



Dr. Dennis Baik's tooth talk

Produced to improve your dental health and awareness

Summer 2006

from the desk of Dr. Baik

Office Remodel

To serve you better!

New technology and state-of-the-art facilities have become the hallmark of the profession of dentistry. With such advances, dentists now pursue options which will bring an outstanding experience to our patients. We want to let all our patients know that our office will be undergoing a complete remodel in the near future. After many years with the same look, we thought it was time to spruce things up with a major face-lift!

We are thrilled to update our office *and* update our equipment to provide the latest in technology including digital x-rays and intraoral cameras. We'll also have computers in every operatory so you can view your treatment.

But what makes our practice truly beautiful is our super friendly and helpful staff, and we hope you agree!

Yours in good dental health,

Dennis Baik, DDS

turn the page

Don't gamble with your oral health!

What do we find hiding inside your mouth?

Is your smile slowly eroding?

Summer Fun ... And Food

No need to suffer with sensitive teeth!

Summer's a time that almost demands we throw caution to the winds. Indulgence lives in the air we breathe ... and in the food we eat. Who can't resist a cold ice cream cone on a hot day? Or say no to a Popsicle or freezie for your child on a steamy afternoon?

Well, a little summer food indulgence certainly doesn't hurt our overall health and well-being. But for some people, those ice-cold treats can be a truly painful and unpleasant experience. People with sensitive teeth can experience a sharp pain when eating frozen yogurt or slurping a chilly lemonade. If the hard enamel on your teeth is worn down or if your gums have receded, tiny, very sensitive microscopic cells may become exposed.



Hot or cold foods, or even exposure to moving air, can cause pain.

As many as 30% of patients are subject to what's known as *ice cream headache* that occurs shortly after we eat or drink something very cold. Science has yet to discover the cause of these headaches, although rapid change in the temperature of the sinuses may be to blame.

If you suffer from any of these conditions, please let us know at your next consultation so we can help. And a quick tip... Don't chew ice! It puts needless stress on your teeth and your enamel.

Have a happy, indulgent, and safe summer!



Hot or cold foods, or even exposure to moving air, can cause pain.

We welcome new smiles!



Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are misshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!



Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!

The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can't challenge constant assault.



The Academy of General Dentistry has identified acids in these common foods...

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

And recommends that after eating or drinking, you...

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

NO PAIN DOESN'T MEAN NO PROBLEM!

If you are tempted to skip appointments because you don't feel pain and can't see anything wrong, think again. What you can't see or feel can cause the most trouble! These dental problems can be treated, and often reversed, if spotted early.

Here's What We See That You Can't

- A dental examination can detect deterioration in fillings, crowns, and restorations.
- We may spot root cavities (decay on the roots of your teeth) which are exposed by receding gums.
- Close inspection can reveal periodontal pockets caused by gum disease, and we may even identify the early warning signs of oral cancer.
- We may find new decay under the gumline or hidden under existing fillings – two places you just can't see!
- Your teeth may have hairline fractures or signs of enamel erosion.
- We can diagnose an impacted wisdom tooth that is ready to make its presence known ... although you may not feel it yet.
- The onset of gum disease, called *gingivitis* in its early phase, often goes undetected by patients. We can check for any tell-tale signs so that you can take action to prevent its progression toward periodontitis.

Gambling With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a "collapsed" facial appearance. You've probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other

hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn't just affect your appearance - it can affect your overall health as it has been

linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer's, and oral cancer. Don't gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!



A Bridge For Mother-In-Law

By Jeffrey M. Galler, DDS

"I don't have false teeth! Do you think I'd buy teeth like these?"

- Carole Burnett

Finally, an opportunity presented itself to try out a new, highly recommended dental laboratory. My patient had a long Thursday morning appointment. I prepared eight teeth for crowns and sent her impressions to the lab. I asked for the gold work to be ready one week later.

On Monday morning, an irate dental technician called. Furious, he inquired, "How can you possibly expect me to have this case ready by Thursday? I'll need at least two weeks!"

"Two weeks?" I gasped.

"At least!" he screamed. "I have to pour models, trim dyes, cast gold, and fit copings!"

After several minutes, I tried, unsuccessfully, to interrupt. When he

was finally exhausted, I asked softly, "Are you married?"

"Yes! What does that have to do with anything?"

I explained - gently - that this case was for my mother-in-law who lived in Florida, and that she had come to stay at my house in New York until her bridge was finished. If I could try in her gold this Thursday, we could seat her porcelain crowns by the following

Thursday, and she could be back in Florida by that weekend.

There was a pause on the other end of the line. Finally, the technician spoke into the silence. "Do you need it Thursday morning or Thursday afternoon?"

*Excerpted from Chicken Soup for the Dental Soul
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office information

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Office Hours

Monday 7:30 am - 4:30 pm
Tuesday 7:30 am - 4:30 pm
Wednesday 7:30 am - 4:30 pm
Thursday 7:30 am - 4:30 pm
Friday 7:30 am - 4:30 pm
Saturday 7:30 am - 1:30 pm

* Every other Wednesday, Friday & Saturday our office is open.

Contact Information

Office (408) 226-5560
Fax (408) 226-1516

Office Staff

Lupe..... Office Manager
Wendy..... Registered Dental Hygienist
Mary Registered Dental Assistant
Ginger Dental Assistant



Your Referrals Matter

Thank you!

One of the things that our patients do - something that makes us feel great and confirms that you think we're doing a great job - is referring friends, family, and colleagues. In fact, your referrals are a vital part of what makes this practice the thriving happy place you find every time you visit.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do care!

A Special Thank You

We wish to take this opportunity to thank the following patients for their continued trust they have provided us by referring their family and friends. Your expression of confidence is sincerely appreciated.

- ◆ Richard Studnicki
- ◆ Christine Kim
- ◆ Jon Small
- ◆ Rebecca Johnson
- ◆ Wendy Trinh
- ◆ Sam Hales
- ◆ Daniel Rohrer
- ◆ Ann Romanik
- ◆ Nancie Heckenlively
- ◆ Rebeca Arroyo
- ◆ Lupe Martinez
- ◆ Jackie Edens
- ◆ Steve Deason
- ◆ Carrie Blondin
- ◆ Robert Hinds
- ◆ Beth Hawthorne
- ◆ Jeanette Cardona
- ◆ Juan Perez
- ◆ Linda Sanchez
- ◆ Dan Mason
- ◆ Richard Hong