



**Michael G. Dab, DDS**

*The Art of Dentistry*

750 Las Gallinas, Suite 111

San Rafael, CA 94903

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**Meet Hillary, our new hygienist**  
at your next visit. Tanya has moved to SoCal.

HAL 9000

### RETURN SERVICE REQUESTED

MICHAEL DAB DDS  
750 LAS GALLINAS AVE STE 111  
SAN RAFAEL CA 94903-3431



C1 P2

# Dr. Dab's Smile NEWSLETTER

## A HOLIDAY

4TH QUARTER / 2011

### Insurance benefits don't last forever.

*During the holidays, give yourself a gift: schedule pending treatment before the end of the year to take full advantage of your insurance benefits. Call our office today to check your benefits.*

**You've earned 'em—so use 'em.**

### Office Info

415.472.5211

DentistDab.com

### Holiday Special

\$100 OFF

Home Whitening Treatment

Expires Dec. 22, 2011



## Thank You

As Thanksgiving draws near. We prepare to celebrate this festive season and to give thanks for all the good things we enjoy in life.

In our office we're especially thankful for the continued friendship and support of all our patients. Because without your loyalty and goodwills our practice could not continue to thrive. We appreciate the special confidence you show in us by recommending our services to your friends and family.

During this next year we resolve to continue to bring you the finest dental care available. With so many advances in dental technology just over the horizon we know that the future in dentistry will be as bright as these young faces.

**A heartfelt Happy Holiday Season to your family from ours.**





# Your Early Warning System

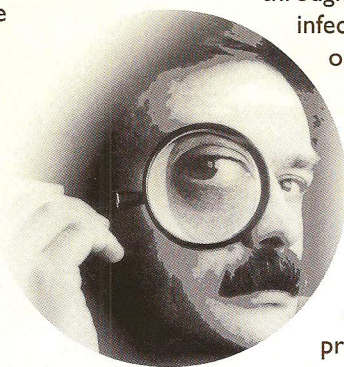


Any major earthquake prompts a call for an early warning system. Seismologists this year proposed that such a system be established on the West Coast, to save lives and lessen property damage.

Good news! You already have a built-in early warning system in your mouth. Whether you're here for your regular oral exam, repair of a tooth, or improving your smile with a cosmetic procedure, we will be watchful for bleeding; a lump or thickening anywhere in the mouth; lingering soreness or swelling; or difficulty in swallowing, chewing or moving the tongue or jaw.

Response to any of these signs, can eliminate pain and discomfort—and possibly prevent the problem from growing to something where surgery becomes needed.

**YOUR MOUTH IS A CLOSET OF SECRETS** ready to spill out when opened. That's why your family doctor's



first request, usually, is to open wide and say "Aaaaaaaaaaaaaah."

**LIKE A CSI DETECTIVE,** we sift through evidence that may point to viral infections, hypertension, neurological or endocrine diseases, or blood disorders. We see clues into your general health, and we are trained to recognize the warning signs of many non-tooth related illnesses, some as common as arthritis and diabetes, others as rare as certain skin conditions seen primarily in small European ethnic groups.

**ARE YOU PREGNANT?** Congratulations! We can see signs of it in your mouth, and we may ask you to come in for an extra cleaning, just to fend off periodontal disease and the accompanying risk of preterm delivery.

Your routine checkup goes beyond the cleaning of your teeth. It's a mini physical that can give you confidence about your overall health. If we do spot a problem, it's likely to be in an early stage. Tender gums, for example, can be a sign of periodontitis (gum disease)—and that's linked to such other problems as heart attack and stroke.

**A SORE TONGUE** might result from last night's salsa, but it could also point to something more serious, even signaling the chance of oral cancer. Again, early detection is the key to survival. Statistics show that three fourths of patients are cured when they are diagnosed and treated early. Right now, more than half of oral cancers aren't detected until they're in an advanced stage. This is tragic, senseless, since we



YOU CAN'T HIDE YOUR LYIN' EYES.

BUT HOW ABOUT YOUR GEOGRAPHIC TONGUE?

Others may not see it, but you and your mirror know about those smooth patches on your tongue that make it resemble a map of the world.

We can offer advice and treatment for any change occurring in your tongue, your gums, your breath, and the roof, floor, and walls of your mouth.

We can tell if your **SMOOTH TONGUE—OR A RED ONE**—means a vitamin or mineral deficiency. We can check to see if your **PAINFUL TONGUE** is a sign of a

serious problem or simply means your denture needs adjustment. Your **SWOLLEN TONGUE** can indicate any of more than a dozen disorders throughout your system.

Do your friends turn away when you speak? Ask us about **YOUR BREATH**. We can detect whether pepperoni pizza with extra garlic caused the problem or whether an illness is telegraphing the first signs of trouble.

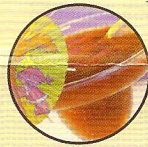


## The Health File

# Esophageal Cancer— REDUCE YOUR RISK!

**E**sophageal cancer—true to its name—occurs in the esophagus, that long narrow tube that carries chewed-up food from your throat to your stomach.

You can reduce your risk of it by taking a few simple steps that will also improve your general health and good looks.

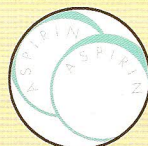


- Shun tobacco in all its forms.

- Limit your alcohol consumption to one drink daily for women, two at most for men.

- Increase your intake of fruit and vegetables, raw

when possible. Mix up the colors for a taste-bud tantalizing mix of vitamins and minerals.



- Maintain a healthy weight. If necessary, work with your physician to find a weight-loss plan that's right for you.

- Cool it on the hot drinks. Some studies have suggested a link between hot liquids and EC.

- Ask about aspirin and other anti-inflammatory drugs. Their use, research indicates, may reduce your risk of EC.

could easily spot the symptoms—a sore or bleeding mouth, a thickened patch on tongue or throat, or difficulty in chewing or swallowing.

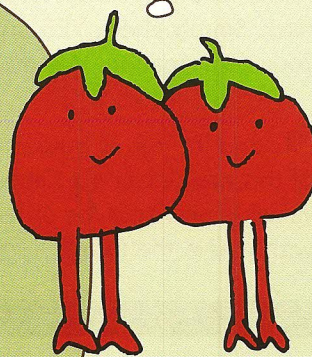
**MOST OF OUR PATIENTS**, of course, have none of these symptoms. What they have is the peace of mind that comes from knowing all is well, from their teeth and face to their feet and toes.

YOUR CHECKUP IS A MINI PHYSICAL THAT CAN GIVE YOU CONFIDENCE ABOUT YOUR OVERALL HEALTH.

THANKS FOR YOUR REFERRALS

The most common cause of **BLEEDING GUMS** is you. It's true. You may have used too stiff a brush, or brushed too hard with a perfect brush. But if your gums bleed regularly, let us know as it could mean trouble. **SWOLLEN GUMS** could mean an infection somewhere, but it might just be an allergic reaction to that new toothpaste.

Your regular dental checkup can often indicate when to see a physician. It could save your life.



# Your Mouth and the NEWS

## What You Eat Can Cause Inflammation and Pain

Over 3 million Americans are gluten-intolerant and most of them are never diagnosed. What is gluten-intolerance? It's the body's inability to break down wheat protein. When they eat food with gluten the body produces inflammatory agents—cytokines. For many individuals this can be very severe, causing joint pain, arthritis, gum disease, digestive irritation and many other inflammatory responses.

Besides the obvious wheat (barley and rye) and any grain products, other gluten villains are salad dressings, beer, soy sauce, deli meat and snack chips. In a 14 week study participants with many different inflammatory conditions were put on a gluten-free diet. Almost all saw symptoms improve. It's important to know that products labeled "Gluten-Free" may still contain some gluten used as thickeners.

—*Dr. Gloria—Health Detective*  
on [healthylife.net](http://healthylife.net)

## Side Effects and Your Medication

Many prescribed medications have severe—even dangerous—side effects. It's estimated that millions of people suffer every day from drug interaction and don't know why. Some even take medication to treat the side effects of the prescriptions they take. When a drug is prescribed for you it's important to ask your pharmacist if the new drug has side effects or may react with any of the drugs you are already taking.

Some vitamins and supplements can also interact with prescription drugs. If you take medications, it's important that both your physician and pharmacist know *everything* you take. And never stop taking a prescribed drug without consulting your doctor.

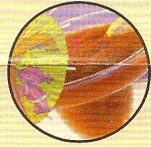
—*AARP Drug Interaction*  
at [aarp.org/healthtools](http://aarp.org/healthtools)

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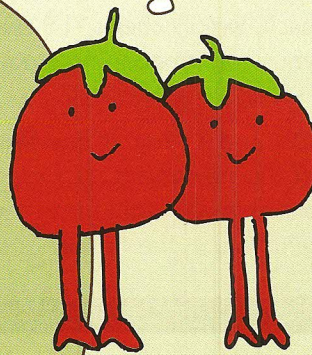
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