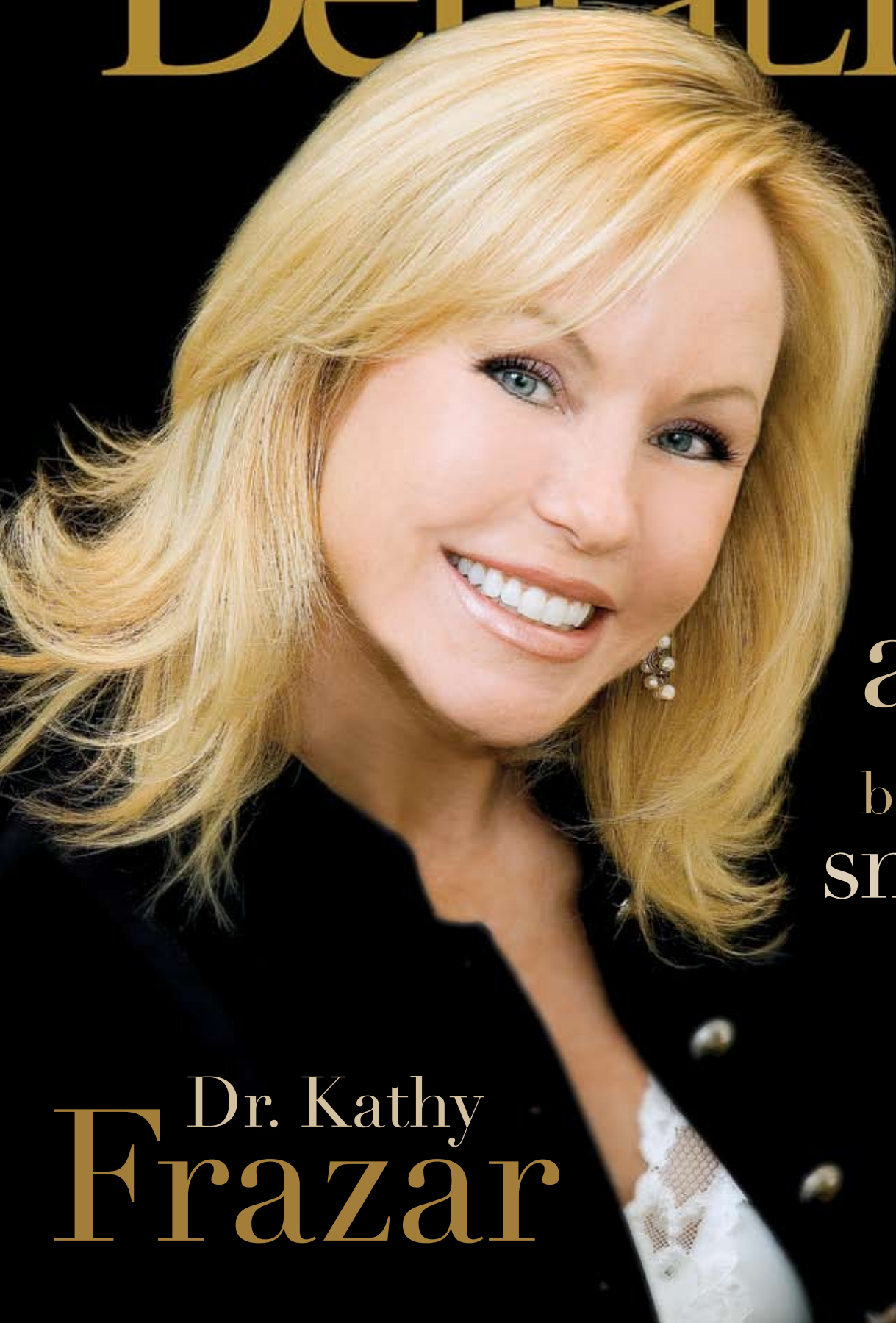


Your Complete Guide to Aesthetic Dentistry

DentalLife



the
art
of
beautiful
smiles

Dr. Kathy
Frazar

Ninety-two percent of Americans believe that an attractive smile is an important social asset; yet only one out of two people are satisfied with their smile.

As we age, teeth tend to darken. Enamel thins to reveal naturally yellow dentin. Food, coffee, tea, wine and smoking can cause staining. Even if you liked your smile as a teenager and young adult, chances are you can benefit from cosmetic dentistry as time goes on.

the art of

Cosmetic dentistry procedures do more than improve a patient's appearance. They can also improve self-image, confidence, overall health and emotional well-being. Higher self-esteem can motivate a person to pursue a new career, perhaps even a career they had previously ruled out because of a lack of self-esteem. In fact, one American Academy of Cosmetic Dentistry survey found that 74 percent of adult Americans believe an unattractive smile can hurt a person's chances for career success.

In today's competitive marketplace, people do whatever they can to get an edge. And if it comes down to having all qualifications equal, sometimes it's an attractive smile and improved confidence that makes the difference.

The good news is that thanks to advancements of modern cosmetic dental care — and the skill and dedication of highly trained dentists such as Dr. Kathy Frazar — the benefits of cosmetic dentistry are no longer for just the rich and famous to enjoy. Continuously improving technology and advanced dental materials provide more cosmetic dental options than ever before. There are procedures to change the size, shape and color of teeth. And with the widespread availability of flexible financing plans, treatment is more accessible and affordable than ever before.

The publishers of *DentaLife Magazine* recently sat down with Dr. Frazar to talk about her practice, trends in the industry and some of the exciting options that are now available in cosmetic dentistry. Dr. Frazar graduated from The University of Texas Dental School. For over 18 years, she has helped thousands of patients maintain excellent dental health and enhance the appearance of their smiles.

Dr. Frazar is also a graduate of the world-renowned Las Vegas Institute for Advanced Dental Studies (LVI). She is trained and skilled in restorative, cosmetic and neuromuscular dentistry.

She has been named one of the top doctors in Houston by both *H Magazine* and *Texas Monthly* and has been featured on CNN, ABC, NBC and in other media. She works with a carefully assembled team of dental professionals who are committed to excellence and comfortable care.

Dr. Frazar is a dentist who uses restorative materials which enhance, rebuild and restore teeth to nearly their original beauty. She maintains a full-time practice dedicated to premier cosmetic and comprehensive restorative dentistry. She is committed to providing exceptional cosmetic results, while exceeding expectations with impeccable five-star service.

***DentaLife:* You've been practicing in this area for more than 18 years. What's the biggest change you've**

seen in the industry?

Dr. Frazar: Everybody now is interested in their appearance and wants to know what they can do to make their teeth look better. The great thing is that now, like no other time before, there are so many new alternatives to preserve your smile.

***DentaLife:* Why did you choose to focus in cosmetic dentistry?**

Dr. Frazar: I started off in basic general dentistry. I realized after awhile that I really enjoyed restorative and cosmetic procedures more than anything else. So through advanced training at LVI and other training centers of excellence, I honed my practice to excel in restorative, orthodontic, implant and cosmetic procedures, although I still offer the routine, full-service general dentistry services.

As a dentist, I feel as though I am changing lives one smile at a time. Many of my clients who have come to me for cosmetic dentistry now have the confidence to pursue careers and relationships that never seemed possible before. I fully enjoy improving the quality of my patients' lives.

***DentaLife:* Why has cosmetic dentistry become one of the fastest-growing areas of dentistry?**

Dr. Frazar: Technologically advanced materials and techniques have made all things possible in cosmetic dentistry today, and people are responding to the exciting new options they have available to them to restore the original beauty of their teeth.

Stained or discolored teeth can be corrected with in-office and at-home bleaching systems. Missing teeth can be replaced with bridges or dental implants. Chipped, cracked and worn teeth can be restored with specially made laminates or veneers. Even old, unsightly fillings can now be replaced with aesthetically pleasing materials such as resins and porcelain fillings or crowns.

Also, more senior citizens are keeping their teeth longer, due largely to improved dental care. And maintaining an appealing smile is a major part of their desire to stay fit, healthy and attractive. But as people age, dental issues often arise that can affect the health and appearance of the teeth — namely, abrasion at the root surface and gingival recession.

***DentaLife:* Is there a difference between cosmetic and restorative procedures?**

Dr. Frazar: In some people's minds, there is a divide between cosmetic — meaning discretionary — and restorative — meaning necessary — but I really think the two go hand-in-hand. I consider them to be interchangeable. In my mind, all restorative work can and should be aesthetically pleasing. If you're going to take the time and effort to restore a tooth, it should also be as close to natural as possible.

Part of performing cosmetic dentistry is making sure that everything else in a client's mouth is healthy too. If you don't have a good foundation and you do something completely discretionary, it's not going to last. Patients have to have an understanding of the overall health of their mouth and take ownership of their situations.

***DentaLife:* What types of clients can benefit the most from cosmetic dentistry?**

Dr. Frazar: My clients are made up of people from all walks of life, including:

- Those who are self-conscious because of yellow or discolored teeth;
- People with crooked or irregularly shaped teeth;
- Baby Boomers who need an attractive smile due to career pressures;



beautiful smiles

- Individuals experiencing major life transitions such as a divorce, death of a spouse or marriage;
- Seniors seeking a more youthful appearance;
- Children and teenagers with chipped teeth from playground or sporting accidents or just crooked teeth they don't like;
- Individuals recovering from automobile accidents, domestic violence or other trauma.

DentaLife: What effect has the popularity of shows such as *Extreme Makeover* (a primetime program featuring adults who receive cosmetic and personal health treatments to improve their appearance) had on the industry?

Dr. Frazar: I think it's both good and bad. What I don't like is that many times the dental aspect of the makeover is minimized because the shows are all about instant gratification. It's a one-hour show, so viewers may not realize there are eight weeks of work behind the outcome. People really don't get the whole picture about what is really involved behind the scenes to get these incredible results. For example, an implant can take three to six months to totally heal.

The great thing about the show, however, is that it has certainly made the general public more aware of dentistry in general and what's possible today. People now realize that a positive outcome is possible for everyone.

You can have a beautiful smile and healthy teeth and gums and bone. It's not going to happen overnight for many people, but the ability to do it is definitely here.

DentaLife: What should a person do to ensure a positive outcome when seeking cosmetic dentistry?

Dr. Frazar: The more you can voice the outcome that you're looking for to your dentist, the greater the chance that you'll get what you want. He or she should have knowledge of current, accepted, modern dental techniques and procedures. In dentistry, there is no recognized specialty called cosmetic dentistry. Do your research first. There are several organizations devoted to the area of cosmetic dentistry. Read about the characteristics of a good cosmetic dental practice.

DentaLife: How big of a role does the dental lab play?

Dr. Frazar: The lab portion of this field — the place that actually makes the veneers — is a key component to your final outcome being a positive one. Lab technicians are key members of the restorative team. The dentist has a close working relationship with the technician to ensure the smile of your dreams is created for you.

DentaLife: What aspect of dentistry really fulfills you?

Dr. Frazar: I would say working with clients who are living with unnecessary pain, whether it is physical or emotional. Being able to significantly improve a part of their lives is very rewarding. Also, I love helping a client overcome a cosmetic obstacle. Imagine a person looking in the mirror and never being happy with their smile. It may be a negative characteristic that they have always lived with, but now they are at a point where they can do something about it. So, I am able to help patients, whether it is straightening their teeth, porcelain veneers, replacing a missing tooth with a dental implant or full-mouth reconstruction.

DentaLife: Which procedures do you particularly enjoy?

Dr. Frazar: There isn't any one procedure I like more than another one. That's why I enjoy being a general dentist. I can really coordinate and control the whole client care process. I can develop the vision

of what I want the client to look like and I do virtually every phase of it.

When I do need specialist care, I certainly incorporate that. We are blessed with some great specialists in our community who I work with when I need their help with more complicated cases.

For me, the planning is very stimulating. It is very complex. Think of a dentist in the same sense as a structural engineer. It's not a little house being built; it's more like a skyscraper. It's a giant engineering project and all the little parts and pieces need to come together. There is a lot that goes into it bringing us to that point. I think that is what inspires and stimulates me.

DentaLife: What about the person who has neglected their teeth and has advanced periodontal disease? Is the only answer for them dentures?

Dr. Frazar: People with advanced periodontal destruction do not always need to have all of their teeth pulled and given dentures. There are now so many advances in dentistry that it is possible to bring cases back from hopelessness. It's being done worldwide with modern dental science. Periodontal and implant dentistry can help preserve and enhance the teeth you have, bringing your teeth back to functioning normally. We are able to save a lot more teeth today than ever before. Again, the Internet is a great way to begin to educate yourself in these areas.

DentaLife: Explain your philosophy of treatment.

Dr. Frazar: Every one of our clients is treated like a member of our family. At our practice, we strive to provide you with a level of service and care that not only meets, but also exceeds your expectations. We are committed to providing the very best for our clients. One of the best ways for us to do this is to make sure you are well informed about your treatment options so you can work as a member of our team. We always welcome your comments and suggestions so we may continually improve our client care.

I work very hard to establish and maintain a trusting relationship with my clients and to provide them with the best possible treatment in an ideal setting. I want each of my clients to explore their treatment options and to have the treatment outcome that fits their lifestyle.

I believe that every dental client needs information and choices presented to them. I like when clients ask questions. I'm willing to do as much or as little as a patient needs to help them make the right decisions.

neuromuscular dentistry

the right bite
can relieve a
host of painful
symptoms

When the teeth and jaw are out of alignment, muscles in the neck and shoulders try to compensate, causing pain and headaches that can't be relieved until the jaws are realigned. Symptoms of a bad bite and jaw misalignment include frequent head, neck, back or shoulder aches, abnormal tooth wear, snoring and pain in and around the jaw and TMJ area. You may also suffer from earaches and ear "stiffness," ringing in your ears, and may hear clicking and popping sounds when you chew. Some patients experience dizziness, difficulty swallowing and even chronic fatigue.

It is estimated that 40-50 million Americans suffer from these symptoms, although most do not relate them to jaw misalignment. Thanks to the field of Neuromuscular Dentistry, you may no longer have to endure unnecessary pain and suffering due to a "bad bite" (malocclusion).

Neuromuscular Dentistry addresses the muscles that control the jaw position, swallowing and chewing. Founded on the belief that a healthy smile begins with a healthy bite (occlusion), Neuromuscular Dentistry strives to reposition the jaw to its optimal physiological position, thus relieving the symptoms. Proper diagnosis is critical to make sure you receive the best treatment for your particular condition.

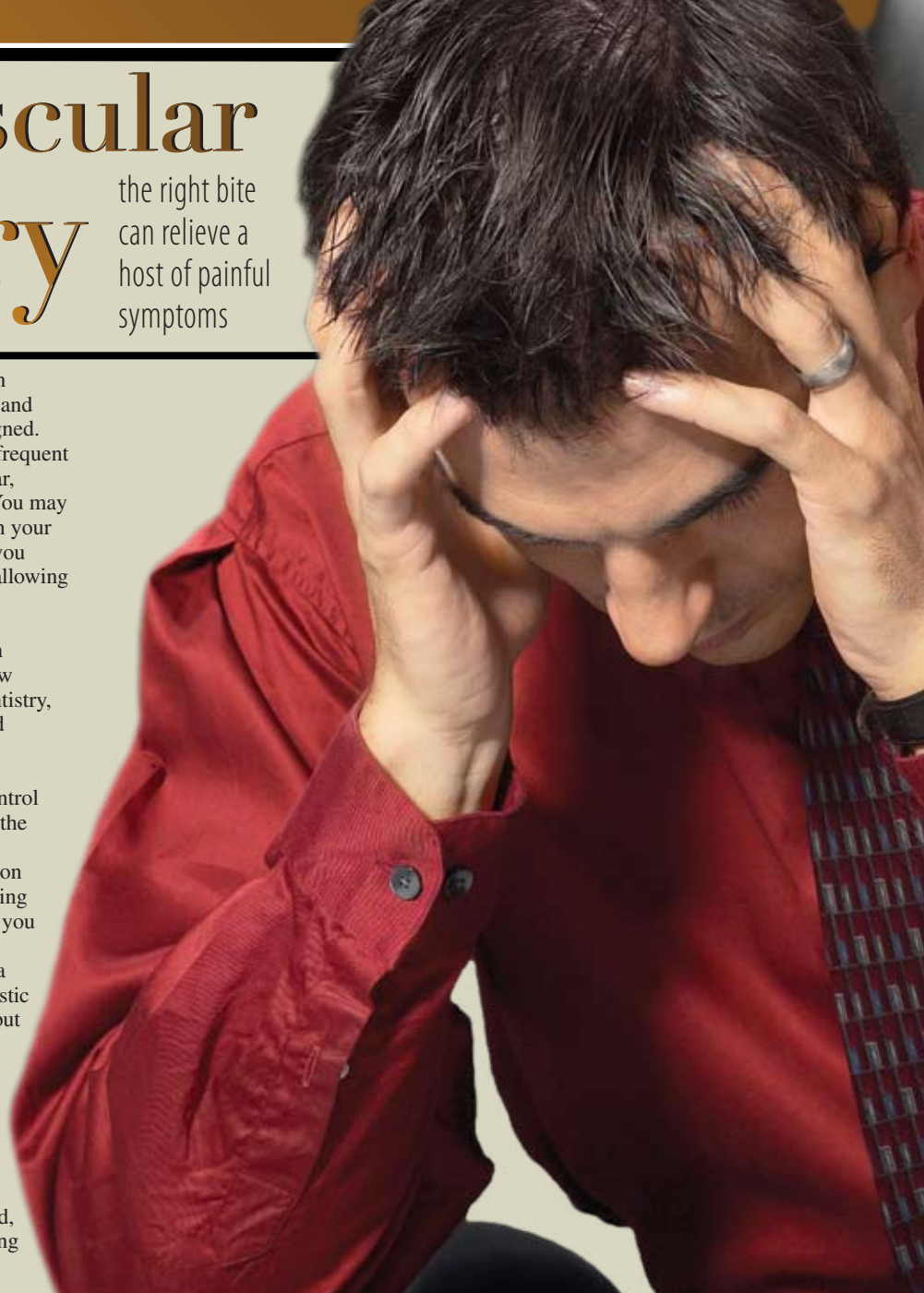
Dr. Frazar may recommend treatment after conducting a thorough health history, a clinical exam and other diagnostic tests. Only minor corrective treatment may be needed, but Orthodontics (braces) or full-mouth reconstruction may be required.

When optimal correction is achieved, patients can experience benefits ranging from decreased pain and discomfort to better overall health and longer-lasting dental restorations. Many patients enjoy another fringe benefit of Neuromuscular Dentistry – a more well-rested, revitalized person can have the facial appearance of being 10 years younger!

DO YOU SUFFER FROM:

- Headaches or migraines
- Pain or pressure in and about the eyes
- Sinus problems
- Tinnitus (ringing in the ear)
- Clogging or stuffiness of the ears
- Subjective hearing loss
- Pain in or around the jaw
- Stiffness or soreness in the neck, shoulders and back
- Radiating pain down your arm to your fingers
- Snoring
- Vertigo (dizziness)
- Habits of grinding
- Clenching your teeth

Why suffer needlessly another day? In most cases, the symptoms related to jaw misalignment can be successfully treated to reduce or eliminate your discomfort. Postponement of treatment usually results in more damage to the joint, muscles or teeth. Call Dr. Frazar at 713-668-7137 today and schedule an appointment to see if your symptoms can be relieved by Neuromuscular Dentistry.



wake up with a BEAUTIFUL SMILE

oral sedation dentistry

For many, the memory of a painful dental experience overshadows the importance of maintaining dental health. Their anxiety level can escalate at the simple thought of calling to set up a dental appointment. Traumatic childhood dental experiences can also resurface during a dental visit, even if there is no real similarity to the past. Patients who suffer from these conditions benefit from dental procedures performed by Dr. Frazar in a sedation dentistry setting.

Throughout her years in dentistry, Dr. Frazar has recognized the decline in dental health that occurred in patients who regularly cancelled or avoided routine appointments due to dental anxiety. She decided to take a proactive approach to meet these patients' needs by offering oral sedation dentistry.

The patient arrives one hour prior to their dental appointment and takes a small pill. The patient is then covered with a thick, warm blanket and placed on a monitor to watch their vital signs. When the patient reaches a comfortable level of relaxation, their dental treatment begins. When the treatment is completed, the patient's companion drives them home to continue sleeping. The patient does not remember the visit.

Oral Sedation Dentistry has become the perfect solution for these patients suffering from dental anxiety to maintain their dental health.



THE IDEAL CANDIDATE FOR THIS TYPE OF APPOINTMENT IS AN INDIVIDUAL WHO:

- experiences a high fear of dental treatments;
- has had a prior traumatic dental experience;
- has difficulty swallowing or getting numb;
- has a fear of needles, shots, noises, smells or tastes associated with dentistry;
- has complex problems and/or limited time to complete the dental work;
- feels embarrassed about their teeth but cannot improve their appearance, much less their dental health, due to fear and anxiety.

Call 713-668-7137 or 888-622-6322 to schedule your consultation

kathy frazar, dds

The people featured on pages 6-8 are actual patients of Dr. Frazar. These are their stories.

PEOPLE



“As a young man, I had beautiful teeth, but as I’ve grown older, I have become more self-conscious about the appearance of my smile. Over the years, I had a number of teeth that cracked as a result of intense grinding at night and this caused teeth to be replaced.

“I had terrible bite alignment, so my jaw would hurt, and my teeth were chipping and wearing down. Over time you forget about what your smile really should look like.

“My wife suggested that I make an appointment to see Dr. Frazar, and I immediately realized that she could offer what I needed to improve my smile.

“It has been an investment of time and a real commitment to bring about the desired change. We started with the bite alignment, and Dr. Frazar referred me to a specialist who custom-fitted an orthotic for me. I wore this for several months to

realign my bite.

“I also have had several titanium implants placed, which was another phase of my full-mouth restoration. Dr. Frazar sought out the cause of the problem and fully addressed it. She worked in harmony with Dr. Warren, and together they were able to determine what was needed to maintain the proper alignment and what would be best for the final result. Dr. Warren also had to do a sinus lift.

“Since all the work has been completed I can chew gum for the first time with no pain. At night I now wear a hard occlusal splint and I have had no problems with chipping or fracturing.

“I love my smile, and, best of all, it looks natural. It’s the right color and everything is perfectly placed.”

Charles Norris Posehn
- Retired Colonel, U.S. Army



“I started having really severe vertigo when I woke up in the mornings. I also had TMJ, neck and shoulder pain, earaches and severe migraine headaches. I did not know all of this could be attributed to my bite.

“I wanted to improve the appearance of my smile, so I decided to make an appointment to see Dr. Frazar. She told me that my bite was out of alignment and before we did anything with my teeth, we first had to improve the position of my jaw and bite. I was very impressed with all of the diagnostic equipment Dr. Frazar has to help analyze bites and provide important data for correcting the problem.

“She placed a removable orthotic, which gave me some relief from all the discomfort I had experienced for years.

“She also suggested full-mouth rejuvenation to fully correct my bite. It took awhile to do everything, but I would rather it take more time to get everything right.

“I love the improvement in my smile. I could have gone somewhere else and just done the veneers to improve my smile, but I would still have the pain, vertigo and TMJ.

“I no longer have any pain. The headaches, earaches and shoulder and neck pain are gone. The vertigo was my biggest problem because I love to play golf, and each time I looked down at the ball, I would feel off balance and dizzy. This doesn’t happen anymore.

“I now have a lot of compliments about my smile and that never happened before. Best of all, my husband loves my new smile and that is what makes me the happiest.”

Cora Outlaw



“I love my smile and best of all it looks natural.”

“I tried to whiten my teeth, but they never got white enough. My teeth were a little crooked and there were other imperfections that caused me to consider porcelain veneers.

“I decided to have 10 all-porcelain veneers placed on my upper teeth. Initially I thought all I really needed was the top ones done. After the work was completed, I went directly back to Dr. Frazar to have the bottom teeth done. Because the top veneers looked so good, I just had to do the bottom ones too. I chose another 10 veneers on the lower arch.

“This has made a huge difference in my life. The enhancement of my smile helps me in my business, as well as socially.”

Stan Neeley



LIKE YOU



"I am a dentist in Cincinnati who performs a great deal of cosmetic dentistry. When it came time to have cosmetic dentistry done on my smile, I knew that I needed to find a dentist who excelled in cosmetic procedures. I teach and attend classes all over the United States, so I have the opportunity to meet many general dentists who offer cosmetic dentistry. I met Dr. Frazar at a dental meeting and after talking with her, I knew immediately that she really understood cosmetic dentistry. I also had the opportunity to see her work and I knew that I had found my dentist. An added bonus was that she was totally painless. I love my new smile. It is perfect in every way."

Dr. Thomas Hedge

"My front teeth had some abrasions. One of my crowns had also fractured.

"Being a dentist myself, I knew it was time to do something. I am retired now, but I was very active in dentistry. I am a past president of the American Academy of General Dentistry. I began to do my research. I know most of the top dentists in Houston, as well as dentists in Los Angeles and Las Vegas. I have had the capability of going anywhere I wanted to have the work done. I went to several dentists to get their opinions and I chose Dr. Kathy Frazar.

"I decided to have 18 porcelain veneers placed to give me a new smile.

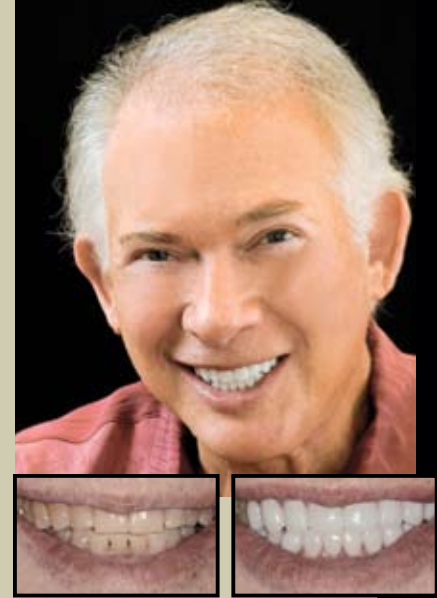
"In two hours and 10 minutes, she had the teeth prepared, had the impressions made and had the temporaries in. I felt no discomfort, which is what most patients are hoping to avoid.

"Dentistry has progressed so much since I was in practice. The materials being used today in dentistry, the veneers and the cement that bonds the veneers to the tooth structure are just superior.

"I am delighted with the treatment and feel fantastic about my smile. You have to be an artist to do anterior aesthetic dentistry and you must have a fine lab to create the restorations, based upon the the dentist's specifications.

"Friends think I just had my teeth whitened. I know that I have had them permanently whitened and am so pleased with the final results."

Dr. Jerry A. Argovitz



"With my new smile I even feel younger."



"My teeth were crooked and were beginning to yellow. I also had a problem with grinding my teeth at night, and this was not only causing tooth damage, but also gum recession.

"I was considering straightening my teeth with braces, then whitening my teeth and then addressing the gum recession. Rather than going

through all of that and having to wait several years, I decided to have porcelain veneers. Best of all, I didn't have to have any work done on my gums because the veneers took care of that as well.

"In the past couple of years, I was beginning to feel embarrassed about my smile. I was even beginning to cover my teeth when I would smile. Now I just love it and never hide my smile anymore.

"Almost once a week someone tells me that I have great teeth and a great smile. I'm in sales and it's highly competitive. We're expected to have a certain look. Other reps are younger and look like models. How I feel about my appearance and my self-confidence is very important. With my new smile I even feel younger."

Shannon Nolen

Call 713-668-7137 or 888-622-6322 to schedule your consultation

kathy frazar, dds

More People Like YOU



“My smile just wasn’t bright enough. “When I saw Dr. Frazar, I soon learned that she was not only concerned about how they looked in the front, but also how my teeth functioned in the back. She takes a total approach to caring for a patient’s smile. She works on making the whole package be the best

it can be.

“I love candy and, unfortunately, growing up I got a lot of cavities. They were fixed with the old silver fillings and when I laughed you could see them. Dr. Frazar replaced them all with composite fillings and porcelain crowns. I also had my teeth whitened. Now my smile from top to bottom is much better.

“Part of my job with Reliant Energy is to be in our company’s print ads and commercials. I also do a lot of face-to-face public events and an attractive smile has proven to be very important.”

Sidney Evans

“I had gaps between my teeth and they looked more like baby teeth than my permanent ones.

“I just didn’t feel good about myself. I didn’t feel comfortable talking with people and I was really self-conscious about my teeth. I was always preoccupied with my teeth. In pictures I never smiled because I just didn’t want to show my teeth.

“I have wanted to improve my smile since high school. It seems like the older I became, the worse the appearance of my teeth became. Finally I was in a position where I could do something about it.

“First I had my teeth whitened. Then I had all-porcelain veneers placed on my top teeth. Dr. Frazar did aesthetic recontouring on my lower teeth to improve their shape.

“I am really happy about my smile now. I get lots of compliments.

“Having this done has positively impacted my life. I have stopped smoking, lost a little weight and I’m more outgoing. I was shy before and never wanted to go anywhere. My relationships with people have also improved. I am no longer embarrassed about smiling or talking with people.

“I am much more open and I never think about my teeth or what other people might think. I just smile.

“Before I had my smile improved I was working as a receptionist and now I am working as an office manager. I just feel very confident about my appearance now.”

Melissa Cantu



“I had a lot of major problems with my teeth when I first saw Dr. Frazar. I had lost my eyeteeth when I was 14 years old. My parents couldn’t afford braces, so the dentist at the time extracted them because they were coming in wrong.

“I also grind my teeth and this caused my teeth to chip, fracture and wear down.

“Dr. Frazar placed porcelain crowns to improve the appearance of the teeth damaged from the grinding. She also placed a dental implant. I also had four porcelain veneers placed on my upper teeth. She is such a perfectionist that she was able to make two of them look like the eyeteeth that were missing from my smile.

“I get compliments about my smile all the time and I love my smile.”

Yolanda Moreno



“I
love
my
smile.”

RESTORING a beautiful smile

Restorative Dentistry Can Give Your Smile a Lift

Returning your smile to its original beauty requires a combination of artistic talent and advanced dental technology. It also includes rebuilding tooth structure to its original size and shape. Your smile becomes whiter and your teeth regain a more youthful appearance.

In most cases, head and neck aches disappear. Decay is eliminated. Older restorations are replaced by ones that look like your natural teeth. Porcelain crowns, white fillings, all-porcelain veneers and porcelain onlays provide the perfect restorations for a beautifully white, younger-looking smile. The goal for restorative dentistry is to create a smile that is healthy, balanced and in natural harmony with your facial features.

For individuals in competitive professions, a beautiful smile often gives them greater self-confidence and assurance. They look successful and often report an improvement in both their business and personal relationships.

Restorative dentistry can give you a beautiful, healthy smile that you can enjoy and share with others. Porcelain veneers and all-porcelain crowns can create the appearance and whiteness that you desire for your teeth. Once your teeth are restored to their original beauty and an improved state of health, your dental visits will help you maintain one of your most valued assets.

Call 713-668-7137 or 888-622-6322 to schedule your consultation

kathy frazar, dds

all PORCELAIN

Producing a perfect smile is an art, as unique and individual as a person's features. The components that produce a beautiful smile require great attention to detail on a tooth-by-tooth basis. With proper design measurements, the exact proportions of a new smile can be achieved. Meticulous records, measurements and photographs are used to evaluate your smile needs and determine what it will take to produce the perfect smile for you. A wax model is made from an impression of your teeth before you begin, allowing you to see the result that can be achieved with porcelain.

Designing a beautiful, natural-looking smile takes preparation and planning. Dr. Frazar has undergone extensive advanced training in cosmetic dentistry at the Las Vegas Institute for Advanced Dental Studies (LVI). In fact, Dr. Frazar's expertise in this area of dentistry has given her the prestigious privilege of teaching other dentists how to restore a beautiful smile.



This patient's teeth were uneven, discolored, and had large spaces between the lower teeth. The appearance of the upper and lower teeth was improved with 12 all-porcelain restorations.



This patient wanted straighter and whiter teeth without wearing braces and whitening. Ten all-porcelain veneers were placed on the upper and lower teeth.



This patient was unhappy with the look of their crowded teeth. They also did not like their shape and color. Twelve porcelain veneers improved the appearance of the upper teeth. The lower teeth were whitened and recontoured, creating a beautiful new smile.



WHAT ARE PORCELAIN VENEERS? Porcelain veneers are very thin porcelain facings. They are used to change the shape, color, size and spacing of your teeth. They have a life-like appearance with the strength, beauty and durability that only porcelain restorations offer. In addition, they will not discolor or wear like natural tooth enamel.

DO PORCELAIN VENEERS ALL LOOK THE SAME? No. Porcelain is very life-like when done correctly. The difference in the porcelain is the skill of the ceramist. Also, your smile is custom designed specifically for you. There are various shapes in veneers. You can choose a smile design that is sporty, natural or has that Hollywood look. Creating the perfect smile requires a blending of precision dentistry, perfect planning and an artist's eye for detail. Porcelain veneers are the perfect answer for those who want a dazzlingly, white, beautiful smile. Why wait? Call 713-668-7137 now and see if you are a candidate for porcelain veneers.

VENEERS



Ten porcelain veneers on this patient's upper teeth, along with whitening, gave this patient's uneven teeth a beautiful new look.



This patient's old crowns were discolored and uneven. Eight porcelain restorations dramatically transformed the patient's smile.



This teenage patient had a gummy smile with small gapped teeth. Ten porcelain veneers and a laser contouring procedure gave the patient the smile of their dreams.

If you have any of these problems, porcelain veneers could be the answer to your smile dilemma:

- Spaces between your teeth
- Broken or chipped teeth
- Unsightly, stained or washed-out fillings
- Permanently stained or discolored teeth
- Misshapen or crooked teeth
- Dark, yellow or stained teeth

LVI

As the premier post-graduate education center for advanced dental studies in the world, LVI prides itself on the caliber of its graduates. Graduates of LVI are among the finest, most progressive dentists in the world. LVI was established to educate, guide and support dentists in the delivery of the most advanced, patient-based care possible.

PATIENTS OF AN LVI-TRAINED DENTIST EXPERIENCE:

- Rejuvenated smiles;
- Whitening of discolored or stained teeth;
- Straightening of crooked or overlapping teeth;
- Closed gaps between teeth;
- Repair of chipped, broken or worn teeth;
- Lengthening or shortening of uneven teeth, creating a uniform appearance;
- Aesthetic replacement of missing teeth;
- Replacement of unsightly metal fillings with natural or tooth-colored fillings;
- Recontoured gums, eliminating the appearance of a gummy smile.

DR. FRAZAR IS AN LVI GRADUATE

Call 713-668-7137 or 888-622-6322 to schedule your consultation

kathy frazar, dds

ADVANCED TECHNOLOGY

that is changing the face of dentistry

DIAGNOdent

More and more patients place value on healthy and attractive teeth. In order to maintain optimum dental health, the earliest possible detection and care are essential. Dr. Frazar uses the DIAGNOdent laser to assist in the early detection of cavities. When very small cavities are detected in the earliest stage, patients gain the advantage of protecting and preserving the tooth structure.

Tooth-Colored Restorations

Do you have silver amalgam fillings? Do you find that you are embarrassed when you laugh or smile because of their obvious appearance? Imagine being able to finally let out a hearty laugh without anyone seeing the fillings in your teeth. It is one thing to need a filling and another to be reminded of it for the rest of your life.

Tooth-colored restorations are as strong as they are beautiful. Because most patients want to keep a natural-looking, beautifully white smile, Dr. Frazar offers only tooth-colored restorations. Silver amalgam fillings create dark, shadowed areas on your teeth and they give your smile an unnatural appearance. You can see them when you open your mouth to laugh or when you smile. For large cavities or filling replacements, similar materials that can be subjected to high heat and pressure are used. These materials are called inlays and onlays. These materials are both aesthetically pleasing and durable. Restorations such as these can also be sealed, unlike silver amalgams. The restorations actually strengthen your teeth with adhesive or bonding technology, reducing the need for crowns.

Cerec® Technology

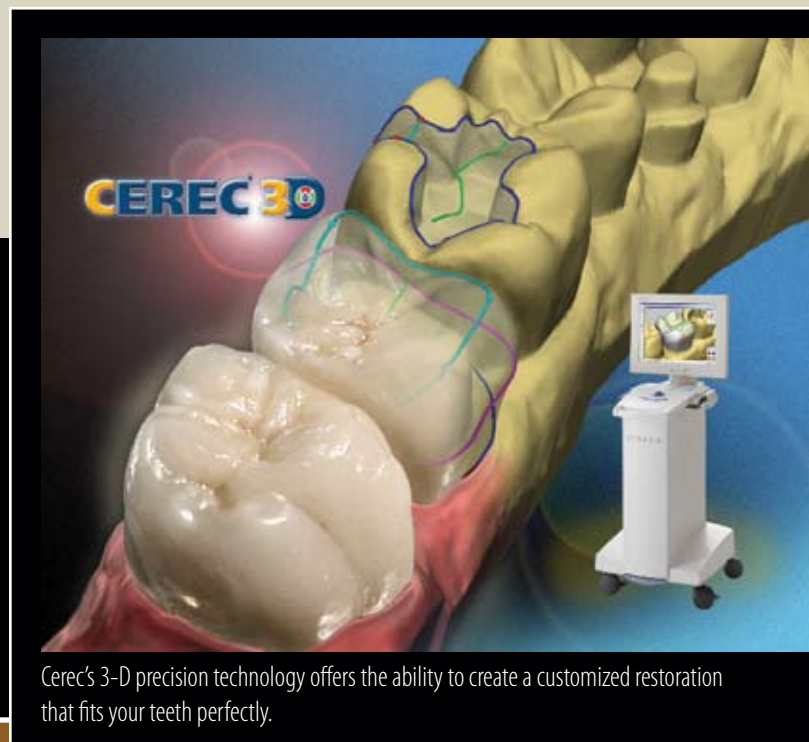
A Time-Saving One-Visit

Breakthrough in Dental Technology

If you have ever had a large cavity, a large filling that needed to be replaced with a crown, or a broken tooth, odds are you underwent two to three dental visits to fully restore your tooth. In the past, this required one visit to prepare your tooth and take an impression. Then you left with a temporary restoration. A second visit was necessary to set a permanent crown. A third visit might also have been required to adjust the crown. Today, Cerec offers the convenience and value of a one-visit restoration.

The Cerec technology creates beautiful inlays and onlays, veneers and crowns and eliminates the necessity of ongoing dental appointments. Cerec's 3-D precision technology offers the ability to create a customized restoration that fits your teeth perfectly. This restoration is created in the dental office while you wait. During the same visit, it is placed and adjusted. Your dental visit is concluded when you leave with a beautiful porcelain restoration that is biocompatible to your very own tooth structure. This is unquestionably the most cost-efficient and time-saving restoration offered in dentistry today.

The milling unit
carves the
ceramic restoration
in about 15 minutes.



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Soft Tissue Laser

A state-of-the-art soft tissue laser is used to gently reshape and recontour the gums to enhance your smile. It is also used to treat fever blisters and periodontal disease.

Myotronics K7

The Science and Technology of TMJ treatment

Have you ever wondered why you have headaches so frequently? Do you catch yourself reaching for Advil each day as if you were taking vitamins? Are you waking up with sore jaw muscles? Do you see your teeth getting shorter over the years? Before your nose touches your chin, don't you think it might be time to investigate the cause of your problem rather than treating its symptoms? There is a scientific way that you can. It begins with the Myotronics K7.

The Myotronics K7 is the most advanced piece of computerized diagnostic equipment used for diagnosing medical conditions attributed to a bad bite (malocclusion). "Bite disease" and temporomandibular joint (TMJ) disorders can be effectively detected, measured and treated using computerized electronics. Yes, dentistry has come a long way!



Old silver amalgams replaced with porcelain restorations made by Cerec 3-D

Call 713-668-7137 or 888-622-6322 to schedule your consultation

kathy frazar, dds

Deep Bleaching for dark or tetracycline-stained teeth

Your smile is important. It's one of the first things you notice when you meet someone. A whiter, brighter smile is beautiful and can help you feel better about yourself and make a memorable impression.

Your lifestyle and the aging process can stain and darken your teeth. Many things we do on a regular basis can contribute to stained teeth, such as smoking or drinking coffee, tea, soda, berries and red wine. Regardless of why your teeth have become discolored, the Zoom!® whitening treatment can get your smile looking its best.

The Zoom! in-office whitening (as seen on *Extreme Makeover*) treatment is simple. It begins with a short preparation to cover your lips and gums, leaving only your teeth exposed.

The dental assistant then applies the Zoom! Whitening gel, which was designed to be used specifically with the Zoom! Light. The light and gel work together to gently penetrate the enamel of your teeth, breaking down the stains and discolorations.

During this time you will relax, watch TV or listen to music. The gel is applied for three 15-minute sessions for a total treatment time of 45 minutes. In only a one-hour office visit, you can leave our office with a smile that is up to eight shades whiter.

Zoom! is:

- Fast and convenient
- Long lasting
- Low in sensitivity
- Proven to be safe and effective

the beauty of a
BRIGHT
white smile



PROFESSIONAL TEAM

surrounded by a spa environment

Our Houston dental practice has a very unique combination of doctors and available services. Since a majority of the adult population has periodontal disease and periodontal disease leads to tooth loss, we have a periodontal specialist, Dr. Sharon

Warren, on our team. In our practice Dr. Warren will address your periodontal needs without having to go to another practice. We know it is a difficult task in today's busy society to find one comfortable dental home, let alone two. That is why we can solve most of your concerns in one office.

Dr. Frazar and her team want you to feel comfortable when you visit our practice. We've designed our office to be a warm, comfortable place that provides the latest dental technology, yet pampers you in a relaxing, spa-like environment. We provide each of our guests with a concierge who will always greet you by name, serve you a warm or cold beverage, and personally seat you in one of our dental suites. Our guests are also greeted with warm blankets and neck pillows, paraffin hand treatments, noise cancellation headsets, and virtual movie glasses. After treatment is complete, each guest is offered a therapeutically scented warm towel while all paperwork is completed at the concierge's desk, thanks to our VIP check-out.

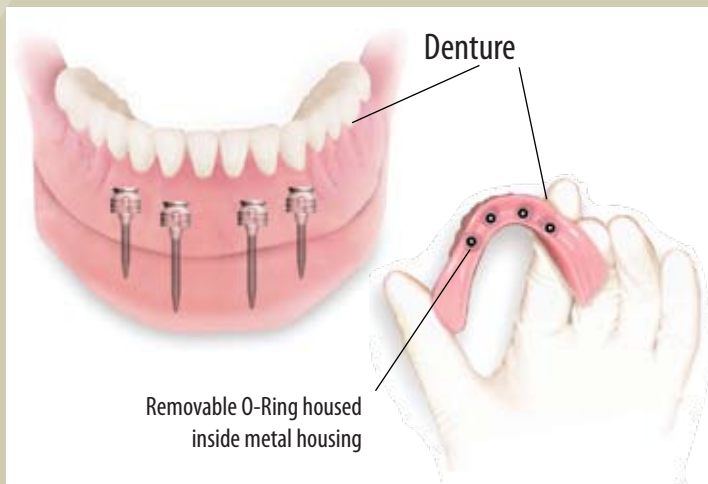
"I look forward to my dental visits because it is like visiting a spa instead of a dental office."

—Ann



Mini Dental Implant

A miniature titanium implant acts like the root of your tooth, and a retaining fixture that is incorporated into the base of your denture keeps your denture solid with no movement. The head of the implant is shaped like a ball and the retaining fixture acts like a socket that contains a rubber O-ring. The O-ring snaps over the ball when the denture is seated and holds the denture. When seated, the denture gently rests on the gum tissue. The implant fixtures allow for micro-mobility while withstanding natural lifting forces.



How can dental implants help denture wearers?

The standard insertion protocol for dental implants calls for four of them to be gently screwed into the front of a patient's lower jaw. This is a relatively painless procedure requiring only mild anesthesia. The dental implants, which are approximately the size of wooden toothpicks, are placed about five millimeters apart in the patient's mandible. The patient's denture is then carefully adjusted by Dr. Frazar to allow it to snap onto the four mini implants. The result? A tight fitting, completely reliable system that allows a patient to speak and eat with confidence. The dental implants are placed in about an hour's time. Because of the unique, minimally invasive procedure, the minute size of the implants, and the characteristics of the placement area, the typical dental-implant patient can enjoy a light meal an hour or so after having the mini implants placed. Furthermore, a denture patient who has had his or her prosthesis stabilized with implants can remove and replace the denture easily after a little practice, and can easily utilize good dental hygiene.

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kathy frazar, dds

a revolutionary way of straightening teeth

THE INVISALIGN SYSTEM

For decades, traditional braces were the only option for adults who wanted straighter teeth. The Invisalign System offers the first true alternative, by utilizing advances in 3-D imaging technology to create a series of customized plastic aligners. CAD (Computer Aided Design) software is then used to simulate the movement of your teeth during treatment. Invisalign's advanced technology builds precise models of your teeth at each stage of your treatment. Individualized, custom-created clear aligners are then made from these models. Each aligner is designed to move your teeth .2 millimeters closer to a more beautiful smile. The Invisalign system uses a series of aligners. Each is worn for two weeks, 24 hours a day.

Over 250,000 individuals have regained beautiful smiles with Invisalign. *DentaLife* magazine interviewed Dr. Frazar to get a clearer insight as to how effective the Invisalign system has been for her patients.

DentaLife: It has been our understanding that the Invisalign system is used for patients whose teeth need only minor correction to straighten. Is this always the case?

Dr. Frazar: I often see patients who have been told that Invisalign was not an option for straightening their teeth. Though this patient may be a difficult case, Invisalign can straighten their teeth. Our success with this amount of correction gives patients who do not want to wear traditional braces the option of wearing clear braces. It is important for individuals who want to straighten their teeth through orthodontics to realize that Invisalign does not treat the patient; the dentist treats the patient. The amount of correction that they can achieve relies heavily on his or her experience.

DentaLife: There are other brands of clear braces on the market. Are they the same as Invisalign?

Dr. Frazar: Invisalign is a very high-tech invisible braces system that

has proven technology and techniques that produce dramatic results for patients. In general, the other brands that you are referring to do not have the same history. Their technology does not meet Invisalign's standard. But, these invisible braces are cheaper for dentists and orthodontists to use. Individuals who choose to straighten their teeth with invisible braces should choose a proven system and an experienced practitioner.

DentaLife: We have also heard that some patients need to complete their straightening process after Invisalign with traditional braces. Is this true?

Dr. Frazar: No, this would be a rare case in our office. In fact, less than three percent of our Invisalign patients have chosen to complete their tooth movement with traditional braces. The Invisalign technique requires time and effort to learn a new skill set that is unique compared to conventional braces. We are able to do some of the most complex tooth movements without braces.

DentaLife: How long is the average treatment time? Is this time shorter or longer than that required for traditional braces?

Dr. Frazar: The treatment time varies with the amount of movement required to give an individual straight teeth. However, Invisalign's advanced technology generally allows us to achieve results a bit faster than with traditional braces. Each patient will know how long his or her treatment program will last prior to beginning. The plan is created from the 3-D computer imaging, and the straightening process is broken down into stages by the computer. Each stage becomes a removable aligner, which is worn for about two weeks. The patient comes in for office visits every two months until their teeth are completely straight.



BOTH of these people are straightening their teeth

The woman on the right is straightening her teeth in a brand new way that is virtually undetectable – even up close. Introducing Invisalign®, the invisible way to straighten your teeth. It's comfortable, removable and convenient without metal wires or brackets.

today,
you have a **CHOICE**

Dr. Kathy
Frazar

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