



Dr. Dennis Baik's tooth talk

Produced to improve your dental health and awareness

Summer 2007

fromthedeskof Dr. Baik

Our Office Has Been Remodeled.

Come In And Experience The Difference!

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 has undergone a complete remodel. 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 state-of-the-art 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,

Dr. Dennis Baik

turnthepage

How to boost your smile wattage!

Crown your confidence!

What color do you smile?



Strengthening The Mouth- Body Link

The latest on
pancreatic cancer

A Harvard study has linked gum disease with an increased risk of pancreatic cancer, a fatal disease and the fourth-leading cause of cancer death in the US. About 30,000 new cases are diagnosed annually, and its five-year survival rate of 3% gives it the worst prognosis of any cancer. This places great urgency upon every diagnostic tool, treatment strategy, and study that could lead to prevention or a cure.

Although two other studies have linked gum disease and pancreatic cancer, the Harvard study analyzed sixteen years of data on over 52,000

males. Among the 216 cases of pancreatic cancer that occurred...

- Men who reported having periodontal disease had a 63% higher risk than those who did not, after adjusting for smoking, diabetes, age, physical activity, and diet;
- Men who never smoked had double that risk;
- Men who reported a history of periodontal disease within the past four years showed more than two-and-a-half times the risk.

Scientists believe the association may be due to systemic inflammation and/or increased levels of carcinogenic compounds generated by bacteria in the mouth. Individuals with periodontal disease have high amounts of bacteria in the mouth and the gut, as well as *nitrosamines* (chemical compounds) which have been proposed to increase the risk for pancreatic cancer.

This gum disease risk could mean an additional 36 cases of pancreatic cancer per 100,000 people. Please take care of yourself.

Pancreatic Cancer:

a fatal disease
and the fourth-
leading cause
of cancer death
in the US

We welcome new smiles!

Goodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

Fabulous Lips!

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

Glorious smile!



Crown Your Day!

Light up your beautiful smile – discretely!

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

1 A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

2 When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

3 A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!

Don't Pout!

Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!

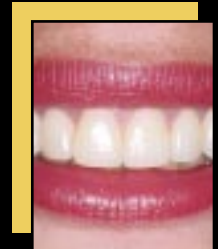


Smile Talk

Color has a lot to say!

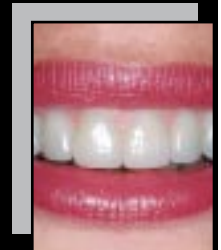
Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

Yellow? The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



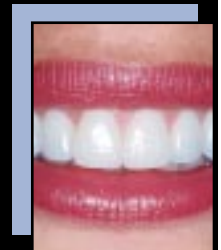
Yellow

Gray? It's likely that you have experienced tetracycline damage – probably sometime during your youth.



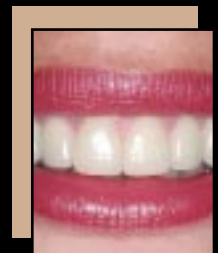
Gray

Blue? Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



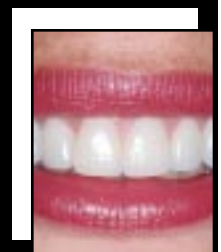
Blue

Beige? Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

White? You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.

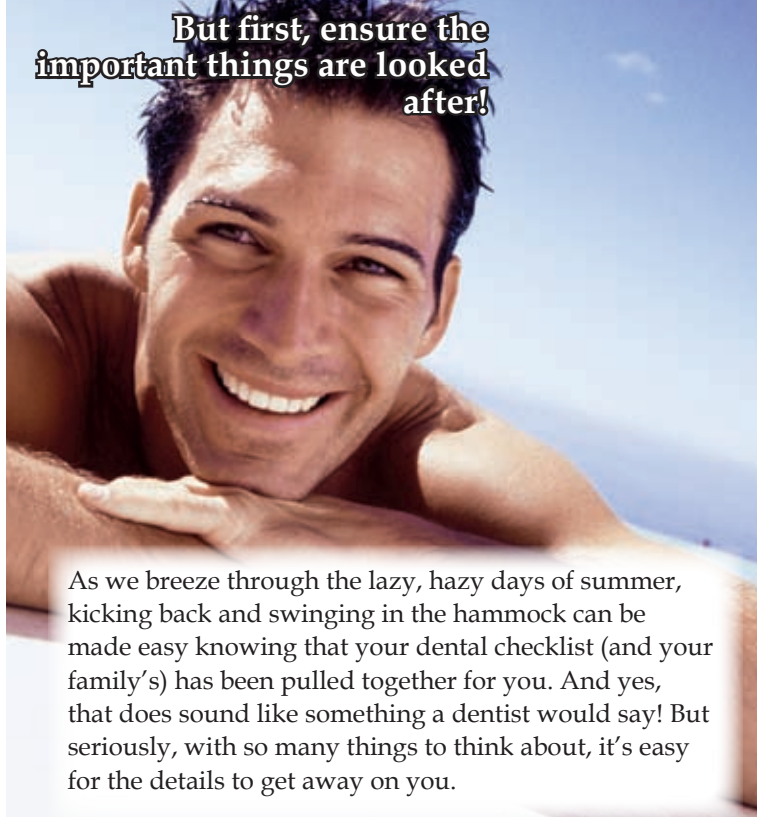


White

Which Way To The Beach?

Ahh ... Summertime!

But first, ensure the **important things are looked after!**



As we breeze through the lazy, hazy days of summer, kicking back and swinging in the hammock can be made easy knowing that your dental checklist (and your family's) has been pulled together for you. And yes, that does sound like something a dentist would say! But seriously, with so many things to think about, it's easy for the details to get away on you.

Here are a few things to check off your list...

- **Mouthguards** - Protecting your teeth from summertime sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape!
- **Insurance Opportunities** - Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to plan your treatment over the next six months.
- **Back To School** - Book recalls for your kids now ... before school starts. And for college kids, ensure they see us before they end up too far away for care.
- **Recare** - We're learning more and more about how healthy gums equal a healthy body. Have you had a recare appointment in the past six months?
- **Esthetics** - Whiten, brighten, and shine up your smile for those summertime photos! Ask for a personal cosmetic consultation!

So take a moment and give us a call, check dentistry off your to-do list, then get back to summertime fun. We are committed to excellent oral health and just wanted to remind you of details you may have overlooked. Now ... back to the badminton!

officeinformation

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

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Office Staff

Lupe..... Office Manager
LynetteRegistered Dental Hygienist
MaryRegistered Dental Assistant
GingerDental Assistant



Stay Hydrated And keep smiling

For a lot of people, summer fun means time in the sun and chilling in the pool. While cool water might feel good on the outside, it won't lower your core body temperature. To do that, and avoid dehydration, you need to get enough water and other fluids *inside* your body.

Did you know that if you are thirsty, you are already dehydrated? Other symptoms include light-headedness, headache, fatigue, muscle cramps, or dry mouth. Not only is a dry mouth uncomfortable while wearing a sports mouthguard, for example, but changes in your saliva's composition can diminish its natural ability to buffer against decay-causing bacteria.

So keep your summer smile happening! Drink plenty of fluids - especially water - before, during, and after your fun in the sun.



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.

Juan Perez Sr. Mark Talia
Ginger Grijalva Mary Hernandez
Jim Petersen Shannon Platt