



*Dr. Ritchie Park's*

# SMILE • HIGHLIGHTS

• NEWSLETTER •

Summer 2011

## Put On A New Smile!

### With natural-looking restorations

Teeth that are discolored, chipped, or have gaps between them can look as good, or better than new, using porcelain veneers. These ultra-thin shells of ceramic material can improve color, shape, and alignment. They are natural-looking and highly resistant to permanent discoloration from drinking coffee or tea, red wine, or from tobacco.

The veneering procedure usually takes just two or three appointments. In most cases, there is a minimal removal of tooth structure and it is virtually painless! During your first visit we assess your smile and plan your treatment. At your next appointment, we prepare your teeth for the porcelain veneers, reshaping them slightly to allow for the minimal thickness of the veneer. A mold is taken of your teeth and sent out for fabrication of your customized veneers.

On your final visit, the veneers are bonded to your teeth. While the veneers are resting on your teeth, you can view the aesthetic results. At this point, the color of the veneers can be adjusted with the shade of the adhesive used. Once this special adhesive is placed between the veneer and your tooth, a light is applied to quickly harden the adhesive.

You can brush and floss daily and after about two weeks, we may ask you to return to our office for a follow-up appointment.

Veneers can simply and effectively restore the health and beauty of your teeth and give you that self-confident smile you've always wanted.



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## NEW PATIENTS WELCOME

- Serving Diamond Bar since 1996
- Graduate of USC
- Member of American and California Dental Association
- Proud Parents of Walnut Valley School District

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**(909) 396-4435**

**[www.diamondbarfamilydentist.com](http://www.diamondbarfamilydentist.com)**

*Ritchie Park, D.D.S.*



*We're in your neighborhood!*

# Heart-Healthy Marinades

**Spice up your life!**

Spicing up your favorite dish not only produces great flavor, but promotes great oral and general health as well. And right now, even some of your favorite marinades may contain anti-inflammatory ingredients which support a healthy heart and decrease the risk of cancer, Alzheimer's, diabetes, and other serious illnesses.

Add these ingredients to your next marinade, jerk sauce, or dry spice rub to do wonders for your heart and soul: garlic, hot peppers, paprika, ginger, cinnamon, turmeric, thyme, rosemary, oregano, black pepper, basil, cardamom, cilantro, chives, scallions, cloves, parsley, and cayenne pepper!

A proper jerk recipe is founded on copious amounts of Scotch bonnet peppers and allspice, and the old standbys of parsley, sage, rosemary, and thyme are all brimming with anti-inflammatory benefits. Add tasty, anti-inflammatory olive oil to your marinades, and you'll have a perfect recipe for healthy living.



# Identify Your Strengths

**Perfect for healthy active lifestyles!**

If you're looking for more zest instead of rest, go for it! Today's dental techniques and materials not only re-energize smiles, they're perfect for active lifestyles. There is no need to worry about special care regimens and they'll give you that great smile you deserve!

## CROWNS

### WHAT ARE THEY?

Crowns cover decayed or damaged teeth, restoring them to a natural shape and size. They will also make your teeth stronger and improve their color.

### HOW TO CARE FOR THEM:

Brush and floss as usual.



## BRIDGES

### WHAT ARE THEY?

Bridges replace one or more teeth and older crown and bridge restorations can be updated with beautiful metal-free materials that are anchored permanently.

### HOW TO CARE FOR THEM:

Brush and floss, but remember to clean under the bridge. We'll show you this simple technique.



## VENEERS

### WHAT ARE THEY?

Veneers made from natural-looking ceramic or bonding materials are applied to the surfaces of teeth and add strength while straightening their appearance and concealing gaps, cracks, chips, or stains.

### HOW TO CARE FOR THEM:

Brush and floss as usual.



Cosmetic and restorative dentistry have come a long way. Your overall quality of life can be enhanced by replacement teeth that look, feel, and function like your natural teeth by combining beauty, strength, and practicality for increased confidence ... so eat that exotic dish, travel to that remote country, and participate in extreme sports. Make an appointment today and let's discuss the option that's best for you.

# PREVENTING PREDIABETES

One of North America's largest health epidemics, prediabetes, is the gray area between higher-than-normal blood sugar and diabetic levels. People in this range are at risk of not only developing type 2 diabetes, but heart disease, stroke, and gum disease.

Gum disease is often called the sixth complication of diabetes. It may not cause diabetes, but gum disease can affect its severity.

Prevent gum disease by:

- Brushing after meals
- Flossing daily
- Visiting us for regular cleanings.

Reduce your risk of prediabetes by:

- Controlling your weight
- Exercising regularly
- Getting at least 6 hours of sleep at night.

The important thing to remember is that prediabetes may not have to lead to type 2 diabetes. Making healthy changes to diet and lifestyle today can help you to alter your future for the better.



## Dental Checkups Are Essential

### Open wide for health!

Even if you are the most diligent brusher and heroic flosser, there are simply things that your dentist or dental hygienist can detect that you can't. Our goal is to catch and treat problems early, before they become major issues.

#### **We will look for:**

- signs of gum disease
- cavities, root cavities, and cavities under existing fillings
- signs of oral cancer
- deterioration of fillings, crowns, or other dental work
- hairline tooth fractures
- impacted wisdom teeth
- ...and much more!

Regular visits to our practice may also aid in the early detection of chronic health conditions, including heart disease and diabetes which can have specific symptoms that appear in the mouth.

Call us today to ensure your recare appointments are on track! We want to help you maintain a healthy lifestyle and a happy smile!

## 4 Reasons You Should Never Wait

### Make your smile work for you

Millions of mature adults are ready to retire but can't. Others are coming out of retirement into a very competitive environment. True, you need to keep your smile looking good to compete, and we can help you with that, but if you want to keep working, you need to stay healthy. That means taking care of your oral health because it can affect the rest of your health.

Dental problems that hurt and look unattractive such as receding gums and tooth sensitivity will likely get your attention. Yet gum disease, potentially your most serious oral health risk, is often ignored because it is painless as it takes hold.

**Don't wait for signs to appear. See us first. It's that important...**

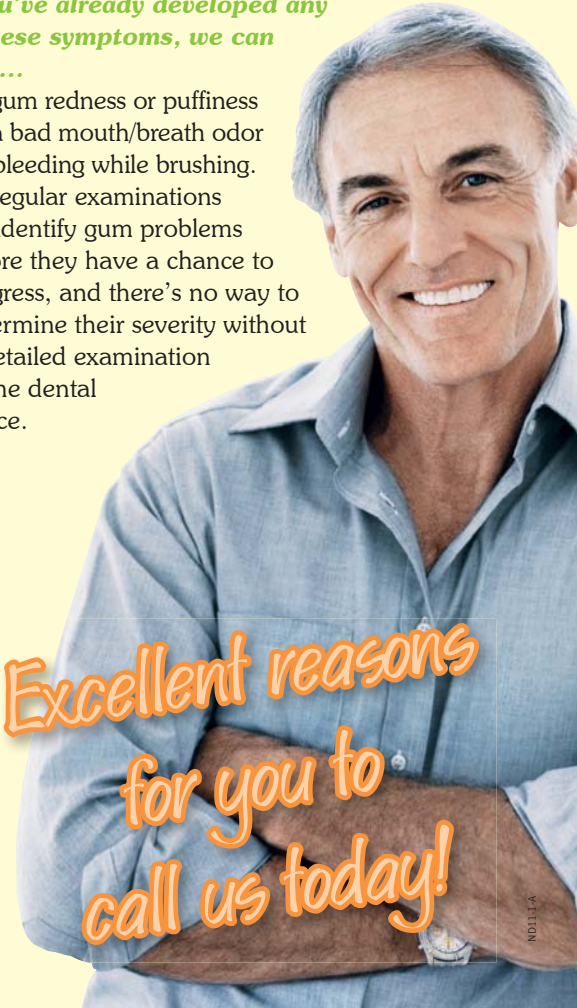
- 1 Gum disease is the top cause of adult tooth loss.
- 2 It can destroy the ligaments which support your teeth and the bone which supports them.
- 3 It could lead to painful and misaligned jaw joints, limit your ability to chew, create digestive problems, oral sores, and bad breath.
- 4 It has been linked to cardiovascular diseases, diabetes, arthritis, and cancers.

**If you've already developed any of these symptoms, we can help...**

- gum redness or puffiness
- a bad mouth/breath odor
- bleeding while brushing.

Regular examinations will identify gum problems before they have a chance to progress, and there's no way to determine their severity without a detailed examination in the dental office.

Excellent reasons  
for you to  
call us today!



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# Wedding Smile Makeover

**Some things might be yellow – but not your teeth!**

You scour your check-list for your upcoming wedding. The invitations are out, the photographer booked, tuxedos and gowns ready, the caterer is on board, boutonnieres, bouquets ... check, check, check! You smile to yourself with satisfaction, and then it hits you.

**What about your smile?** Smiling faces dominate every wedding photo. Let's make sure yours is bright!

Being the center of attention can be exciting and nerve-wracking at the same time, but what can really help you let go of the jitters is having the confidence that every one of your smiles is a beautiful one. Is there something you'd like to fix before the big day?

New-smile choices for the entire wedding party range from cleaning to whitening, restorative treatments like replacing silver-colored fillings with natural-looking white ones, plus a host of other cosmetic options like veneers, crowns, and orthodontics.

**Call today to book your free consultation!** We have plenty of time to talk about your wedding smile. And in fact, please extend our offer to your entire wedding party. We'll make every page in your wedding album burst with spectacular smiles!



## SUMMER SPECIALS!

**VENEERS**  
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Whitening with any  
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