

Dr. Hansen's Smile Newsletter

Compliments of Dr. Christine E. Hansen

News from the office of...



Dr. Christine E. Hansen

Welcome to our Spring Newsletter. As many of you know each year at this time (March thru June) we have our very popular **SMILES FOR LIFE WHITENING SPECIAL**. This is truly a win-win where we team up with our suppliers to allow you to get whitening treatment at half off our regular price and you get a charitable deduction of \$250 on your tax return since the Smiles for Life Foundation gets that amount for every treatment we perform. *Smiles for Life* is a great charity which provides dental care to children who otherwise don't get any care. Call Lorena today at 650-326-3290 for details and an appointment.

I am very pleased to announce that a third dentist will be joining our practice at the end of the summer. This will allow us to significantly expand our practice hours to serve you better. More about her identity in later newsletters!!!

With the addition of a third dentist we hope to do more outreach with dental education in our local schools. If any of you think your children's class might benefit from the ABC's of toothbrushing, let me know.

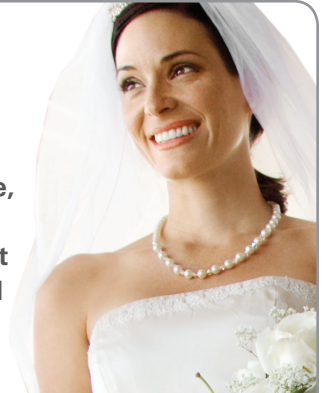
Sincerely,

Christine Hansen

Dr. Christine E. Hansen

COUNTDOWN TO THE PERFECT WEDDING SMILE

Every bride dreams of walking down the aisle, stunning white dress cascading behind her, beaming groom waiting to take her hand. But wait — are the smiles photographer-ready, all set to feature in photos that will be viewed for generations to come?



Whether you're the bride, groom, member of the wedding party or honored family member or friend, you'll want to make sure your smile is photo-ready for the big day by coming in for a dental consultation as soon as you know the wedding date.

And as our wedding gift to you we will do free tooth polishing for all members of your wedding party!

To determine the health of your mouth, and the degree of work that needs to be done, you are wise to address fixing your smile sooner rather than later. Let's talk about the many factors involved in creating the perfect smile, starting with the condition of the teeth and gums, the spacing and straightness of the teeth, the condition of any fillings, crowns or other existing dental work and, of course, the color of the teeth.

Please call today for an appointment to discuss your dental concerns:

I have teeth that are chipped, broken or cracked.

Please advise me if bonding, veneers or crowns can solve these problems.

I have gaps between my front teeth. Do I need orthodontic work, or can they be corrected with an easier solution?

I have teeth that are crooked or overlapping. Can they be straightened or aligned in time for the wedding?

I have staining on my teeth. What kind of tooth whitening do you recommend? And what if my teeth don't respond to tooth whitening: are there other options?

Although my teeth are straight, my uneven gums throw my smile out of sync. How can this be remedied?

My teeth are too (pointy/ square/ uneven in length). I understand you can reshape them easily and comfortably. Could you please explain how this works?

Please call today to find out how easily we can change an everyday smile into a once-in-a-lifetime-event smile!



DENTAL CARE FROM (BEFORE) DAY 1

Upon determining pregnancy, many women believe they should avoid seeing the dentist until their babies are born. In fact, the opposite is true: Pregnancy is a time to pay extra attention to your dental health, for both your and your baby's sake.



Pregnancy and its related hormonal changes exaggerate the effects from plaque irritants. And as you know, the acids in plaque can lead to tooth decay, gum tissue inflammation and, if neglected, eventual tooth loss. A healthy diet, daily tooth brushing and flossing, and a continued — even increased — schedule of regular dental hygiene visits are especially important for pregnant women. Please advise us if you are expecting, before your dental appointment commences.

Once baby arrives, you will need advice on dental care for his or her gums and primary teeth.

Believe it or not, research reveals that cavities are contagious, especially for babies and younger children! Children can develop tooth decay from being exposed to certain bacteria passed on from their parents. The transmission can come from sharing utensils, or any other activity that might transmit even a minute particle of saliva transferred from one mouth to another. By keeping their own teeth clean, healthy and free of decay, parents can help reduce their children's exposure to decay-causing bacteria, and therefore reduce the chances of cavities in their children's early years.

At the other end of the dental spectrum are seniors, and their specific dental needs.

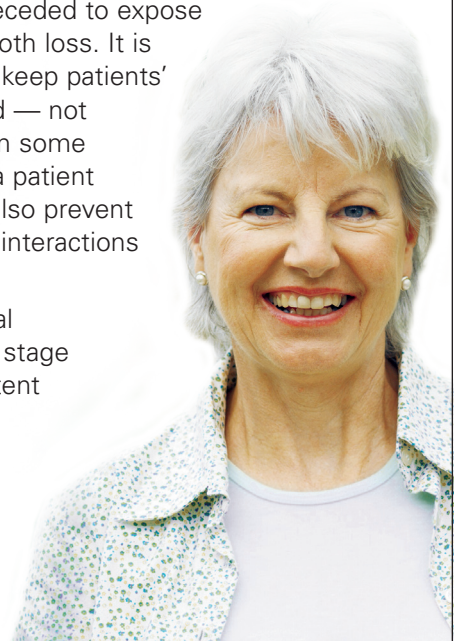
Seniors are living longer than ever and, happily, preserving their natural teeth longer than previous generations, too. The inevitable inconvenience of tooth loss in senior years is fading, as seniors today are recognizing that vigilant oral hygiene combats age-related tooth loss.

The understanding that tooth loss is due to oral disease, rather than the result of how many years the teeth have been in service, is an enlightening moment for many.

In addition to regular dental cleanings and checkups, open communication is also part of the long-term oral health formula for seniors. Many people require more medications as they age. The downside to some medications is their side effects on dental health.

It's important that patients keep the dentist informed on their health conditions, and any medications they are on. For example, many medications cause a decrease in the saliva flow, which can lead to a dry mouth, subsequent dental decay — often showing up in the roots of teeth where the gums have receded to expose them — and possible tooth loss. It is imperative that dentists keep patients' medical records updated — not only can this help explain some of the dental problems a patient may experience, it can also prevent potentially harmful drug interactions within the dental office.

There are different dental considerations, at every stage of life. Only with consistent daily dental care, and regularly scheduled continuing care dental appointments, can we improve our chances of healthy smiles right into our twilight years.





PAIN-FREE, DECAY-FREE?

You'd schedule a dental appointment if you have a chronic toothache, probably suspecting a cavity. However, do toothache-free mouths signal cavity-free teeth? Not necessarily, and here's why.

Decayed teeth may or may not cause a toothache, depending on the location and depth of the decay. For example, if the cavity is in the tooth enamel — the outer layer of the tooth — you probably wouldn't feel a thing. It's only after the decay continues through the enamel to the dentin — the softer, mid-layer of the tooth that lies between the enamel and the pulp — that you will start feeling the telltale toothache throb.

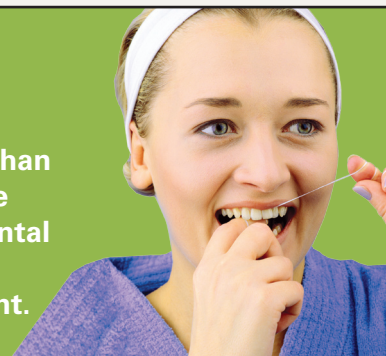
Catching the decay while it is on the enamel layer of your tooth or in the dentin usually ensures that any damage can be repaired, and your tooth can be saved. However, once the decay makes its way into the nerve-filled pulp at the

center of the tooth, the situation gets more complicated. Depending on the degree of decay, you may need to undergo a root canal to save the tooth. If the degree is large, the tooth may need to be extracted.

Saving yourself unnecessary discomfort, aggravation and money at the dentist can be as easy as following a consistent routine of flossing daily, brushing your teeth at least twice a day, and seeing your dentist regularly for a thorough cleaning and oral examination. In many cases, we can see what you can't yet feel, and can recommend treatment plans that will address small dental issues before they become big, uncomfortable problems.

SQUEAKY CLEAN, IN-BETWEEN

A great deal of attention is given to cosmetic dentistry these days. It's easier than ever to get a bigger, brighter, whiter smile. But just as a woman would prepare her fingernails to be clean, smooth and healthy before applying nail polish, dental patients need to ensure their teeth are well maintained and their gums are healthy before considering teeth whitening or any other cosmetic improvement.



Most people appreciate the importance of brushing their teeth at least twice a day, but many fall by the wayside when it's time for daily flossing.

Cleaning your teeth properly includes cleaning between your teeth, and the best way to clean between your teeth, and the other places your toothbrush can't reach, is with flossing. Flossing removes bacterial plaque — the stuff that causes tooth decay and gum disease.

Practice the following flossing technique for best results:

- 1. Break off about 18 inches of floss** and wrap it around the middle finger of each hand, leaving a couple of inches of floss in-between to work with.
- 2. Using your thumbs and forefingers**, tighten the floss and guide it between your teeth, curving it in a "C" shape

around the base of each tooth — as deep in the gum as you comfortably can. Slide the floss up and down the tooth two or three times, using a gentle rubbing motion.

- 3. Move to a clean area of floss** and repeat on both sides of each tooth, including the back side of the last teeth.

Don't be discouraged if at first flossing feels awkward — it will come naturally after a few tries. And please, ask us to demonstrate the proper technique, and we'd be happy to recommend different types of floss to try, to help you find your perfect kind. As well, there are alternative interdental cleaners you may find easier to manage. Simply ask us to explain your options at your next visit.



FREE AT LUNCHTIME? LET'S GO FOR A NEW SMILE!

Do you find your hand automatically moving to cover your mouth when you laugh or smile? Are you constantly noticing other people's bright, white smiles and comparing them to your own yellow, or otherwise discolored, teeth? Why not make the decision to finally take care of this problem, especially when tooth whitening can be accomplished in as little time as you might spend at your favorite lunchtime hangout?

Getting teeth whitened is now as simple as running an errand at lunchtime or after work. Using today's modern technology, whitening can be accomplished in as little as an hour, enabling you to fit the procedure into even the busiest schedule. In fact, patients who have undergone "instant" tooth whitening programs in our office have only one regret — that it took them so long to book the appointment!

Modern dentistry has many smile solutions that can be accomplished in less time, at lower costs and with more ease than you might imagine. Let's talk about your ideal smile, and then we'll determine the time, cost and procedures involved to create it for you.

Call 650-326-3290 now to take advantage of our Smiles For Life Whitening Special detailed on the first page!

SHARE YOUR SMILE SECRET!

After improving their smiles with cosmetic dentistry, many of our patients tell us they receive a variety of compliments. The compliments range from remarks on their more attractive, youthful appearance, to others on their happier and more confident demeanor.

Improving your smile means improving your overall look and, often, outlook. And why keep the key to such happiness a secret? When friends and family comment on your new glow, share your secret, and suggest they come to our office for a cosmetic consultation, too.

Referrals and word-of-mouth recommendations are our number one source of new patients. As well, one of the best compliments we can receive is the referral of one of your friends, colleagues or family members.

We can provide a variety of expert cosmetic solutions, from simple in-office or at-home whitening procedures to attractive veneers to complete smile makeovers.

Thank you for sharing your smile. We'll be sure to take good care of anyone you send our way!

Christine E. Hansen, D.D.S.

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Phone: 650-326-3290

Office Hours:
Mon. - Thurs.: 8 a.m. - 5 p.m.

Our Services Include:

- General Dentistry • Cosmetic Dentistry
- Tooth Whitening • Denture Fittings
- Dental Implants • Bonding & Veneers
- Crowns & Bridges • Emergency Dental Care

Office Team:

Christine E. Hansen, DDS
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 Erica Brown, RDH
 Angela Diehl, Admin
 Pamela Garcia, RDA
 Karen Hansen, RDH
 Lorena Valadez, Admin
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Dr. Hansen & Team