

# Getting It Done!

## Fall's the time

There's a saying that if you want something done, ask a busy person... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment. Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

# Call Today!

## (909) 396-4435



Ritchie Park, D.D.S.  
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Diamond Bar, CA 91765-2235

PRSR STD  
U.S. POSTAGE  
PAID  
PNP 14304



# SMILE highlights

## Dr. Ritchie Park

Fall 2010

## Straight Teeth = Health

### The added benefits of Invisalign

We seek the maximum benefits from *everything*. Look at cell phones. They're not just for calls anymore – they're for email, web surfing, and entertainment. Talk about multi-beneficial! Why should your orthodontic treatment be any different? You can have more than just straight teeth. With *Invisalign*®, not only can you improve aesthetics, but more importantly, occlusion (bite), periodontal health, and overall health.

When teeth are misaligned they can be difficult to clean. Gaps and crowding can exacerbate the buildup of bacteria, making the development of periodontal problems likely. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and a host of other systemic troubles. This illustrates the need for straighter teeth – not just for looks, but *for your health*.

You can even begin to reap the benefits *during* treatment, because with Invisalign, unlike braces that cannot be removed, aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal, and overall, health problems. You can better maintain effective oral care.

Once Invisalign treatment is complete, your bite will be correct, and chewing and possibly even speech improved. Realignment also relieves stress on the supporting bones and jaw joints, preventing future problems. And of course, your proud smile will be bright and beautiful.

Improve your overall health. Ask us about Invisalign today.



Complimentary  
**Invisalign® Consultation!**  
Panoramic x-ray included  
Expires October 31st, 2010



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## In A Heartbeat

### Prevent periodontal disease



Periodontal or gum disease has been called the Silent Disease because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded ... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

■ Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.

■ Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.

■ Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.

The Surgeon General in his Report on Oral Health in America said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

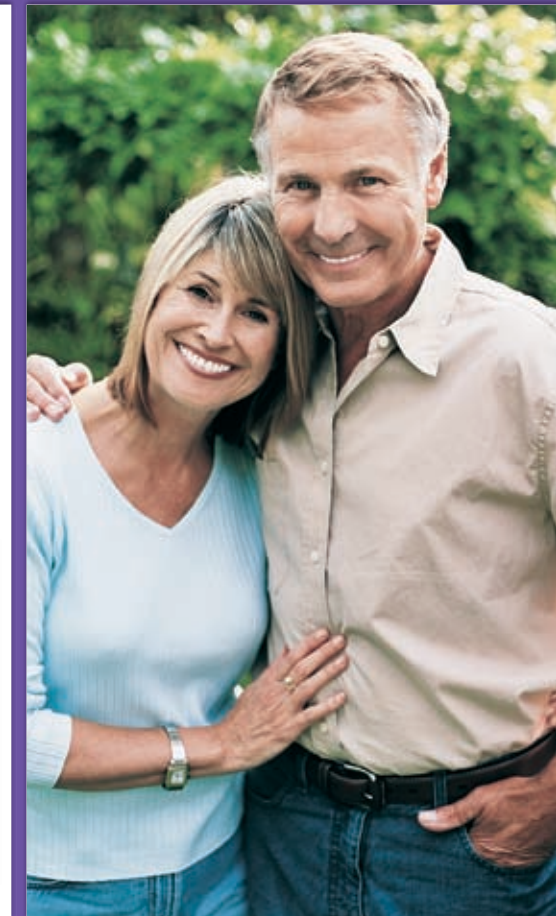
### New Patient Special!

regularly \$290

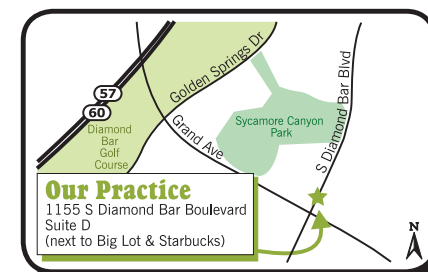
## now \$39

Includes: examination, digital panoramic x-ray, consultation and cleaning.

\*for non-insured new patients only.



We're in your neighborhood!



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1155 S Diamond Bar Boulevard  
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Office Hours  
Mon-Fri 9:00 am – 6:00 pm  
Saturday 8:00 am – 3:00 pm  
\*Every other Saturday

Member of San Gabriel Chamber of Commerce, ADA, CDA and AGD

- Our Services Include:**
- Family & Cosmetic dentistry
  - Laser dentistry
  - Orthodontic treatment
  - Dental implants
  - Gum treatment
  - Children of all ages welcome
  - Relaxing & friendly environment
  - Committed to excellence in dentistry
  - Modern, state-of-the-art facility
  - Intraoral camera
  - Payment plans available
  - Most insurance plans accepted



..... **OPEN 6 DAYS A WEEK** .....

**New Patients Welcome**

"extended office hours for your convenience"

## It's All Good Tips for the fearful

Fear of the dentist afflicts more than 80% of North American adults. That's sad. More than half say fear may keep them from going to see the dentist. That's bad, and unnecessary. Poor oral health can lead to more serious and increasingly expensive problems that can affect more than your teeth and gums. Don't let your anxiety keep you from benefiting from preventive, restorative, or cosmetic dentistry.

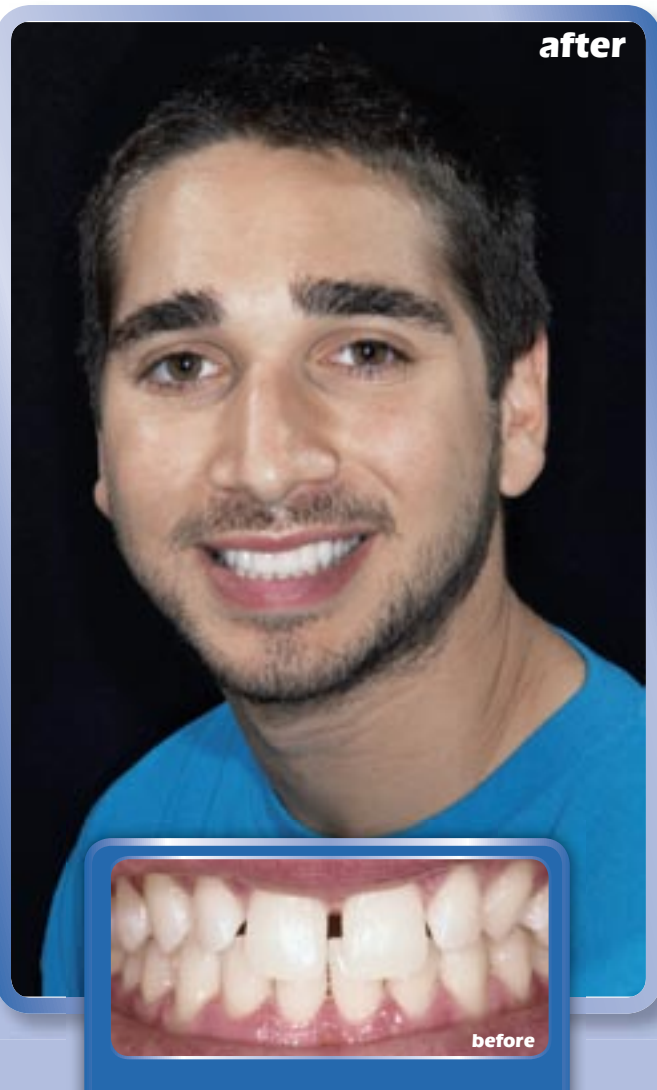
### Here are some tips we know can work...

- Make that first appointment – then keep it. Delaying may complicate treatment.
- Share your fears with us.
- Ask questions. You'll feel more in control.
- Avoid pre-visit stimulants like caffeine and sugar that may promote anxiety.

This is really important. Please let our dental team help you.



# Accentuate The Positive



## Everyone will notice your new confidence

Many surveys confirm that your smile is the first thing people notice about you and that people make instant judgments about you based on its appearance. You may already have been on the receiving end of some non-verbal assessments. So why wouldn't your smile play a significant role in how you feel about yourself?

Here are some more questions for you. Do you find yourself pursing your lips ... or covering your mouth to hide your smile? Do you run for cover when the camera comes out?

If you're self-conscious, your best first step is to discuss your concerns with us. Try to keep an open mind no matter how unattainable you think your dream smile is. You might be surprised at some of the simple procedures that can make a big difference very quickly...

- **Brighten teeth that are stained or discolored**
- **Replace dark and unsightly fillings**
- **Straighten the appearance of teeth that are crowded or crooked**
- **Camouflage embarrassing flaws like spaces, or repair chips and cracks**
- **Fill gaps**

Call today for an appointment to discuss smile solutions to accentuate *your* positive! You could be feeling more confident and outgoing before you know it!

# Put Down That Donut!

## Our reasons why might surprise you

Did you know that gum disease can develop within days of upping your sugar intake? It also improves within weeks if you cut out starchy foods that break down into sugars in the mouth. Gum disease may be linked to systemic diseases like heart disease and diabetes, which in turn have also been linked to the consumption of sugars and starchy foods. So really, gum disease and tooth decay could be alarm bells that signal risk of chronic health problems. What to do? Monitor your oral *and* general health.

For example, take a moment to go through this checklist. Do you have any of these 10 symptoms of gum disease?

- 1 Red, swollen, or tender gums, or other pain in your mouth
- 2 Bleeding while brushing, flossing, or eating hard food
- 3 Gums that are receding or pulling away from the teeth, causing the teeth to look longer than before
- 4 Loose teeth
- 5 Teeth that are drifting apart
- 6 Pus between your gums and teeth
- 7 Sores in your mouth
- 8 Persistent bad breath
- 9 A change in the way your teeth fit together when you bite
- 10 A change in the fit of partial dentures

Gum disease often appears silently without noticeable signs, so even if you don't experience these symptoms, be sure to visit us regularly. Early diagnosis and proper home care routines are essential to good oral health.



## Keep It Clean

The big kiss off

Hand washing is one of the most recommended ways to avoid getting infectious diseases including the common cold and flu. However, the *Centers for Disease Control* has taken its campaign one step further. To halt the spread of flu-related illness, they advised college students to refrain from kissing or, believe it or not, to at least wear a surgical mask while doing so. Yikes – cavities and gum disease can also be transferred by kissing!

In fact, tasting your family's food, or just blowing on it, can transmit oral bacteria that over time may lead to destructive gum disease. Sharing eating utensils or toothbrushes are other no-no's.

Don't worry, we won't tell you to stop kissing with or without a mask! But please practice a good daily oral health routine and have regular checkups.

## Through Thick Or Thin

### Friendly fruit salad

Got a *thin* friend who eats a lot? According to research, that may lead you to eat more. So can spending time with *overweight* friends. Bewildered by these contradictory findings? Don't worry – you can rely on yourself to eat right and eat smart. Here are some wholesome **low-cal, low-sodium, high-fiber**, and **high-antioxidant** fruits you can eat on their own or add to your favorite greens for a terrific salad.

**Sometimes sour ... sometimes sweet... Enjoy these good-for-you flavors!**

- **Grapes** – a good source of iron;
- **Cranberries** – may inhibit oral bacteria that cause dental caries and gum disease;
- **Cherries** – particularly tart ones, may reduce inflammation;
- **Figs** – provide potassium and bone-building calcium;
- **Pears and apples** – rich in vitamin C.

**Bonus:** These “super fruits” grow in North America, and because 80% of North Americans are purchasing locally, more than 90% want to know that!

