



Dennis Baik DDS

Gentle, Loving & Personal Care

Dr. Dennis Baik's

tooth talk

Produced to improve your dental health and awareness

Summer 2008

fromthedentist

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now - through summer to the end of the year - because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal - a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember... we have more appointment times available in the summertime! Call today! We'll fit you in!

Yours in good dental health,

Dr. Dennis Baik



Visit us on-line
www.ddsbaik.com

Ensure You Mix It Up

Could vitamin water hurt your smile?

There's a lot of buzz these days about flavored vitamin waters which appeal to just about everyone. They're so tasty you *want* to take your vitamins, they contribute to keeping you hydrated, and they can give you a little energy boost. Designed to provide a wide variety of vitamins and minerals to supplement your daily diet, they hold a definite attraction. But, *dentally* ...not so much.

For one thing, most brands of vitamin water contain a large amount of sugar which contributes to the formation of plaque which harbors the bacteria that cause tooth decay and gum disease. As well, many brands are high in vitamin C which is ascorbic acid. Too many acidic foods or beverages can erode away the hard surface enamel of your teeth and lead to yellowing, tooth sensitivity, grooves, or notches in the sides of the teeth, and eventually, worn down teeth.

Although these drinks have been supplemented with vitamins and minerals, they can be just as harmful as too many sugary soda, sports, and

energy drinks, or acidic fruits, juices, and wines. So please try to rinse with water afterwards, switch beverage types, and resist the thought that if one bottle of vitamin water is a good thing, then more must be better.

Tooth enamel that's lost to decay or erosion won't grow back. We can repair the damage, but the best solution is prevention.



We welcome new smiles!



First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

Early disease includes gums that...

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

If left untreated gum disease can...

- progress to inflammation and chronic infections.

That can lead to...

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

Manage It!



Your environment can hurt your smile!

Smoking is the single major preventable risk factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

- Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.
- Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.
- Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.
- Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.
- Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.
- Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



How Do They Do That?



...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

Eggscellent!

A Piece Of The Puzzle

About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

Focus On You

Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.



Change For The Good!

Look really great ... for real!

Don't you feel badly for people who wear themselves out trying to improve things about themselves that they just can't change? It's great to know that there are still some enhancements you can make where you will absolutely, positively see a for-real difference... and everyone else will too. Restorative dentistry can help change your smile for the better.



ENHANCEMENT	TECHNIQUE
Brighten stained or discolored teeth, or replace missing or worn teeth.	Teeth whitening can be enough but if your teeth have become stained or discolored through age or from tetracycline or other medications, bonding or veneers are beautiful solutions.
Rebuild chipped, cracked, or worn teeth.	We can strengthen damaged teeth with custom-designed crowns or restore the appearance of less damaged teeth with bonding materials or ultra-thin porcelain veneers. All of these methods are completely natural looking.
Give proportion to an uneven or too-gummy smile.	We can even out your gumline and reveal your natural enamel by removing excess gum tissue.
Replace missing teeth or correct a bad bite.	Crowns, bridgework, dental implants, or a combination of all three could offer your best improvement for functional or structural problems.
Close gaps between teeth.	Some gaps can be filled by using porcelain crowns or camouflaged with veneers which have been called instant orthodontics. Sometimes braces and other appliances are required to move teeth over time.

office information

Dennis Baik, DDS
827 Blossom Hill Road, Suite E-4
San Jose, CA 95123-2701

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
Web site www.ddsbaik.com

Office Staff

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



Back To School?

It's recare time!

It's an exciting time of year for your children – a fresh start, new expectations, and even a little trepidation. Remember to schedule your child's back-to-school dental exam!

We'll take this opportunity to give your child's teeth a thorough cleaning, and inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems. Your teens may be more concerned with the look of their teeth and with the freshness of their breath. They may just need a simple reminder of the importance of good dental hygiene. If your child is sports-minded, we can fit them with a mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We look forward to seeing your teens and little ones before the back-to-school rush!



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.

Anthony Sr. Holguin
Ralph Waggitt
Brent Kompelien
David Martz
Adrienne Taylor
Karen Hinds
Lupe Martinez
Girmay Kidane
Pat Howie
Mary Hernandez
Gareth Willey
Lynette Russo