



Dr. Dennis Baik's

tooth talk

Produced to improve your dental health and awareness

Fall 2007

from the desk of Dr. Baik

Exceeding Expectations *Our daily commitment*

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ... and to keep them up to the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.

Yours in good dental health,

Dr. Dennis Baik



Wear A Crown?

Why not? You deserve to look your best!

Because of today's superior ceramics and bonding materials, crowns have become the restoration of choice for many people - including for front teeth. Not only are crowns strong and long-lasting like the natural enamel they cover and protect, crowns can be precisely matched to the translucence, color, and contours of your other teeth so no one will ever know you have one.

Why consider a crown?

■ **Existing Damage** - If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could extend its longevity, or even save it for life. People of all ages are also susceptible to cracked or broken teeth for many reasons, including accidents and sports

injuries. Crowns will give these teeth much-needed support.

■ **Prevention** - When a tooth becomes at risk, a crown can prevent more serious and costly damage. For example, nearly invisible cracks can be a telltale sign of grinding problems and are a prediction of possible future damage. A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.

■ **Cosmetics** - Time takes its toll on just about everything ... even dentistry. Older restorations can become compromised and they can lose their vibrancy. A new crown can correct these situations.

Could wearing a crown revitalize your smile? Let's talk about it!



Stat:

Only 50% of people are happy with the look of their teeth. Crowns may be the solution for your smile!



We welcome new smiles!



Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches.

Temporomandibular Joint Disorder (TMD) is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

Uncommonly Adaptable

Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

Here are some of the ways that dentistry can improve your smile using dental implants.

Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

One of today's many dental implant options could provide the dental solution you're looking for!

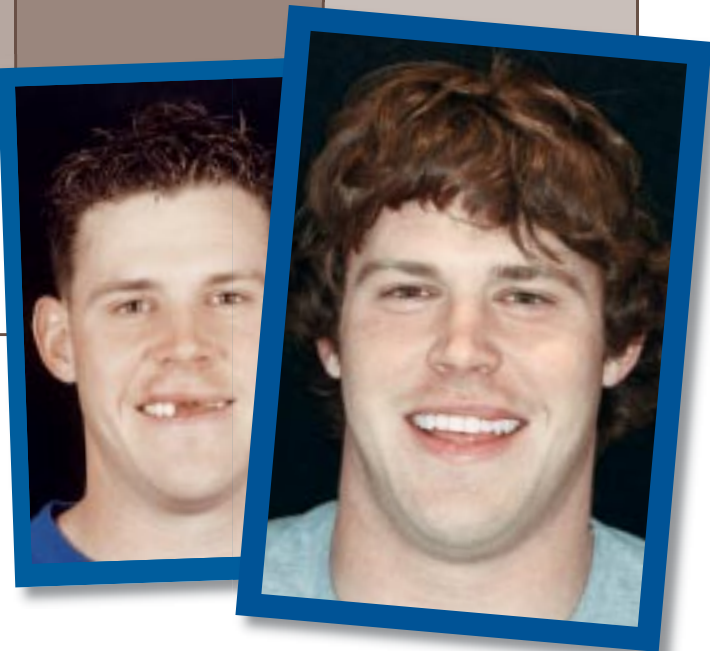
Set A Great Example

Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.



MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

Pulmonary Infection: Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

Osteoporosis: Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

Diabetes: People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

Heart Disease & Stroke: People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

Oral Cancer: An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

Pregnancy: Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

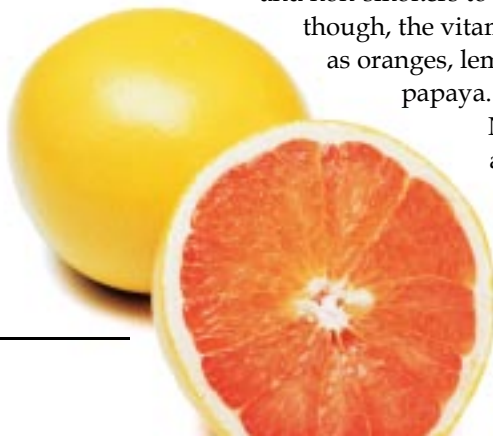
Diverse & Abundant!

Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



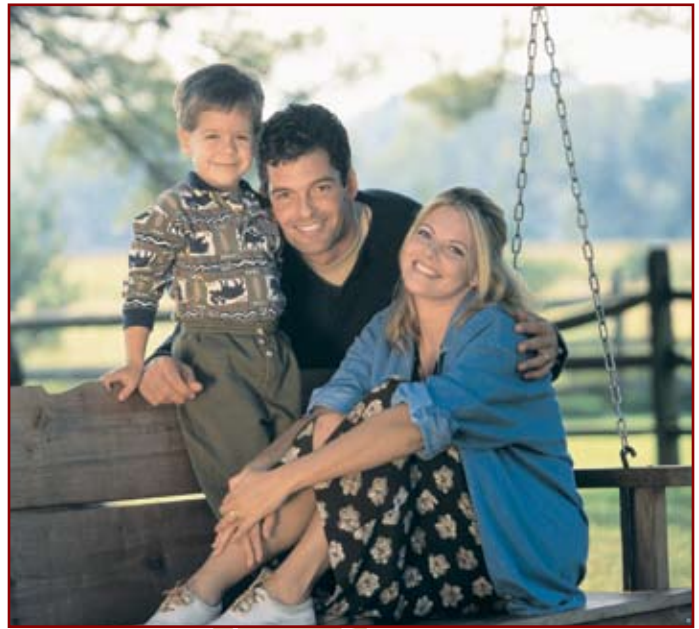
A Change Of Seasons

You can try to ignore it, live for the weekend, and stay in those shorts 'til the last minute, but you can't help noticing that fall has definitely arrived. Green leaves have turned to red, evenings have gone from light to dark, and for many kids, soccer practice has turned into hockey tryouts and back-to-school. While you struggle with the busier workload

and trundle the kids off to classes, don't forget that the change of season means teeth need extra attention too.

If your kids are like most, a summer full of sun and games, gooey sweets and irregular eating can leave young teeth vulnerable and in need of attention. It's a good idea to schedule a thorough dental checkup to get those smiles in tiptop shape. Ask us about protective mouthguards and other safety gear that can keep teeth out of harm's way on the hockey rink or playing field.

For adults the summer is often less a season of indulgence and more a time of procrastination. Now it's time



to do that work you've been putting off and have a dental checkup to take care of any problems you may have been ignoring. But don't put it off too long. Fall often marks the renewal of many dental plans. Benefits are not carried forward from one year to the next. Consult our office about making the best use of your coverage.



**seasonal
Tooth Tips**

- Drink plain tea without sugar. It helps cut down on plaque and cavities.
- Brush after every meal or at least twice a day.
- Choose healthy foods like cheese and crunchy vegetables.
- If you can't brush after every meal, try chewing sugarless gum or a carrot or apple.

office information

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Office Hours

Monday 7:30 am – 4:30 pm
Tuesday 7:30 am – 4:30 pm
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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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Web site www.ddsbaik.com

Office Staff

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



A Special Thank You

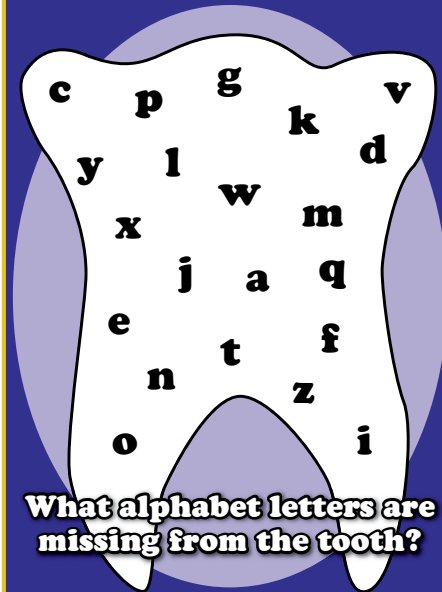
We wish to take this opportunity to thank the following patients for their continued trust they have provided us by referring their family and friends. Your expression of confidence is sincerely appreciated.

- Aehee Yeou
- Grace Baik
- Frank Vasquez
- Donna Petersen
- Steve Casad
- Dr. Ed Walker
- Dr. Dennis Kinoshita
- Leone Iosefa
- Christina Jo
- Lupe Martinez
- Stephanie Thompson



Kids' Corner

Find the letters ...
and the secret word!



What alphabet letters are missing from the tooth?



Use the missing letters to spell something you must do at least twice a day.