

Smile Update

Compliments of

Anna K. Talmood, DDS

Creating Beautiful Smiles

Summer/Fall 2009

Get Summer Savvy!

Specials for you!

You've waited all year... You're about to take your much-deserved summer holiday. Congratulations! There's nothing like looking and feeling your best when you're enjoying life at leisure. Well, here's some good news from your local dental practice. We're offering two summer-savvy specials to ensure your smile tells it like it is! Check them out. Give us a call. We look forward to welcoming you

**ONLY
\$69**

New Patient Introductory

Includes: Oral exam, basic cleaning, oral cancer screening, bite-wing x-rays & periodontal evaluation.

Special!

Tooth Whitening Special!

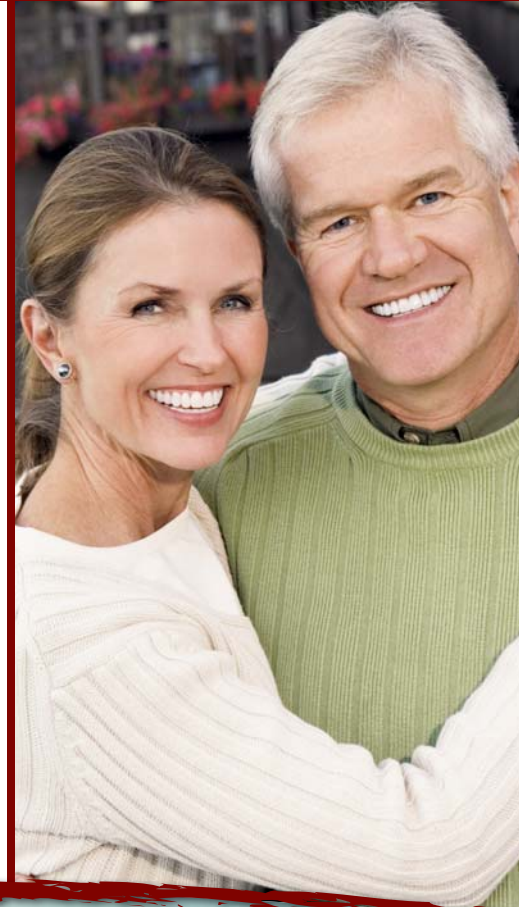
**only
\$99**

Get ready to shine this summer! Feel good, look great!

Orthodontic Special!

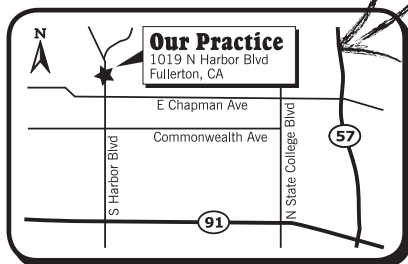
FREE Consultation!

All offers end: October 31st, 2009



We're in your neighborhood!

Located in the
Ralph Shopping Center



Fullerton Center for Cosmetic Dentistry

Dr. Anna K Talmood
1019 North Harbor Boulevard
Fullerton, CA 92832-1310

Office Hours

Monday 10:00 am – 6:00 pm
Tuesday 10:00 am – 6:00 pm
Wednesday 10:00 am – 6:00 pm
Thursday 10:00 am – 6:00 pm

**Fridays and Saturdays
by appointment only*

www.fullertondentistry.com

Our Services Include:

- General & Cosmetic Dentistry
- Tooth Whitening
- Cosmetic Veneers/Lumineers®
- Bonding/White Fillings
- Crowns & Bridges
- Orthodontic Treatment
- Dental Implants
- Gum Treatment
- Children of all ages welcome
- Emergency dental care
- Evening appointments

Call Today!
(714) 992-0300

We Welcome New Patients!





Have A Chili Pepper Day!

Endorphins rule

According to experts, *capsaicin*, the active ingredient that gives hot peppers their kick, could someday hold the key to a local dental anaesthetic that works without the sensation of numbness. That's something everyone is looking forward to – even though you can trust the painkillers we use to be completely effective!

Chili peppers are interesting for another feel-good reason. They release endorphins, nature's pain killers and mood boosters. Endorphins can benefit our immune system, create euphoria, remove superoxides that cause disease and ageing, and lower blood pressure.

We're not suggesting that you eat a chili pepper before every dental visit, but we do like to see you happy, relaxed... and producing endorphins.

How else can you get a natural endorphin high? Try exercise and laughter to keep that smile on your face!

Your Blossoming Smile

Reveal your most confident self



Have you been enduring the embarrassment of missing teeth, a too-gummy smile, or receding gums? With the help of modern periodontal dentistry techniques, we can eliminate many of these barriers to self-esteem. You'll look so natural that your friends won't notice what's changed ... just how much better you look!

Most people know that cosmetic dentistry means taking care of teeth, but creating an esthetically pleasing smile also involves your gums. Pink healthy gums and a subtle change like **gum recontouring** can dramatically improve the appearance of your smile as well as the proportions of your face.

Esthetic crown lengthening is used by dentists to reveal the beautiful tooth structure hidden beneath too much gum tissue so that teeth no longer look too short or of different lengths.

The opposite problem, recession of the gums away from the teeth, whether caused by gum disease or by too-strenuous brushing, creates sensitivity, exposes the roots to cavity-causing bacteria, and can add years to your age. Dentists can use **soft tissue repair and regeneration** procedures depending on your needs.

If your smile is suffering because of missing teeth, implants may be the answer. People are discovering that **dental implants** look very natural and feel secure, allowing patients to speak clearly and eat easily. And because they help prevent bone loss, implants can help maintain a more youthful appearance.

Bring the bloom back – re-invent your smile!

PUBLIC ENEMY NO. 1?

Gum disease, the number-one reason for unnecessary tooth loss in adults, is a shifty silent enemy that can infiltrate so slowly that you don't even notice it at first. It is an inflammatory infection caused by bacterial plaque, a sticky colorless film that constantly forms on the teeth and gums. If you don't brush and floss daily, it can harden into an unattractive yellowish substance called tartar or calculus *which can only be removed by a dental professional.*

Gum disease has been linked to life-threatening illnesses like heart disease and stroke, diabetes, and cancers, as well as to complications of pregnancy. If you have any of the following 5 symptoms dentistry can help...

Gums that bleed, even slightly, when you brush or floss your teeth.

Persistent bad breath, or a constant bad taste in your mouth.

Swollen or tender gums, or gums that appear redder than usual.

Gums that appear to have pulled away or are receding from your teeth.

Teeth that are loose, or seem to be changing position.

It's worth taking notice. Gum disease can be reversed in its earliest stages, or controlled with an early diagnosis and a consistent routine of professional and home care. So please make sure you have regular checkups and pay special attention to the health of your gums, even if you're symptom – and cavity – free. We welcome new patients!

Save yourself from a silent intruder

And The Winner Is ... You! Thanks, Babe!

Sports icon Babe Ruth was a humanitarian and pioneer in early cancer research. Suffering from a rare form of oral cancer, Ruth participated in a risky and experimental drug trial without promise of success. Thanks to volunteers like Ruth and the work of dedicated scientists, you can benefit from decades of accumulated knowledge about oral cancer...

42,000

new diagnoses of oral cancers and throat cancers annually

75%

head and neck cancers begin in the mouth

3

most common risk factors: tobacco, alcohol, & especially both together

25%

of oral cancers appear in non-smokers who have no other risk factors

60%

tongue cancer increase in adults younger than 40 years

80%

of diagnosed patients will survive with early diagnosis

5

number of minutes to receive a comprehensive oral cancer examination that could save your life

Which One Do You Use?

About avoidance

If you're one of the millions of North Americans who suffer from dental anxiety, you probably already understand intellectually that many of your fears are groundless ... but you avoid dental visits anyway.

Do any of these excuses for delaying treatment or canceling appointments sound like you?

- "Nobody can see my missing tooth if I don't laugh or smile."
- "It's ugly but it doesn't hurt."
- "I don't have time."

■ "I can chew fine with only one side of my mouth."

Take the first step and pick up the phone. Your dental team can help consult with you to develop your best treatment strategy, provide you with distractions, use technology to minimize discomfort, and offer sedation.

You may never need to delay necessary treatment until you have a serious problem and your appearance is affected, again!

You May Be Wondering...

“Why Am I Receiving This Newsletter?”

That’s a question I’d be asking if I were you.

The answer is simple...

I needed to decide how best to introduce my services to you – a neighbor – and do it in a way that would benefit you and your family. My decision? This newsletter.

Through *Smile Update*, I will provide valuable information that could have an extremely positive influence on you and your family. You’ll discover how to assure your children a lifetime of beautiful teeth... how to create a memorable, gorgeous smile ... how to brighten your smile in... and much more.

“How will sending me this valuable information benefit your dental practice?” you might ask me.

The answer is simple. I’m hoping that you’ll appreciate our approach to dentistry, and will give us a try the next time you have a dental need, concern, or question.

My staff and I work diligently to earn the respect and trust of our patients, and we’d love the opportunity to earn your trust and respect.



Dr. Anna K Talmood
1019 North Harbor Boulevard
Fullerton, CA 92832-1310

PRSR STD
U.S. POSTAGE
PAID
PNP 14304

Dear Neighbor,

Love your smile!

Right now, you could have the smile of your dreams – right in your own neighborhood! Our team of dedicated dental professionals is committed to transforming our neighbors’ smiles from dull to radiant!

Could your smile use brightening? Do your teeth have chips and cracks that need repair? Would you like to come in for a free consultation and give yourself the gift of a healthy smile? We hope so, and that’s why we want you to know we’re here!

Many of our patients tell us they wish they had come to see us sooner. If ... I had known how easy it was to make an appointment. If ... I hadn’t put those symptoms on hold I could have saved myself a lot of discomfort and money! If ... I had the confidence a beautiful smile can bring! If ... my kids had custom-made mouthguards, they would provide a better fit, more comfort, and be used more! If ... their cavities had been prevented! If. If. If...

Say goodbye to ifs! We’re right here, committed to providing you with friendly service. Come in and see for yourself. Experience the comfort of our attractive, relaxing practice. Check out our equipment and capabilities. And, feel free to discuss your questions, concerns, and oral health goals. You’re just steps away from the smile you’ve always wanted. So, call us today! You’ll be happy you did.

Sincerely,

Dr. Anna K Talmood

Call Today! (714) 992-0300



Mixed Sources
Cert no. SW-COC-002303
© 1996 FSC

Information included is not intended as dental or medical advice. Contents may not be reproduced without permission from the publisher. © PATIENT NEWS PUBLISHING (800) 667-0268

34170-55920 ND09-6