

A BEAUTIFUL SMILE

“People say nice things
about my smile.
I feel better about myself now.”

Betty Gravel, Windsor, Ont.



A smile is such a significant part of who we are and how we present ourselves. A great smile vastly improves self-confidence and self-esteem, while missing teeth or dentures may have the opposite effect.

It's so easy to take the good fortune of attractive teeth and a bright, natural smile for granted. As the old saying goes, it's not until we lose something that we realize how important it was.

Betty Gravel, a mother of three and postal worker in Windsor, Ont., knows firsthand the effect a great smile has on quality of life. By the age of 25 she had lost all of her teeth and was wearing a full set of dentures. She was self-conscious about eating, laughing and even sneezing because it drew attention to her mouth.

Losing her teeth helped her realize how important they were; not only for eating and talking but for feeling good about herself, too. So she decided to do something about it. A new set of permanent teeth gave her a beautiful new smile and renewed excitement and confidence in her life.

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I'm much more confident when I eat or laugh.

Betty Gravel

Over the years, the bone in Betty's jaw deteriorated. Her features began to age, diminishing her self-confidence. Eating became an exercise in finding whatever was easiest to chew without disrupting her dentures. "People don't realize all the foods you avoid when you wear dentures," says Betty.

A change for the better

She had desired a change for many years but continued to put it off until her father suggested she think seriously about making a change. His encouragement coaxed her into doing something to change her smile – and her life.

Betty turned to the expertise of Dr. Herman K. Kupeyan, BSc, DDS, MS, a prosthodontist in Windsor, Ont. He gave her the new smile she craved using Nobel Biocare's patented

NobelGuide™ computer-guided surgery. In less than an hour Betty had a whole new set of permanent teeth with no swelling or bleeding and minimal pain. "It's like a regular dental procedure," says Dr. Kupeyan. She was eating just hours after

her surgery thanks to Nobel Biocare's well-kept promise of "beautiful teeth now."

Seeing Betty today, you'd never know her teeth weren't natural. Computer-guided surgery with NobelGuide™ provided a perfect fit for her implants with minimal discomfort or swelling.

During a series of appointments leading up to the surgery, a CT scan of Betty's jaw was taken and put into the guide, which created a virtual 3D model of her jaw. The next step was to create a virtual 3D model of Betty's new teeth. The two models were merged to see exactly where each implant needed



Betty before her new smile.



Dr. Kupeyan and Betty discuss the successful implant of her brilliant new smile.

to go inside Betty's mouth – a blueprint for teeth! Her new teeth were placed directly onto the implants. "These are the closest thing to your natural teeth as you're ever going to get," says Dr. Kupeyan.

Looking younger isn't the only bonus; Betty can now eat whatever she wants and can't name a single thing she can't chew. "Now I'm willing to try anything," she says. "I ate a lot of steak last summer, which is something I never thought I'd be able to enjoy."

Looking good, feeling great

After her surgery, Betty was amazed at how much her appearance had changed but didn't realize she'd also make an impression on those around

her. We have a tendency to get used to our appearance whether we like it or not. With a new smile, Betty was able to transform the way she looked – and felt. "I honestly just thought it would be me that noticed, but everyone tells me how much better I look," says Betty.



Whether you have a single tooth, several teeth or every one of them missing, consider the following options.

Single tooth: A one-piece implant is used. The process can be completed in one surgical session, with a single unit making for a fast and efficient solution.

Several teeth: When replacing multiple teeth, a fixed bridge anchored to dental implants is the only fixed alternative.



All teeth: A fixed bridge anchored to dental implants is the best permanent solution, allowing you to eat and function as you would with natural teeth.

Why not undergo a minor operation that will profoundly impact and improve the quality of your life?

Dr. George Zarb

A dental implant acts as a permanent replacement for the root portion of a missing tooth. This may sound like a daunting procedure, but it doesn't have to be.

In the past, dental implants meant lengthy surgery, swelling and painful recovery. Nobel Biocare has changed all that, giving people the opportunity to transform not only their appearance but their whole outlook on life.

With dental implants, teeth become a part of who you are, explains Dr. George Zarb, emeritus professor and chair of prosthodontics in the faculty of dentistry at the University of Toronto and a pioneer in oral rehabilitation.

As a dental professional, Dr. Zarb says one of

the things that always excited him was the idea of giving people permanent replacement teeth.

People describe their teeth as being an integral

part of who they are, just like a finger or a limb, says Dr. Zarb.

Having to wear dentures, partials or bridges can be a nuisance; they move around, you have to take them out to clean them, and, most importantly, they're not a part of you.

"Once they are part of you again, you can forget about them," he explains. The stress



Betty's new smile says it all.

that can sometimes accompany wearing dentures or partials is virtually eliminated with implants, as was the case for Betty Gravel.

For more information or to find a dentist near you, visit www.nobelsmile.com.

Nobel Biocare is the world leader in groundbreaking esthetic dental solutions. They have helped change the face of dentistry by providing millions of people with beautiful, long-lasting, natural-looking teeth.

Nobel Biocare is a one-stop shop for restorative dentistry. They offer a wide range of innovative options for missing teeth and damaged or discoloured teeth, as well as training and education programs.

Nobel Biocare has more than 1,550 employees in 29 countries. The company's headquarters are in Zurich, Switzerland, and Gothenburg, Sweden.

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