

Dr. Park's SMILE · UPDATE

• NEWSLETTER •



Produced to improve your dental health and awareness

Summer 2010

fromthedentist

Talk About Great Ideas! Kick 'em around!

First you wait all year for summer, and then in the blink of an eye, it's ... which way did it go? Well, I like to think that we're doing our part to help you slow down and savor the season. Think of your newsletter as your own portable Discovery Channel. It's been designed to inform you, but also to be enjoyed!

I've never met a patient yet who didn't get a kick out of learning something new. I hope that every issue of *Smile Update* inspires interesting conversations with friends and family about health issues, how to keep your best smiles, and setting achievable goals to be your personal best.

Let us help you to keep on discovering. We're right here and always happy to answer your questions and discuss your healthiest smile options.

Have a great summer.

Regards,

Dr. Ritchie Park

Extended office hours for your convenience!

turnthepage

What do you expect out of life?
Fruity fighters you want on your side!
Are you the *best* you can be?

Laser Comfort Zone

**No noise,
no vibration,
no anesthetic**



Dental technology is constantly developing methods and procedures that make dental visits a more pleasant experience for patients. This evolution is beneficial to all patients, including children, and especially to the millions of people who fear dental visits.

The dental laser is an excellent example of patient-friendly dental progress. It is so versatile, it can be used on soft tissue like gums and on hard tissue like tooth enamel ... something that was not possible until recently.

How does that benefit you? It helps you to relax and increases your comfort...

- The laser produces no vibrations and no drilling noise.
- Anesthetic is generally not required. The pulse duration of the laser is so short that the reaction threshold of the nerves is not reached.
- Patients heal more quickly from laser treatment than from traditional methods, which means less discomfort after procedures.
- It cleans teeth safely, conveniently, and effectively. The built-in autopilot provides continuous feedback so the laser is used only as much as necessary and as little as possible.

As dental professionals, how does the dental laser help us? We appreciate many technical aspects that make the laser safe, effective, and efficient, but what really matters is that we can treat you and your family and alleviate old fears about going to the dentist!

A healthy smile will last a lifetime!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

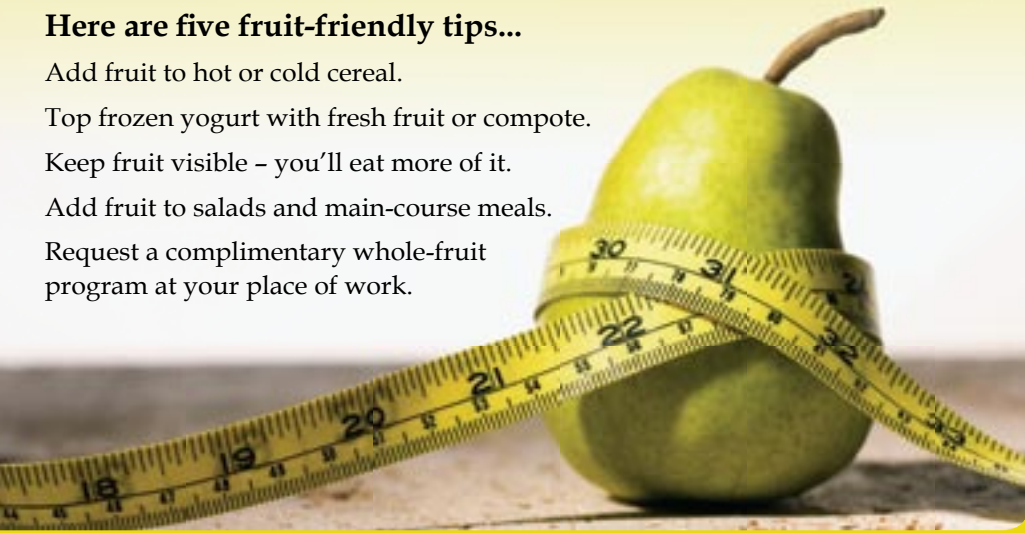
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

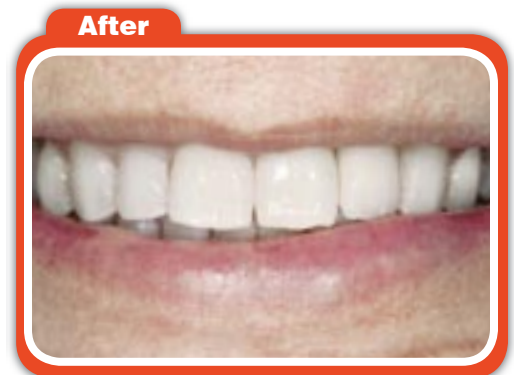
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1 Implants require only normal brushing and flossing - no special home-care routines.
- 2 There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3 There is no metal visible above your gumline.
- 4 Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Remember Your Recall

The importance of regular examinations

Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months.

We refer to your checkup visit as a *recall appointment*. A recall dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities or other problems.

If there are no problems needing treatment, we probably won't see you again until your next recall appointment!

Giving your teeth regular checkups is the only way to keep them in tiptop shape. Recall visits help to catch dental problems like decay before they turn into painful cavities. Routine dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recall appointments a year. Insurance companies know from experience that regular recalls are a good long-term investment in your health.

We encourage you to book your recall appointment well in advance. If you aren't sure when you are due for the next one, don't delay – give us a call. Good dental habits will help your teeth last a lifetime.



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Offer ends: August 15th, 2010

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Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.

Rinse Alert

Toxic to children

Parents will often encourage their children to imitate grown-up tooth brushing routines as a way to instill good dental hygiene habits early. But when it comes to mouth rinse, don't go that route!

Mouth rinse, a good dental hygiene supplement, may have levels of ethanol that are toxic to young children. And because these products are often attractively colored and pleasant tasting, mouth rinse can be a temptation to a young child. For kids, even a small amount – as little as half a cup – has a dangerous level of ethanol. They may become unconscious, unresponsive, or even develop convulsions.

Treat mouth rinse as you would other toxins. Children do not need them, buy bottles with child-proof caps, or search out products that are water-based, not alcohol-based.