

# Dr. Karge's Newsletter

Compliments of Dr. Hans J. Karge

## News from the office of...



**Dr. Hans J. Karge**

Happy Summertime! Our office will now be sending quarterly newsletters to keep our patients in touch with us. We also want to introduce you to our new website **www.DrKarge.com**. The newsletter and website are designed to keep you informed of new ideas and concepts in the field of dentistry and ways to keep your smile and dental health their best!

Some of the new advances include a laser 3-D scanned impression system, which allows us to make the most accurate fitting and natural looking restorations. Our office was one of the first in Los Angeles to acquire the Cadent® scanning system. Also, the ViziLite® oral cancer screening system has been used in our office with great success.

We will be glad to send a copy of this newsletter to a friend, who you feel may benefit from the services and care we provide. Wishing you and your family a great Summer!

Yours in good dental health,

*Hans J. Karge*

Dr. Hans J. Karge

## JOB HUNTING? Let Your Smile Open Up the Doors!

Today's economic conditions have resulted in a rising number of workers looking for new employment. This means more job applicants are applying to the few companies that are hiring, and those applicants need to find a way to make themselves stand out from the competition. Why not start with a healthy, confident smile?



Both men and women need to be aware of the impressive impact a nice smile has. Studies have proven the right smile can make a person look more interesting, intelligent, successful and wealthy to others. It's also a fact a whiter smile is equated with a more youthful look — always an advantage in today's competitive job environment.


So, what's the right smile improvement for you? Clear a spot on your calendar to come in and talk about your options with us. The first thing we will do is make sure your teeth, gums and overall mouth are healthy. From there we can discuss cosmetic options, depending on if you need to straighten your teeth, fill gaps in-between teeth, even out your teeth or gums, or simply brighten and whiten your teeth. Allow us to explain bonding, crowns, veneers, dental implants, whitening and all the options today's dentistry has to offer.

When job hunting, it's common sense to present yourself in the most professional light. Put on a crisp, white shirt, and smile in the mirror. If your teeth look stained or yellow, have them whitened. It's a simple step, but one that could give you a subtle edge over another person who's vying for the same position. Once you're in front of your potential employer in an interview situation, remember these important tips:

- Look your interviewer in the eye, flash your impressive smile, and shake his or her hand firmly.
- Do not smoke before the interview, and do not have gum or mints in your mouth during the interview.
- Smile occasionally during the interview: don't grin or frown.

Let us help you get the competitive advantage with a confident, winning smile!

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# THE GOOD, THE BAD, AND THE UNLIKELY

Almost everything you consume affects your teeth or mouth in one way or another. Here are a few of the more common foods and vitamins you should pay special attention to.

## THE GOOD:

Because calcium is the chief supportive element in bones and teeth, it's important to get enough of this mineral in your daily diet. Even if you don't like milk, remember that cheese, yogurt, almonds, leafy green vegetables, broccoli, beans and tofu are also great sources of calcium. Have a look in your grocery store's juice aisle for calcium-enriched juices too, and remember to include vitamin D in your diet: It helps to absorb any calcium you consume.

Iron, found in such sources as red meat, liver, egg yolks and bran cereal, is important in preventing sores from forming in your mouth, and your tongue from becoming inflamed.

A lack of vitamin B3 (found in chicken and fish) can cause bad breath and canker sores, while mouth sores can also develop in those who don't consume enough vitamin B12 and B2.

We often think of vitamin C to fight a cold, but did you know a lack of this important vitamin can lead to bleeding gums and loose teeth? Oranges, raw, red peppers and sweet potatoes are delicious sources of vitamin C.

## THE BAD:

We know smoking, and consuming an abundance of certain berries, coffee, tea, red wine and other staining foods and drinks can affect the color of our teeth, but there are a number of other common things we consume on a daily basis that can also adversely affect our teeth.

For example, apple juice sounds healthier than soda pop, but did you know it can have more sugar than soda? All acidic drinks — including regular and diet soda pop,

sports drinks and fruit juices — can pose another threat to teeth: "Dental erosion," the loss of the protective enamel on your teeth. By sipping on acidic drinks over a long period of time, you are continually bathing the teeth in acid. Try to finish drinking these beverages within a few minutes instead of sipping them throughout a longer period, and if possible, rinse your mouth out with plain water after finishing your drink to help to wash away any remaining sugar and acid.

Also remember, teeth are not tools, and should therefore not be used to open bottles, tear away packaging or gnaw on pens. Avoid chewing on ice too — You can crack your teeth!

## THE UNLIKELY:

Carbohydrates: Did you know carbohydrates can be just as bad for teeth as candy? The reason is bacteria feed on leftover foods, often carbohydrates, in the mouth and produce acid, which causes decay.

Hidden Sugars: Watch out for sugars in unlikely places, like cough syrup, and sugars that appear naturally in many foods — even milk! We recommend that parents don't put their babies to sleep with a bottle of milk, because as milk pools in a child's mouth, the sugars mix with bacteria in the mouth to make a mild acid, which can then attack the tooth enamel to produce cavities.

Finally, you may think that all gum and candy are frowned upon by dentists, but sometimes candy can be dandy, especially in the form of sugarless gum. In fact, because gum stimulates the creation of saliva in the mouth, many dentists recommend chewing on a piece of sugarless gum after a meal if you can't brush right away.

Talk to us about the important connection between what you put in your mouth, and your good dental and overall health.



# TOOTH TROUBLE IN TODAY'S TEENS



Today's teenagers are busier than ever before, with school, part-time jobs and a plethora of extra-curricular activities competing for their time. Marketers, aware of time-stressed lifestyles stemming from these busy schedules, have created a number of products promoted to fill dietary requirements, in the form of energy drinks and "nutrition" bars. Unfortunately, these products not only don't fill all of a growing teen's nutritional needs, they can also be harmful to their teeth and overall health.

Energy bars and nutritional bars are promoted as a convenient way to fill the void left by those with little time for a complete meal during the day. While various bars contain different ingredients, the one thing many have in common is their gooey texture, which allows sugar to cling to the crevasses of teeth until it is brushed or rinsed away. Once the sticky, sugary product finds its way between or behind your teeth, it encourages plaque, a sticky, clear

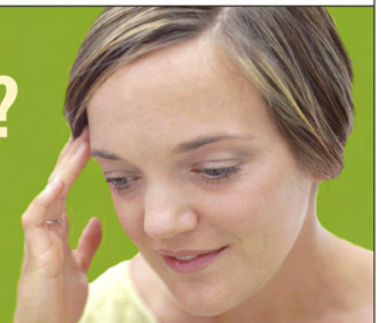
coating of bacteria, to form on your teeth, feeding off the sugar. This produces an acid that immediately attacks the teeth. Continued attacks can cause the enamel on the teeth to break down, eventually leading to tooth decay.

Sports and energy drinks are growing in popularity not only with athletes, but also with people who just want some extra "oomph" in their day. However, the effects of these beverages are proving to be more damaging to teeth than even soda pop. In fact, frequent consumption of energy and sports drinks results in the strongest potential for the erosion of teeth enamel, the thin, protective outer layer of the tooth that helps maintain its structure and shape.

It's important to make sure you make the time — no matter how busy you and your children are — to maintain your dental checkups, as once tooth erosion starts, it will cost you more money, comfort and effort to fix.

## ALLERGIC TO THE DENTAL OFFICE?

**As much as some patients may like to joke that they are "allergic" to dental appointments, the truth is there are people who may have actual allergies to some common materials used at a dental office.**



According to the Academy of General Dentistry, materials such as latex, commonly used in dental gloves, masks and syringes, or medications such as local anesthetics, have been known to result in allergic reactions in some patients.

Natural rubber latex is derived from a substance found in rubber trees, and some people are hypersensitive to those proteins. If you know you're allergic to latex, please be sure to let us know: Remember to mark it on your medical history form, and double check with us when you arrive for your appointment to ensure we use latex-free gloves.

If you have previously experienced a reaction to certain metals — if a piece of jewelry has irritated your skin in the past, for instance — you will also want to let us know of

this sensitivity, as some dental crowns, veneers, inlays or dentures may have nickel, chromium-containing materials or other metals in them. Knowing of your sensitivity to metals ahead of time will allow us to provide more compatible dental materials for you.

Please don't avoid our office because of any allergies to materials we may use. It's important to maintain your regular continuing-care appointments to ensure optimum oral health. Simply advise us of any allergies or sensitivities you have, and we will work with you to provide a safe environment for all your dental needs.



## FAQS ABOUT DENTAL IMPLANTS

**Q: Am I a candidate for dental implants?**

**A:** If you're missing one or more teeth, and have healthy gums and overall good oral health, you're probably a good candidate for dental implants. A dental implant, along with a crown, can replace a missing tooth in the most natural way. If you're missing more than one tooth you may want to consider dental implants in conjunction with a bridge, or to function as "anchors" to secure dentures in place.

**Q. What are the advantages of dental implants?**

**A:** Because dental implants look and feel like your own teeth, the main advantage lies in the quality of life you will enjoy. Patients say dental implants eliminate the discomfort and frustration of ill-fitting dentures, and allow them to enjoy eating a healthy and varied diet without any restrictions or worries. Socially, implant-wearers can regain their self-confidence by being able to speak clearly, and laugh out loud without any worries about loose dentures or missing teeth. Dental implants can even help preserve the long-term quality of your adjacent teeth because, unlike a bridge, neighboring teeth do not need to be altered to support an implant.

Please ask us about all the tooth replacement options available today. There's no reason you shouldn't complete your smile with the most attractive, comfortable, natural-looking solution possible.

## HELP FOR THE UNBLEACHABLES

**Teeth whitening ads are everywhere, advocating the many advantages of having a whiter, brighter, more youthful smile. But what if your teeth don't respond to regular whitening programs — what are your options?**

First of all, it's important to recognize the success of any whitening program depends on the degree of staining on the teeth, and how any discoloration originated. Most discolored teeth tend to be a product of common culprits: Coffee, tea, red wine, soy sauce, curry, berries and smoking, which are known to stain teeth yellow. Extremely hot or cold foods or liquids can cause teeth to expand and contract, allowing stains to penetrate your teeth. Acidic foods are another culprit, as they can open up the pores in your tooth enamel to allow stains to move in more easily.

You may automatically assume we can bleach all teeth to a bright, white color, but if the discoloration in your teeth is due to thinning enamel (usually from aging), an injury, or drugs like tetracycline that may have caused your teeth to develop a permanent gray or brown stain, they may not respond to whitening. Instead, we will suggest very effective bleaching alternatives including veneers, crowns and bonding, to create your perfect, white smile.

**Let's talk about the most effective whitening options available for your specific situation!**

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Wed.: 8 a.m. - 2 p.m.  
Sat.: 7 a.m. - 2 p.m.

**Our Services Include:**

- Cosmetic Dentistry
- One-Hour Whitening
- Porcelain Veneers
- Implants
- Periodontal Treatment
- Invisible Braces
- Oral Cancer Screening



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