that he's confident to reveal. "People are just blown away by my smile now," says David. The best part? "It looks and feels completely natural!"

# 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 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!

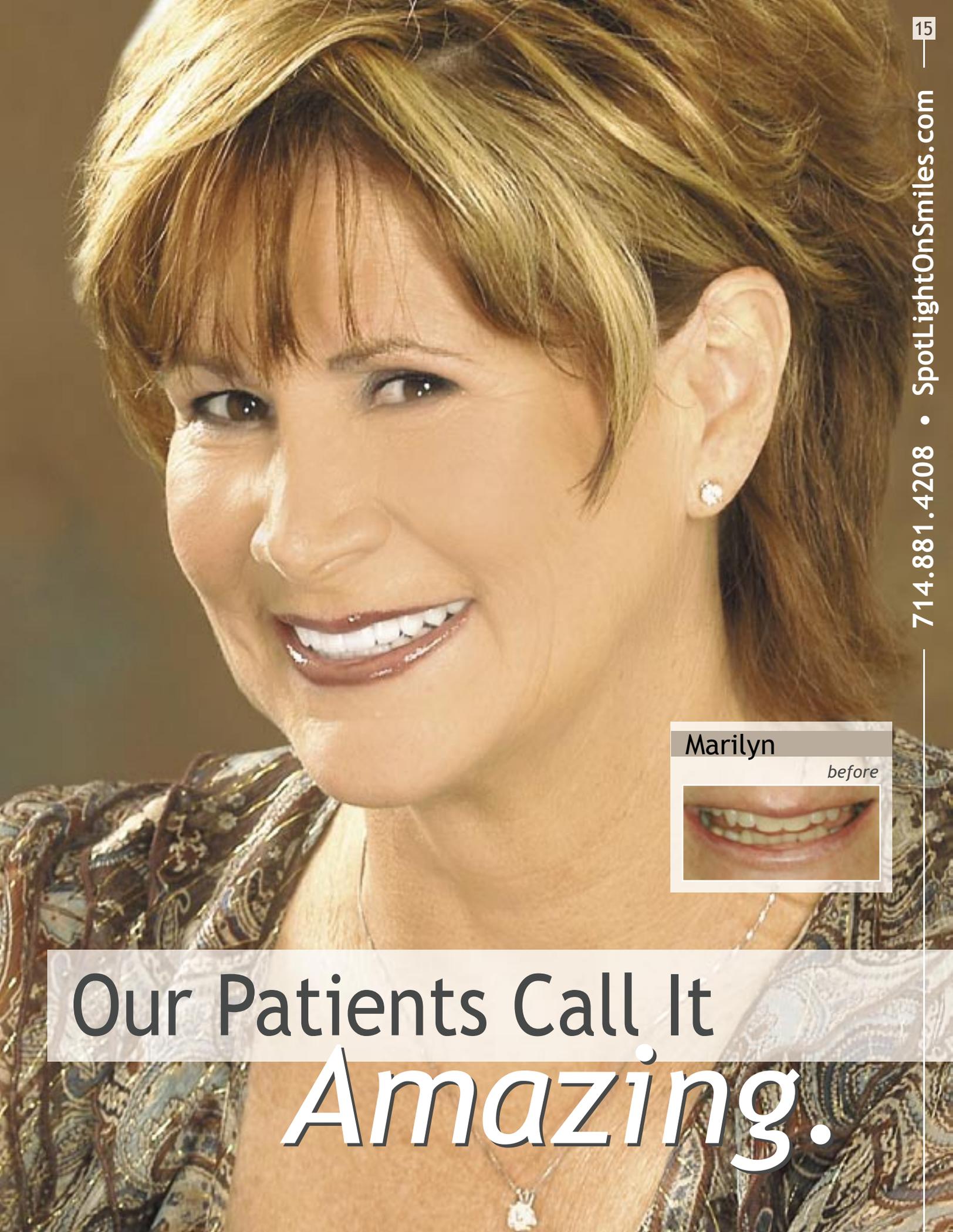
“He recommended a full mouth restoration. I talked to him for a year and a half about it. I did my homework, researched it on the web and finally decided to have Dr. Henry do the procedure.

“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*



Our Patients Call It  
*Amazing.*

These People All Have Something in Common . . .  
Something That *Completely Changed* Their Lives.

And  
It Can  
Change  
Yours,  
Too!



David H.  
page 13



Mary-Helen  
page 9



Elaine  
page 7

What It Is Just May Surprise You . . .  
*and Make You Smile.*  
*Read their stories inside.*

**You're Invited to Smile!**

*We welcome you to enjoy  
a Complimentary Smile Consultation*

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



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Avenue

Suite 201

Orange, CA 92868

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