



Smile Season

with Dr. Park



Produced to improve your dental health and awareness

Winter 2010

fromthedentist

Your Opinion Matters

Share it with us

The decisions we make regarding our team, this newsletter, and the services offered at our practice are based on one thing – you. We carefully weigh our options and choose what we feel would provide a more comfortable, more efficient, and better overall dental experience for you.

Because we can't know how you feel about these decisions unless you tell us, we invite you to share your feedback on every aspect of our practice. That's the way we'll know for sure that our efforts are working to create a pleasant atmosphere and patient-friendly services.

So please speak up and let us know if there's something you'd like to learn about in this newsletter or if you'd like to share your thoughts about your overall experience at our practice. We always welcome your comments.

Regards,

Dr. Ritchie Park



There is no time
more fitting to say

Thank You

and to wish you a

Happy Holiday Season

and a new year of

Health, Happiness, & Prosperity



**2011 Desktop
Calendars
Available!**

Please feel free to stop by the office and pick it up at any time! As you know, we are open six days now to accommodate your busy schedule.

A healthy smile will last a lifetime!



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

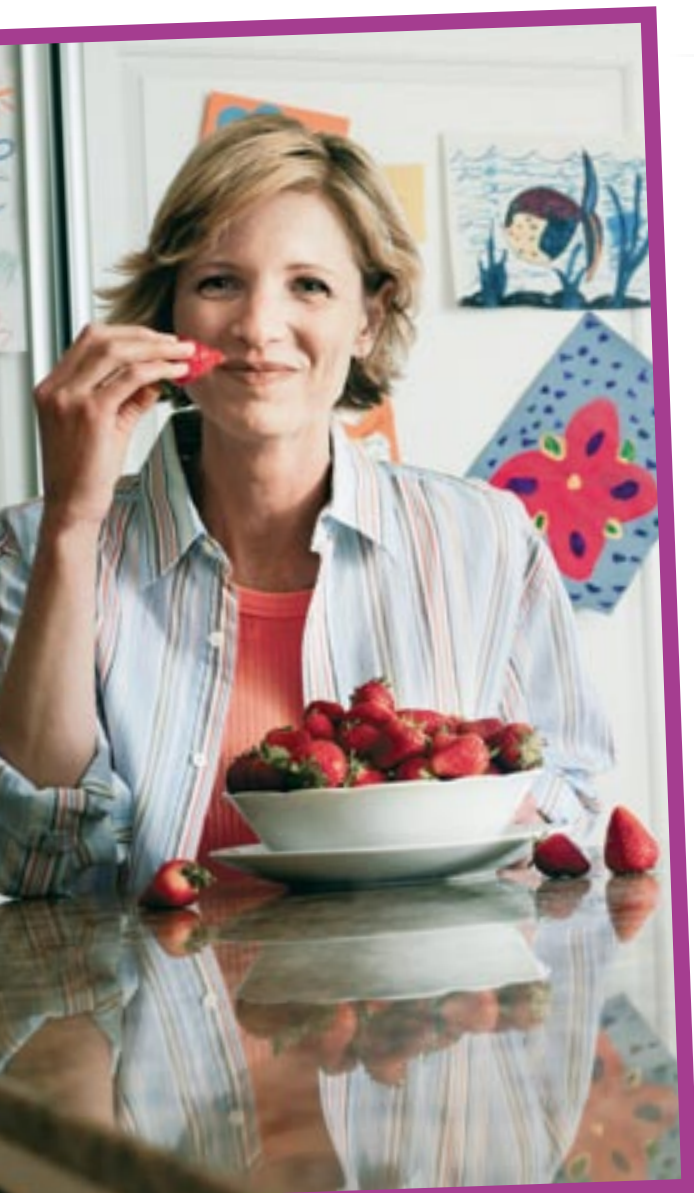
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

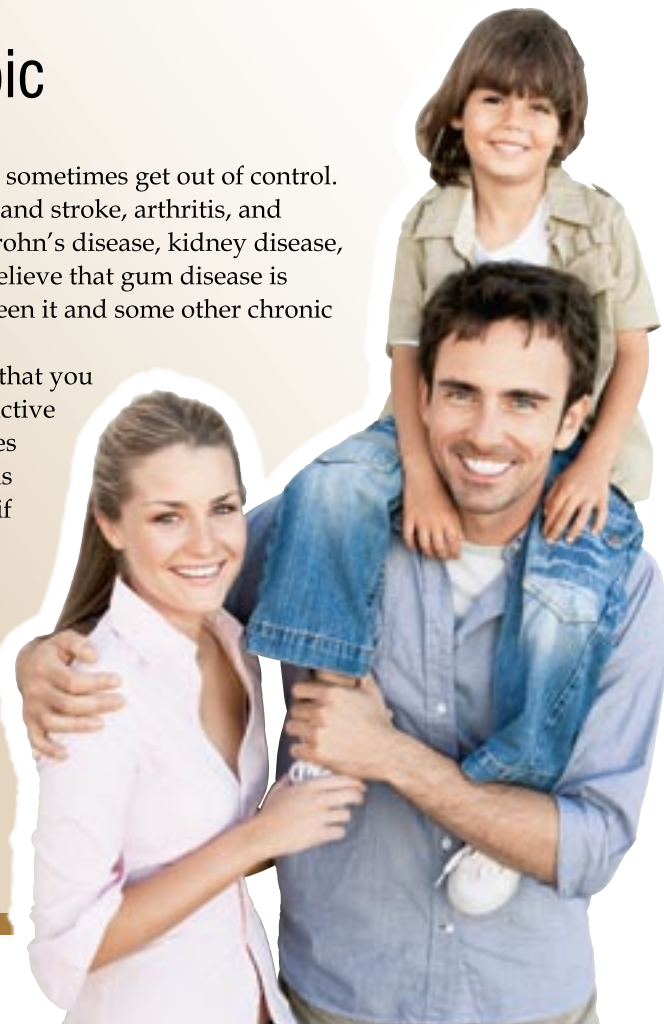
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



WIN Invisalign® TODAY!

Become a
winner just
by sharing
your story!

We're excited to announce our exciting contest that will bring one of you a step closer to turning your smile wishes into a reality! You could WIN a full Invisalign® treatment – helping you achieve a beautiful, straight smile.

Our contest doesn't have a lot of rules. To apply, you must be our patient-of-record, over age 18, and you need to come see us for a complimentary consultation – then we'll enter your name into our fabulous contest! The winner will be selected and notified by February 14th – Valentine's Day!

Misaligned teeth not only cause self-consciousness, but can affect bone alignment in your jaw causing

pain and uneven wear which affects your bite. Teeth can also be difficult to floss, making them more vulnerable to tooth decay and welcoming gum disease. Invisalign treatment not only improves appearance, it also improves your alignment and your oral health! Beauty, oral health, and function go hand-in-hand.

Dentistry is part art and part science. That is a very powerful combination – one that literally has the power to positively change someone's life forever. It is profoundly satisfying at the end of the day to know that our skills have given someone their dream smile, and to



be able to share the joy our patients experience – well that's a straight-up gift.

We'll be honored to hear your story about how your smile has affected your life and how winning this contest would improve it!

The winner will be selected and notified by February 14th – Valentine's Day! – making one of our special dreams come true!



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CareCredit®

Checks

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ATM

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DISCOVER NETWORK

Get The Most Your dental insurance

The first cool winds of winter remind us that it's time to unpack our woolly mitts. They should also be a cue to make a dental appointment. Although you may not realize it, your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

Thinking about getting some dental care this year? Now's the time. Many treatments take weeks to complete once treatment options are determined. That's why it's especially important to come in for a visit to get things on the go ... ASAP ... before this year's dental insurance expires.

Stuff Their Stockings... With oral health

Choosing stocking stuffers can be a challenge. We recommend...

Smile-smart candy and gum – We'll be happy when candy canes are sweetened with Xylitol or stevia! Choose brands that won't promote decay!

Toothbrushes – choose the color, design, and type that best reflects the recipient. Toothbrushes should be replaced every 3 months, making this a practical gift.

Toothpaste – cleans teeth and gives that fluoride boost. Choose what works for the recipient: whitening, sensitive, even sparkly!

Floss – one of the most undervalued dental tools, floss can actually help save lives. Research has shown a connection between gum disease and health issues.

Hard to find a gift for that special someone who has everything? Why not give the gift of a beautiful and bright smile? Teeth whitening giftcards are available for purchase! Giving the gift of oral health is sure to brighten Christmas smiles!