



Holiday SMILE HIGHLIGHTS

with Dr. Ritchie Park

Winter 2010

It Was Soooo Good!

Holiday giving for your oral health



The holiday season will shortly be upon us, and with it all those wonderful family get-togethers, terrific meals, parties, snacks, more terrific meals, and finally all those great leftovers... You get the picture. Unfortunately, so do your teeth and gums! If you're not careful, by the New Year you might just need a complete oral health makeover.

The problem isn't so much the individual holiday sweet or rich food. It's just the constant bombardment of sugars and starches in the mouth that combine to fuel the plaque-producing bacteria that attack your tooth enamel. Saliva, your natural bacteria cleanser, becomes overwhelmed. The plaque takes up permanent residence.

Here are some helpful hints to get you through the holidays, so you can keep your healthy smile for a lifetime!

Rinse your mouth with water between snacks. Chewing sugarless gum will give your saliva a boost and wash away the sugars and starches.

Eat adequate amounts of green, orange, and yellow vegetables and fruits for their high vitamin A and D content. Citrus fruits, yogurt, and other dairy products also provide plaque-fighting vitamins and minerals.

Avoid constant sugary snacks and sipping sugar-filled sodas for long periods of time.

Have a wonderful time. Give your oral health a helping hand by taking the occasional time out from all those temptations. Never ever forget to brush and floss after every meal.



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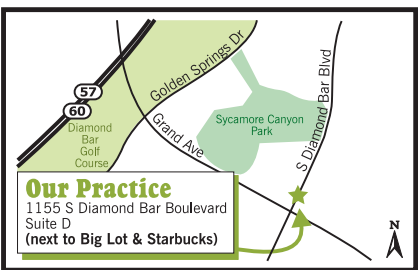
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What's In It For You?

Crown restorations have so much to give

Most of us are hyper-aware of strategies for health including a weekly exercise regimen and a healthy diet. Techniques for restoring, revitalizing, and even saving your smile? Not so much. Crown restorations, for example, can enhance your appearance ... improve your ability to eat and speak ... and renew your self-confidence.

Here are some common questions about popular crown restorations.

What is a crown?

A restorative crown can be a protective cover or cap for your tooth, or it can be attached to an implanted root to replace a missing tooth.

Can my smile really become as good as new?

Yes, even better actually. Because of today's superior ceramics and bonding materials, crowns are strong and long-lasting like your natural enamel and they can be precisely matched to the translucence, color, and contours of your other teeth.

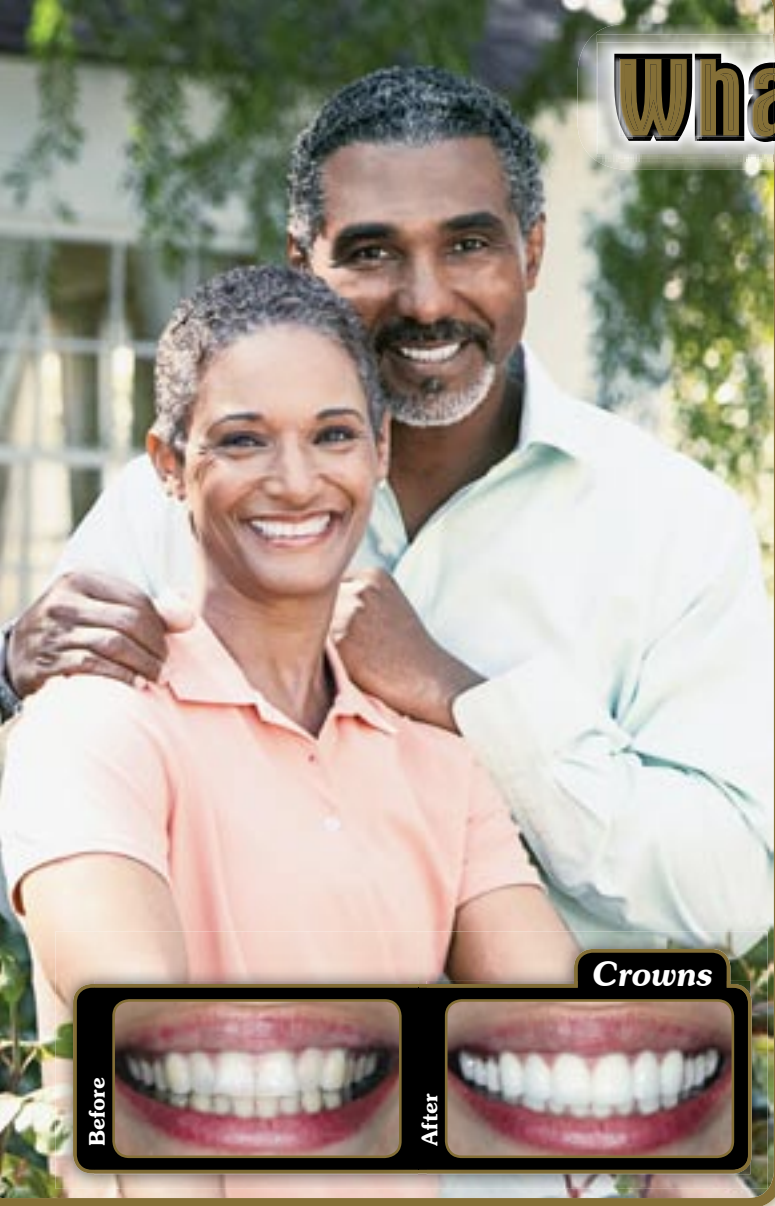
How do I know if a crown would work for me?

A protective crown is an excellent choice if you have poorly shaped and discolored teeth, cracked or unstable teeth, damaged and ageing restorations, or teeth that have weakened from root canal treatment.

What if I have multiple smile issues?

If you have missing teeth, several crowns can be attached to a bridge appliance to prevent drifting teeth and further damage. For extensive discoloration or chips, porcelain veneers restore teeth and improve smile proportions.

Any more questions? Please call. We're happy to help!



Crowns



Keep This One Put a smile on your face!

Here's a tested make-ahead recipe – a pretty ribbon and wrap and *voilà* – a personalized budget-friendly gift!

Spa Index Bath Cookies

- 2 cups finely ground sea salt
- 1/2 cup baking soda
- 1/2 cup cornstarch
- 2 tbsp light oil
- 1 tsp vitamin E oil
- 2 eggs
- 5-6 drops essential oil of your choice

Preheat your oven to 350°F. Combine all the listed ingredients and form into a dough. Form dough into teaspoon-sized balls and gently place them on an ungreased cookie sheet. Bake your bath cookies for ten minutes, until they are lightly browned. Do not over bake. Allow to cool completely. To use, drop 1 or 2 cookies into a warm bath and allow to dissolve. Yield: 24 cookies – enough for 12-24 baths.

www.spaindex.com



Let Go Of This Myth

Do you snore?

Myth: Snoring is not important and won't interfere with my sleep.

Reality Check: Snoring can be a major sign of *obstructive sleep apnea*, a disorder that causes you to stop breathing briefly because throat tissue collapses and blocks your airway. This can happen 60-70 times per hour. Sleep apnea can cause high blood pressure, memory problems, weight gain, and depression, and an 18-year study found that people without obstructive sleep apnea were three times more likely to live longer than those with severe apnea!

A good night's sleep is essential to your health and emotional well-being. If you snore and have daytime sleep apnea symptoms, discuss it with your physician. Following their medical assessment, we may prescribe a small comfortable dental appliance to give you the rest you need.



What Do You See?

Find out what's normal

According to research, one person in three believes it's normal to see blood in the sink after brushing their teeth. Not true. Bleeding gums are commonly a sign of gum disease.

If plaque – the sticky biofilm you can feel on your teeth – is not removed with regular brushing, flossing, and professional cleaning, it will harden into tartar which can lead to *gingivitis* or inflamed gums. Left untreated it will progress and you could lose your teeth.

Other causes of bleeding gums include:

- hormonal changes during pregnancy, adolescence, or mid-life
- ageing dentures or restorations
- infection
- medications
- health problems
- brushing too hard
- improper flossing

See us for a thorough examination...
and get back your healthiest most-attractive smile.

Embraceable You!

Get a new lease on life
with your smile

Engaging in new trends like social media can help keep your mind young, healthy, and socially involved. Staying connected and maintaining satisfying friendships has other benefits too. Experts believe it is a greater predictor of longevity than even close family ties, and can protect against obesity, depression, and heart disease. So why not benefit from one of your most potent and personal means of connecting with others ... your smile.

People consistently judge smiles to outrank eyes, hair, and the body as the most attractive physical feature. Thankfully, cosmetic techniques are getting faster, better, and less expensive.

Bonding and contouring can deal with deep-rooted stains or patch up small cracks or chips and can even fill gaps and reshape teeth.

Whitening can give you a brighter whiter smile – even if you're a tea, coffee, or wine connoisseur! A dentist-supervised whitening procedure is ideal for anyone looking for great results, and it's safe, effective, and convenient. Just think – your smile could be up to eight shades whiter with results that last for years!

If your teeth are seriously mottled or discolored through genetics, medications, or root canal treatment, or have become noticeably chipped or cracked, **veneers** or **crowns** could give you back your smile. In fact, to improve the appearance of teeth that are only slightly crooked, veneers can be an alternative to orthodontics.

Any one of these strategies can give you just the boost you need to get linked up!



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Keep Smiling!

You're never too old to enjoy good dental health

People used to think it was normal to lose your teeth as you grew older. We're happy to announce that that's no longer the case. With proper care and professional treatment, there's no reason you won't keep that bright, healthy smile for life. While a lot of things you do to care for your teeth and gums won't change as you grow older, a few things do.

In the early stages of your smile's life, cavities are the main concern. As you age, we have to look out for a new kind of root cavity that forms near tooth roots exposed by years of hard brushing and the natural effects of aging. Your fillings will also have to be checked to make sure they're still doing a good job.

As your smile matures, gum disease becomes the number one threat. It's a common problem that develops slowly. It's often painless, becoming more apparent in middle age. It starts with food and germs collecting near the base of your teeth where the tooth meets the gum. Over time an invisible bacterial film called plaque begins to build up just below the visible edge of the gum. If it isn't removed it hardens into calculus or tartar. Tiny pockets of infection will develop below the gum where you can't see. Over time, the infection attacks and destroys the gum and bone that hold your teeth in place.

Gum disease also affects denture wearers. It's hard to fit dentures over gums that are sore and swollen. Partial dentures don't anchor well to natural teeth supported by weakened gums.

Gum disease is almost always preventable, treatable and, in the early stages, reversible. Chances are that if you're diligent about brushing and flossing, and get regular care from a dental professional, your smile will remain worry free for years to come.



COMPLIMENTARY CONSULTATION FOR SENIORS

ENJOY A CUP OF TEA, COFFEE, OR HOT CHOCOLATE WITH DR. PARK.

RELAX AND SHARE YOUR THOUGHTS AND CONCERNS TO MAINTAIN HEALTHY TEETH AND GUMS FOR LIFE. PLEASE CALL US IN ADVANCE SO THAT WE MAY RESERVE A TIME FOR YOU