



*Dr. Ritchie Park's*  
**SMILE • HIGHLIGHTS**  
 • NEWSLETTER •

Spring 2011

# Smile This Spring!

**Take us up on our free gift!**

Spring gives us all a reason to grin, but do you have “leftover winter” smile?  
 Worry no more! We’re welcoming spring with a fresh-start commitment to helping our neighbors enjoy the great weather with your best smiles possible!  
 We’re dedicated to making it easy for you to have a beautiful, healthy smile. Even if you haven’t been to the dentist in years, let the new season inspire you to take renewed interest in your dental health.  
 We’ll keep you informed about the current methods of oral care and will work with you to develop an affordable plan to help you bring your mouth back to optimum health, achieve a whiter smile, aligned teeth, replace silver-colored amalgam with white composite, fix a chip or a gap, fill in that space with a crown and bridge...  
 It’s all about you: your budget, your requirements, your goals, and your pace.  
 We know how good it feels to welcome spring with an upbeat attitude and a smile that doesn’t let you down. Call today to schedule your **FREE consultation** ... a gift to you from us!  
 Dr. Park has been practicing general dentistry since 1994. After graduating from the *University of Southern California*, he started his practice in Diamond Bar in August 1996. On a personal level, Dr. Park enjoys camping and spending time with his family.  
 He is a proud parent of Walnut Valley School District.



Free consultation appointments fill quickly – call (866) 556-9489 now to reserve yours!

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*Ritchie Park, D.D.S.*

**Our Practice**  
 1155 S Diamond Bar Boulevard  
 Suite D  
 (next to Big Lot & Starbucks)

*We're in your neighborhood!*

# 5 Fabulous Fixes

## Face up to your full potential

Time can be unkind. Stress can take its toll. Loss of bone and soft tissue can cause your face to shorten, your chin to recede, and your cheeks to appear hollow and droopy. What a drag! Cosmetic dentistry can give you the lift you need by helping you to restore more youthful proportions to the lower third of your face.

We can create harmonious solutions that fit your unique circumstance, your budget, and your individuality.

- 1 **Crowns** can strengthen and brighten damaged teeth.
- 2 **Veneers** of ceramic or resin composite can straighten the appearance of teeth almost instantly, camouflage gaps and irregularities, and lengthen the appearance of your teeth.
- 3 **Orthodontics** can reposition your teeth.
- 4 **Recontouring** of your gums can reveal more enamel with less gum tissue and make your gumline more even.
- 5 **Whitening** and **Enamel-Colored Fillings** can re-energize your stressed-out smile.

Whichever procedure you choose or however you want to mix 'n' match them, you can count on looking completely natural!



Young adults with healthy teeth and gums show an average of 3.37 mm of their upper teeth with lips parted at rest – by their 50s, it's less than half of one millimeter!

## Chronic Jaw Or Facial Pain?

### We can help

Do you suffer from chronic jaw or facial pain? Then you could have *Temporomandibular Joint Disorder* (TMD). TMD involves the joint that connects the lower jaw to the skull and the muscles that surround it. Over ten million North American adults suffer from TMD which affects both appearance and overall health.

#### CAUSES:

- Stress (teeth grinding and clenching)
- An uneven bite
- Arthritis
- Jaw dislocation or injury

#### SYMPTOMS:

- Chewing difficulty
- Jaw and facial pain
- Headache and earache
- Clicking or grating sounds when chewing, yawning, or talking

#### POSSIBLE SIDE-EFFECTS:

- Impaired bite
- Tooth and restoration wear and damage
- Tooth loss

Over time, TMD can cause serious tooth and bite issues, affecting your appearance as well as your health. Let's discuss your particular dental problems before they become even larger ones.

## Known Stress Risks

### How tension affects oral health

You know that anxiety and stress can affect your overall health, but did you know that they can also affect your oral health? Know the risks!

**Gum Disease:** Stress has been linked to an increase in dental plaque which can cause, or worsen, gum disease.

**Mouth Sores:** Stress-related fatigue and a suppressed immune system can cause canker sores or an outbreak of cold sores in virus carriers.

**Teeth Clenching & Grinding:** These common stress-related symptoms can lead to tooth damage, jaw pain, and headaches.

**Poor Oral Hygiene:** Anxiety about dental visits and avoiding your usual hygiene routine can create new problems and aggravate existing ones.

Anxiety and stress seem to be unavoidable in modern-day living, so it's important to take care of yourself. Call us today and let us help keep you on the path of good oral health.



# Brush Your Canines

And your  
dog's  
too!

Good oral hygiene is good for your overall health, including your heart health. And did you know that keeping your dog's teeth clean may prevent canine heart problems? Brushing them daily will also help fight tartar, plaque, gingivitis, bad breath, and improve the length and quality of life.

**Step 1:** Apply doggy (never human) toothpaste to a finger brush made for dogs.

**Step 2:** Gently massage the brush against her teeth and gums. You don't need to clean the inside of her teeth – her tongue does that job.

**Step 3:** Reward her, even if she allows you to work on her mouth for only a few seconds.

**Step 4:** Repeat daily, gradually increasing brushing time.

Good oral health, for dogs as for humans, promotes better health and a happier life. So get brushing!

## LOOK YOUNGER TOMORROW

### What we can do for you

Maybe you can't put the toothpaste back in the tube, but it's never too late to put the zing back in your smile. Of all the excellent options available to restore damaged, discolored or missing teeth, crowns and bridges are among the most popular. You'll feel and look so much healthier and more youthful that crowns and bridges will do wonders for your self-confidence!

#### CROWNS:

- ❑ Crowns are used to restore and strengthen teeth that are damaged, misshapen, discolored, or whose strength is compromised by too many fillings.
- ❑ They can cover and reinforce an existing tooth, attach a bridge, or replace a missing tooth when anchored to a dental implant.
- ❑ Care for your crowns, as you would your natural teeth, with regular brushing, flossing, and dental checkups.

#### BRIDGES:

- ❑ Permanent bridges are cemented to one or more teeth on either side of a space, to support artificial replacement teeth.
- ❑ Bridges help maintain your face shape and alleviate the stress in your bite.
- ❑ Care for your bridge by brushing and flossing as usual and by flossing under the replacement tooth. We'll show you how.

You don't have to live with damaged or missing teeth. Crowns and bridges will improve the esthetics and function of your smile, and give you greater self-assurance. We're here to discuss the option that's best for you. Look younger tomorrow by calling us today.



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## DENTAL EDUCATION FOR OUR NEIGHBORS



# Home Care During Orthodontics

## Helpful home care hints for orthodontic patients

It takes a while to get used to your new orthodontic appliances and there are a few special things you have to do. Here are a few helpful reminders of what they are.

### Take care of your appliances.

Keep retainers away from heat. If you lose or break part of your appliance, call your orthodontist right away. If there's a wire poking inside your mouth, gently tuck it back into place with a blunt object and cover it with a piece of wax until you can make it into the office.

### Watch what you eat.

Avoid eating any hard sticky foods. Cut raw veggies into bite-sized pieces. Cut down on sugary snacks. Keep foreign objects out of your mouth.

**Keep them clean.** Brackets, wires, and loose bands can trap food particles and make it hard to brush away harmful plaque. Brushing after every meal is the only way you'll avoid tooth decay. If you're a brace-wearer, use a soft-bristle brush and fluoride toothpaste. And don't forget to floss! We can even show you a special floss threader technique.

**Keep your appointments.** Wear your headgear as directed and keep every orthodontic appointment. Don't forget to bring your appliance in with you!

*Please call us for a complimentary orthodontic consultation.*

Our friendly orthodontist, Dr. Doil Kim, received his doctoral dental degree from University of Southern California and obtained his post doctoral orthodontic specialty degree from the prestigious Harvard University.

## INTRODUCTORY OFFER

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