everyone wants to know...

What causes cavities?

To beat tooth decay, you must understand it. Many people think that sugar alone causes cavities. In fact, it is the acid that bacteria leave behind after eating sugar in your mouth that causes cavities. Without bacteria your teeth would not rot.

Acid will breakdown the enamel (the outer protective layer) of your teeth. As it is "eaten" away by acid, your tooth will weaken and eventually "collapse". This collapse or absence of sound tooth structure is a cavity. A cavity will be composed of food, bacteria and broken down tooth structure. Without treatment, decay will continue to weaken your tooth, the same way dry rot will breakdown a piece of wood. This is why early treatment of a problem is important. Think of it. A single dry rot-infested wood board is easier and less expensive to repair than a whole house infested with it. When this "rot" affects the foundation or major portions of a structure, it becomes not only difficult to repair but also irreparable in some cases. The same is true for your teeth. When decay becomes too extensive, a simple filling won't take care of the problem. Crowns, root canals and sometimes extractions are the only option.

Everyone can get cavities, but some people are greater risk than others. Here are some things to consider when determining your susceptibility to caries:

1. Not brushing or flossing properly will leave more bacteria behind to break down tooth structure.
2. Diets high in carbohydrates and sugars feed bacteria that remain behind.
3. People with weaker enamel have a compromised protective layer. Using dentist prescribed fluoride will remineralize the enamel layer and make it stronger than it previously was.
4. People with low salivary flow, due to medications, systemic factors and drug use will inherently develop more decay. Saliva functions to wash away debris and provide an additional source of fluoride and antibodies which will counteract the affect of bacteria.
5. People with systemic factors like Diabetes, HIV/AIDS and pregnancy will have a weaker immune system and will not be able to fight off bacteria as well as healthy individuals.

What can you do? Practicing preventive dentistry is key.

1. Brush, floss and rinse at least 2 times a day.
2. Have your regularly scheduled cleanings and check-ups.
3. Use prescription strength fluoride.
4. Eat a well-balanced diet.

special offers

invisalign Learn how to smile again.

All Invisalign patient's recieve two (2) clear or traditional retainers, Zoom Laser Bleaching, AND Take-Home Whitening Trays after completion of their Invisalign treatment.

THAT'S OVER $1500 IN SAVINGS. CALL US!

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For a LIMITED TIME!
Purchase any two 4 oz Fluoridex toothpastes and receive one 2 oz travel size Fluoridex FREE!
(The 2 oz size meets FAA travel guidelines).

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BECAUSE THERE'S NOTHING FUNNY ABOUT BAD BREATH.
For a LIMITED TIME! Save $5 OFF Breath Rx Starter Kits!
(Meets FAA travel guidelines).

ZOOM!
Advanced Power

Due to popular demand, we have exteded our Zoom Special through December 31, 2007.

For a limited time save $200 off Zoom AP. Our kits include take-home whitening trays and gel for touch-ups. Be sure to ask about Nite White TURBO for a faster, brighter smile at-home. SCHEDULE YOUR SESSION TODAY! This pricing won't be back anytime soon.

Oral B Triumph Savings!

$99.50* after a Special mail-in Rebate*!

Our packaging is unique to Dental Professionals and includes 2 additional brush heads and 1 tongue scraper, which are not included in the retail packages that retail up to $140.00

SANDRA REYES D.D.S

office newsletter

Issue 2 / Fall 2007

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FROM THE DESK OF: SANDRA REYES D.D.S

Greetings,

As technology and materials change in the field of Dentistry, we have a responsibility as providers of specialized care to keep abreast these new advances. I encourage my staff participate in continuing education along with me so as to provide you with care which is above the basic standard of care. Our personal advancement in the dental field benefits us as providers as well as you, the patient.

I am an active member of the Academy of General Dentistry which bestows on their members a title of Fellow or Master after completion of of a rigorous program. Achieving Fellowship/Mastership is a professional designation within the AGD which reflects a general dentist's ongoing commitment to provide quality care through continuing education. To achieve Mastership, an individual must have Fellow status and complete a minimum of 1,100 hours in approved continuing dental education. At least 400 hours must be accrued in participation courses, those that involve actual application of a technique or skill under close supervision by highly qualified experts. Masters are trained by the best to be the best. In addition, to qualify for Mastership, individuals must meet the requirements of a rigorous didactic formula that insures they are exposed to current scientific and clinical approaches in all disciplines of dentistry. I have recently joined the Arizona Academy of General Dentistry's Master Track Program to aid in completion of these requirements. I plan to receive my Fellowship within 2 yrs and and Mastership within the next 4 years.

In July, my entire staff was re-certified by the American Heart Association for CPR/First Aid. Ms. Gina is also in the process of applying for admission into a hygiene program. She will continue to be part of our team throughout her studies and plans to remain with us during her hygiene career. Good luck, Gina! We wish you the best.

Sincerely,
Dr. Sandra Reyes

summer referral program results

CONGRATULATIONS !

Congratulations to Ms. Betty F. for winning a Dell Notebook as well as $50, to be applied towards services at our office. She had the most referrals and was the only individual to provide multiple referrals. The remaining referrals were individual referrals by existing patients. Second and third place prizes were raffled amongst everyone else who participated, as promised in case of a tie.

First Place (Dell Laptop): Betty F.
Second Place (Sony Bravia Home Theatre): Petrina C.
Third Place (Panasonic Phones): Tia F.

OTHER PRIZES

Zoom AP:	Norma L.
$200 Off Treatment:	Stella B.
$150 Off Treatment:	Zenomma R.
$100 Off Treatment:	Kathleen S.
$50 Off Treatment:	Betty F.
Oral B Triumph:	Tracy G.
Harkins Theatre Tickets:	Nancy E.
Harkins Theatre Tickets:	Connie A.

Sincere thanks to everyone who referred their friends and family to our office this Summer. We've enjoyed meeting them and look forward to providing them with many years of care. We value your trust in us and appreciate all of your kind words. This summer we had a total of 48 new patients and have you to thank for it.

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community service

Healthcare Fights Hunger

During the month of June, we collected a carload of food which benefited local food banks. We would like to thank all of you who contributed to this cause. Thank you for your support!

Prayer and Reflection Arbor

Our office has recently made a financial contribution towards the development of a Reflection Arbor for St. Anne's Catholic Community. It will be built off of Greenfield Road and the I-60 as a community project by a local Boy Scout leader. A dedication ceremony is planned.

A New Beginning

Every year we try to provide a couple of needy patients with free reconstructive dental work. We choose individuals who have overcome difficult obstacles and are working to change their lives or of those around them. Last year we helped Robert who has suffered a lifetime of neglect to his teeth. He came to our office with pain which caused him daily headaches and sleepless nights. He suffered from multiple GI symptoms which did not allow him to eat well or comfortably. He received a deep cleaning, extractions, fillings and some crown and bridge work to restore his teeth. His work was completed in 8 visits over a 3-week period and was valued at $16,713. His health has significantly improved due to improved nutrition and reduction of physical stress. A significant improvement is apparent in these photos.