

LAS VEGAS

# WOMAN<sup>®</sup>

TO EDUCATE,  
ENTERTAIN  
& INSPIRE

Dr.  
**LAURIE**  
Bloch-Johnson  
HELPING LAS VEGAS SMILE

**DENTISTS  
OF THE  
DESERT**

STYLIST  
TO *Eva  
Longoria*

REVEALS BEAUTY  
**SECRETS**

+

**TAKE A BITE  
LIP SMACKING  
FOODIE TOURS**

**TENNIS  
ANYONE?**  
WINNING FASHION  
ON THE COURT



# Dr. Laurie Bloch-Johnson

Helping  
people  
one smile  
at a time

*M*eet Dr. Laurie, a dentist who has been practicing for over 29 years and offers general dentistry with a focus on cosmetic, reconstructive and TMJ disorders. More than just creating a beautiful smile, she has developed her practice using a totally different approach that one might not expect at a dentist's office.

From the moment a patient walks into her practice, they notice how serene and inviting it feels. There are only four chairs in her reception area, and it's never crowded. That is because Dr. Laurie is committed to seeing one patient at a time and always being on time.

Dr. Laurie creates a different experience by giving the time needed to have all of the patient's questions answered. She feels that sitting down with every patient on their first visit and doing an executive physical of the teeth, gums and mouth gives her patients choices and an awareness to create good dental health and a beautiful smile.



Dr. Laurie is passionate about dentistry and absolutely loves her job. In fact, she is one of the most senior instructors at the Las Vegas Institute for Advanced Dental Studies, where she teaches dentists from all over the world. Her dental practice is a model for these dentists to visit and see the latest technology in use. Dr. Laurie is a member of the American Dental Association, Nevada Dental Association, International Association of Comprehensive Aesthetics and International College of Cranio-Mandibular Orthopedics. She is also an author and lecturer nationally and internationally.

Personalized care is what Dr. Laurie is all about. She couldn't do it without an amazing team that is highly trained and very caring. She also has a master ceramist on her team who can customize restorations while you are there. Even with digital photography and all the technology she has, nothing compares to

Time impacts your smile in many ways. You may have noticed your teeth becoming discolored, but you may not have noticed the amount of wear your teeth have sustained with the passing years.

As your teeth wear, they become shorter, changing the proportion and shape of your face. Your face becomes shorter and rounder, less of an elegant oval, attractive heart or strong square, and more of an aging circle. You may notice that your lips change shape, becoming thin, compressed and wrinkled. Jowls appear as excess fat and skin begin to sag at the jawline, a deep crease develops between your chin and lower lip, and the skin of your lower face becomes squished.

The result is a sagging facial appearance with more wrinkles. This can make you look older than you are. The overall result is an older-looking smile and a drastically changed facial appearance.

#### How can a non-surgical facelift help you?

We understand that aesthetics means great smiles and younger faces. Your front teeth support your lips, and your back teeth support your jawline. When restoring your smile, slight yet precise increases create fuller lips, less facial wrinkles, tighter necks and stronger chins. Restoring your smile helps reverse the aging process.

#### What should I expect from my first consultation?

It is important that you feel comfortable with your choice of a dental office for your care. As with any new relationship, getting to know one another is the first step in determining whether or not our office will be a good fit for you. It's a great way to explore a new world of possibilities for your smile.

Getting started with us is easy. We begin by making you an appointment for a private consultation with our team. We will send you a few simple forms to fill out. To make the most of your appointment time, we will review your forms prior to your visit.

When you arrive, our new patient coordinator will meet privately with you in our consultation room. The two of you will sit down and talk. We will listen to you. It is very important to us to find out what you want to see and how we can help you. Next, you will have a set of digital photographs made of your mouth, and a quick complimentary computerized bite analysis made of your bite.

I will then see you, and we will look at your photographs on a big-screen TV. You, our new

patient coordinator and myself will then be able to discuss your concerns.

After reviewing your photos, listening to what you want and examining your mouth, problems and solutions begin to present themselves. During your consultation, we will talk about your goals, assess your bite and recommend the best option for you.

Your consultation with me will be over an hour of our undivided attention. Whether we decide to work together or not, you will leave your consultation with a clear understanding of what is going on in your mouth. While we understand that many offices offer free consultations, the comprehensive nature of our consultations make the nominal fee an outstanding value.

#### Why should metal fillings be replaced with white fillings?

There are two major misconceptions people have about metal fillings in their back teeth: that their appearance doesn't matter and that they're functionally fine. Although these fillings may not be visible when you smile, they are visible when you talk and when you eat, which means you're showing them a lot more than you think. And although you may not be aware of problems with these fillings, chances are that damage is being done to your teeth every time you chew, eat, drink or clench your teeth.

White fillings will not only improve the appearance of your smile, they can make it healthier and more comfortable, too.

Over the past 40 years, many advances have been made in the materials and techniques used to fill cavities and repair decayed teeth. When fillings were first introduced nearly 200 years ago, they were all made of amalgam, a metal mixture containing mercury, which even then caused controversy. These fillings, which are still used today, are not desirable for a variety of reasons: They are prone to cracking over time, very noticeable (often turning black with age) and contain hazardous mercury. For all of these reasons, tooth-colored dental filling upgrades that use metal-free materials are more popular than ever.

Aside from the reasons listed above, plastic and porcelain filling upgrades offer many benefits over amalgam. When you upgrade your metal fillings to tooth-colored fillings made from porcelain or composite, they are custom-made to create a better seal over your teeth. It is stronger and hardens much more quickly than amalgam, and it matches the natural color and sheen of your teeth. They also don't expand or contract in extreme hot and cold

temperatures, which can cause your teeth to be sensitive and weaken over time.

#### What's new in dentistry?

There are several things I have incorporated this year to make visiting the dentist more relaxed and pain-free. One is a technology that allows us to buffer our anesthetic so it matches the body's PH. This takes away the sting that is often associated with a typical injection.

I also offer NuCalm to help relax anxious patients. NuCalm uses stereo headphones, an herbal supplement and an electronic stimulus to put the patient in a meditative state. Not only is it great for dental appointments, NuCalm is also used with professional athletes to improve performance, help stimulate healing and decrease stress in the body.

T-scan is an incredible tool we use to test a patient's bite forces. It uses a wafer that has sensors embedded in it, kind of like stepping on a foot sensor to see where pressure points are in your feet. It offers one a higher level of accuracy to find out whether a patient's bite may be causing problems for the teeth, bone or jaw.

Another thing that is exciting and new is an appliance that is custom fitted to a patient's jaw to eliminate snoring. It is called a Micro2 and was developed here at the institute. Most people feel that snoring is an annoyance but not a health issue. What we know is that many people who snore have underlying sleep apnea. For a patient who wants to treat their snoring, we offer a take-home screening device. It tracks the person's sleep to see if an oral appliance could help them. Many patients who are CPAP-intolerant are also good candidates for an oral appliance.

#### What is a Personalized Dental Plan?

A Personalized Dental Plan is what a patient will leave with after their exam and consultation with me. It is like a roadmap to health. I give my patients the possibilities, then they tell me if and when they want to take care of the problem. I firmly believe that by uncovering potential problems and prioritizing these for my patients, it empowers them to make the best decisions. I want to encourage health instead of manage disease.

Coming to her practice, you will discover the cornerstone of what she calls "Dentistry that's beyond Exceptional." Dr. Laurie believes that creating your Personalized Dental Plan is a better approach and overall strategy for achieving your goals.

Providing dentistry that exceeds your expectations takes the proper state-of-the-art diagnostic tools. The standard dental X-ray film is no longer



ideal, so she uses digital imagining, and this is only one of many specialized dental tests. Not only will you discover the overall health of your teeth, gums and jaw joints (TMJ), but she will also employ a specialized computer to analyze your bite. This data will be recorded in your Personalized Dental Plan.

Dr. Laurie will present your Personalized Dental Plan to you and discuss your options. She does not believe in making all-or-nothing recommendations. Your options will be thoroughly discussed, as she wants you to be an active participant. Your opinions and desires matter.

Dr. Laurie says that the patients who come to see her come from all walks of life. What they have in common is a desire to be healthy and keep their teeth for a lifetime. They also refer their friends and family because they have been treated with kindness and have been listened to, which is the core of Dr. Laurie's practice. **LWW**

*Dr. Laurie's Exceptional Dentistry*  
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*“Dr. Laurie is passionate about dentistry and absolutely loves her job. In fact, she is one of the most senior instructors at the Las Vegas Institute for Advanced Dental Studies, where she teaches dentists from all over the world.”*

having a face-to-face meeting with the artist who is creating your new smile.

She loves to answer questions for potential patients who are ready to improve the health of their teeth and the beauty of their smile as well as embrace the self-confidence one gains when one feels good about him or herself. Dr. Laurie spoke with *Las Vegas Woman magazine* about the many aspects of her practice and how she can help people.

#### How do your teeth impact your facial appearance?

When your facial tissues developed, they grew around the framework provided by your bones and teeth. This created the youthful look of your face.