



# Dr. Dennis Baik's tooth talk

Produced to improve your dental health and awareness

Spring 2007

## fromthedentist

### Resolve To Smile

#### *It's spring!*

Smile if you let a new year's resolution slide! *Just one?* Well, I'm sure you have plenty of company. I like to think that spring is our second – and maybe best – opportunity to actually follow-through with self-improvements.

If you *meant* to get your teeth cleaned and whitened at New Year's, we believe you! But spring is an equally perfect time with upcoming weddings and graduations, and in general, people are outdoors more, so you're going to see and be seen more!

One appointment could be all it takes for your mouth to feel and look springtime fresh. We can also camouflage flaws that the camera might catch.

Spring is the real go-getter season. We hope the article *Fitness Is As Fitness Does* strengthens your resolve to make an appointment!

*Yours in good dental health,  
Dr. Dennis Baik*



## Fitness Is As Fitness Does!

### Defeat gum disease & improve your health

Numerous reports, including the *Surgeon General's Report*, recommend thirty minutes of moderate physical activity a day for better physical and cardiovascular health. Did you know that can be *accumulated* activity, such as three bouts of ten minutes each? So maybe you *can* rescue those fitness resolutions! The Surgeon General says you can benefit your cardiovascular health in another way – by taking care of your oral health.

Heart disease and strokes have been linked to gum disease. For some reason, people find that difficult to believe. But if you think of your mouth as the gateway to your body, you might find it easier to visualize how oral bacteria can have the potential

to affect the rest of you. Your gums form a natural barrier against bacteria migrating into your bloodstream. If your gums are wounded due to injury or gum disease, your natural protection will be compromised.

Science is still investigating the precise dynamics between oral disease and overall health, but the Surgeon General went so far as to say that “you cannot be healthy without oral health.”

Thirty minutes of daily physical activity can help to protect you against cardiovascular diseases. So can the *few minutes a day* it takes to brush, floss, and rinse.

So get going and pay attention to your smile! It's really one of the easiest fitness routines out there!

**Thirty minutes of daily physical activity can help to protect you against cardiovascular diseases.**



*We welcome new smiles!*

# 9

## Risk Factors

Could *you* lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time

if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you or someone you love fits any of these nine risk

indicators identified by dental experts, you or your loved one could be susceptible to gum disease and the tooth loss associated with it.

**1**  
Are you older than 35?

**2**  
Are you male?

**3**  
Have you never received – or avoided – dental care?



**4**  
Have you never – or only irregularly – used dental floss?

**5**  
Do you smoke? Have you ever?



**6**  
Do you have diabetes?

**7**  
Do you have high blood pressure?

**8**  
Do you have rheumatoid arthritis?

**9**  
Do you have gum disease around your front teeth?



These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care.

Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! In fact, teenagers can get

periodontal disease and virtually all adults will have some aspect of it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

## flossing

### Eschew This

#### Ask us how!

Which of these tools would be part of your "top ten" to use when dental floss just isn't handy?

- (1) screwdriver (2) earring (3) needle (4) key
- (5) paper clip (6) matchstick (7) nail file
- (8) pencil (9) card (10) none of the above

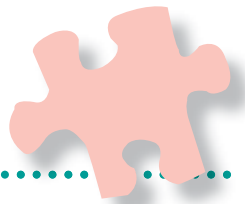
We hope you picked (10) *none of the above!* Believe it or not, over 60% of participants in one survey admitted to using at least one of these potentially gum-damaging methods to remove food from between their teeth. Another 23% just left the food there – increasing the risk of disease and bad breath!

Flossing once a day is essential to oral health, removing food and plaque buildup from between your teeth.

Ask us about flossing instructions and safe flossing alternatives.



# Is Something Missing?



**Crowns & bridges can bring back your beautiful smile!**

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's *crowns* and *bridges* can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

● A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and

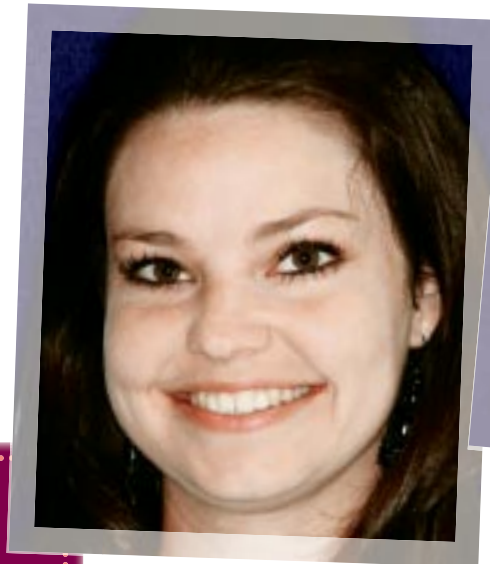
protect a damaged tooth.

● To fill in gaps, crowns are combined with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge

has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.

*New crown & bridge technology plus veneers brightens old restorations for a perfect smile.*



## It Could Be Related!

### Dental origins

Millions of people suffer from discomfort that only *seems* unrelated to dentistry. Do you have any of these symptoms? Tender jaw muscles... restricted jaw opening ... clicking or grinding jaw joints ... earaches... facial or head pain? Call us. Dental intervention may help.

**Here are some discomforts that may be dental in origin...**

- **Temporomandibular Disorder (TMD)** can create head, jaw, and ear pain when the jaw joints located just in front of your ears become misaligned or traumatized, or when surrounding muscles become strained.
- **Chronic Heavy Snoring** can interrupt breathing and usually occurs when your lower jaw and tongue drop back during sleep.
- **Headaches** can be related to TMD, interrupted nighttime breathing, and nighttime tooth grinding.

## Don't Hold Your Breath!

### Dine with friends

A yellow, sulphurish-smelling stain which has survived on an arctic glacier has been linked to extraterrestrial life. You've probably felt a little alien yourself if you've experienced yellow stained teeth or bad breath from volatile sulphur compounds (VSCs) in your mouth. We can help with oral hygiene but you're on your own with what you eat!

Volatile sulphur compounds are infamously present in some popular foods like onions and garlic. Both foods are low in calories and fat and have no cholesterol, but contain fiber, vitamins,



minerals, and antioxidants. Many people simply can't do without their intense and wonderful flavors.

### What can you do about garlic or onion breath?

- Feed them to other people so no one will notice?
- Eat a bouquet of parsley?
- Your best bet is to brush, floss, and rinse!

# Stay Close To Home

Proud to be your "neighborhood" dentist!

In the '90s, a phenomenon called "cocooning" was recognized, and since then, it has strengthened significantly, much to the interest of sociologists and pop-culture enthusiasts. More and more, people are staying at home or in their immediate community where things are familiar and comforting. The convenience of making choices in your own home about the things that affect you and your family is extremely attractive!

When I first began practicing dentistry, I had no idea how important community could be – and *would* be – to my practice. I hoped that most of my patients would come from my neighborhood, and they have. And each has made a conscious decision to be my patient. For that, I am very honored.

Why did they choose me and my practice? Perhaps for the same

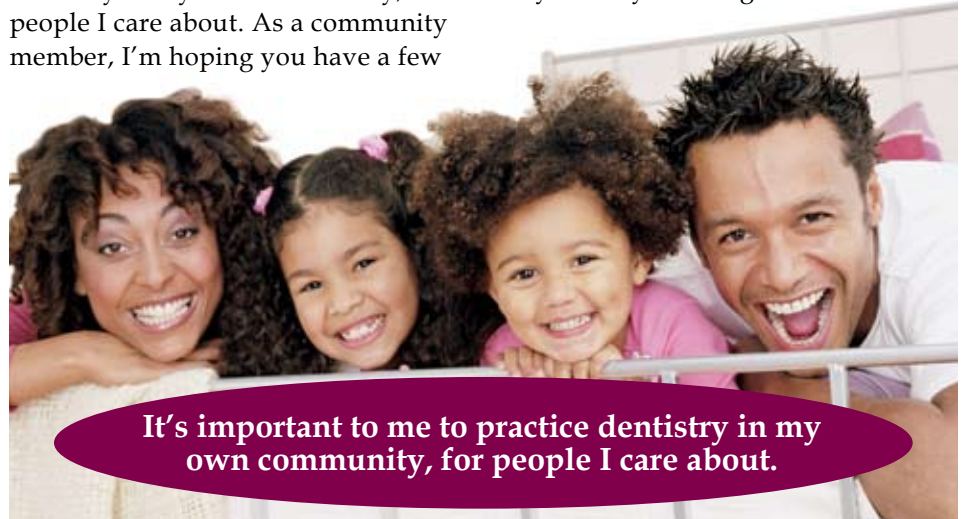
reason you might: because of the convenience of our services – teeth whitening, invisible braces, dental implants, porcelain crowns and veneers, sedation, and more – that are available right here in your own backyard.

It's important to me to practice dentistry in my own community, for people I care about. As a community member, I'm hoping you have a few

moments to read and benefit from my newsletter.

–Dr. Dennis Baik

Call today to arrange your FREE consultation appointment! I look forward to meeting you and doing everything I can to help your smile stay healthy and bright!



It's important to me to practice dentistry in my own community, for people I care about.

## office information

**Dennis Baik, DDS**  
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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  
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Web site [www.smilesbydrbaik.com](http://www.smilesbydrbaik.com)

### Office Staff

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



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.



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.

*Frank Vasquez Kristine Threet*  
*Daniel Tay Ginger Grijalva*  
*Michelle Nguyen Suzanne Braun*  
*Aehee Yeou Ed Schroder*  
*Andrea Vargas Darla Krienh*  
*Kerri Kaverman*



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## Your Referrals... Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that *your testimonial* speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them. *Thank you.*

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