



Dentally Speaking

..... with Dr. Arthur J. Natvig

Produced to improve your dental health and awareness

Fall 2009

from the dentist

Referrals Do Us Proud

...Every time!

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are your dental office and your dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

Thank you for your trust!

Yours in good dental health,

Arthur J. Natvig
Dr. Arthur J. Natvig

turnthepage

Rejuvenate your smile!

What's your flossophy?

Defeating diabetes!

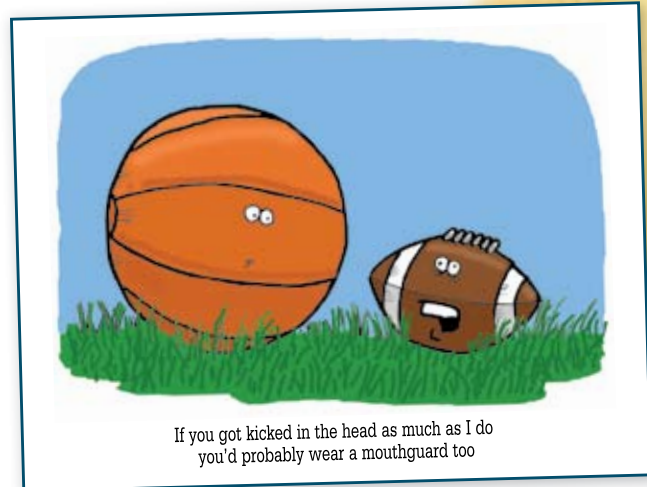
A Change Of Seasons

Fall into step with preventive care

You can try to ignore it, live for the weekend, and stay in those shorts 'til the last minute, but you can't help noticing that fall has definitely arrived. Evenings have gone from light to dark, and are cooler. For kids it's back-to-school. While you struggle with the busier workload and trundle the kids off to classes, don't forget that the change of season means teeth need extra attention too.

If your kids are like most, a summer full of sun and games, gooey sweets and irregular eating can leave young teeth vulnerable and in need of attention. It's a good idea to schedule a thorough dental checkup to get those smiles in tiptop shape. Ask us about protective mouthguards and other safety gear that can keep teeth out of harm's way on the hockey rink or playing field.

For adults the summer is often less a season of indulgence and more a time of procrastination. Now it's time to do that work you've been putting off and have a dental checkup to take care of any problems you may have been ignoring. But don't put it off too long. Fall often marks the renewal of many dental plans. Benefits are not carried forward from one year to the next. Consult our office about making the best use of your coverage.



An attractive smile makes a lasting impression!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

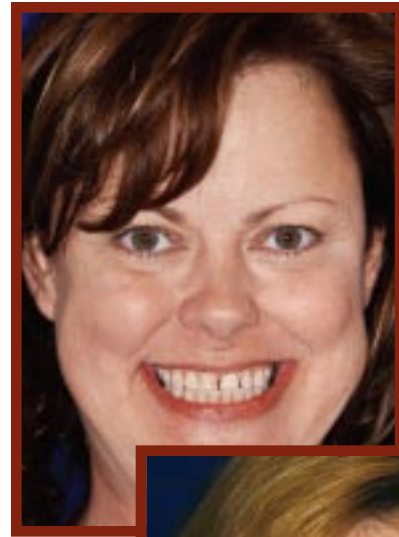
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

Getting To Know Us...

Spotlight On Our Team

Last issue we talked about Dr. Natvig's right hand, Anissa. But were you aware that Dr. Natvig has another right hand? This is Grace. She has been Dr. Natvig's clinical assistant for the last two years. She has really been instrumental in holding down the fort while Anissa is on family leave. She's here when the lights go on every morning and she's here until the lights are turned off at the end of the day.

We had the pleasure of first meeting Grace two years ago. She attended



dental school in the Philippines and opened her own practice in Manila. After four years, she sold her fast paced office to an associate and came to the United States. It was our lucky day to have her apply for a position in our office. We always welcome talented and well-trained dental personnel.

Grace is personally involved in exquisite patient care. She assists Dr. Natvig with restorative and esthetic procedures. And she is a skilled trained operator of our newest piece of high tech equipment, *iTero*. After having your tooth prepared for a permanent restoration, Grace can scan your tooth with the CAD imager and send it to the laboratory via the Internet. This makes it possible to have your crown done without any of that gooey impression material in your mouth.

When she's not in gloves, a lab coat and a mask, she enjoys spending time with her 11-year-old son, Zach, and her 7-year-old daughter, Jesi. They are both involved in most seasonal sports. This

year Zach had to sit out baseball season because of a broken arm, but otherwise, he's usually playing third base. Jesi is an avid soccer player and hopes to be a ballerina one day.

When you visit our office you will be in good hands with Grace. She is the quiet one with the big smile. Give her a smile and be prepared for wonderful things to happen!

Anissa gave birth to Roman Paul on July 16.
He was 8.5 lbs., 21" long.
Welcome to our world, Roman!

Referrals Welcome!

Some of our patients assume that our dental practice is closed to new patients. The truth is that we always accept new patients, particularly if they come to us as referrals from you. If you know someone who you think would benefit from our state-of-the-art dental practice, we would very much appreciate you referring them to us. We would like to thank and welcome some new faces to our "practice family."

A warm welcome to Patty C., Mariah C., Sun D., Danielle F., Rosario G., Colleen G., Kevin I., Michael J., Shawn J., Paula J., Grace L., Gina M., Oliver M., Samantha M., Jim M., Tim N., Gayle P., Susanne P., Alejandra R., Joseph S., Christian S., Beverly S., Scott S., Bruce W.

office information

Pacific Dental Aesthetics

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Office Hours

Mon-Thu 8:00 am – 5:00 pm
Friday 8:00 am – 1:00 pm

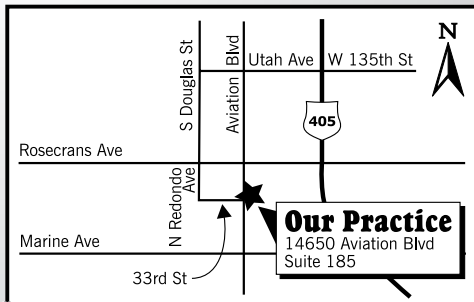
Contact Information

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Office Team

Beatriz, Sunny, Dana Registered Dental Hygienists
Anissa, Pearl, Grace Registered Dental Assistants
Rachel Scheduling Coordinator

Communication is important to us - don't be afraid to ask questions!



Checks

ATM

CareCredit

FALL SPECIAL

Thought you couldn't afford teeth whitening? Think you don't have enough time to do it? Well You Can! We are offering an exclusive deal this fall only! **Our one hour teeth whitening for 60% off. That's right; the best teeth whitening you can get happens in a dental office and you can get it now for just \$189.** So for the whitest teeth this fall and showing off your brightest smile call our office today at (310) 643-9711. Or pass this on to a friend and they will also receive a complimentary oral exam and x-rays!

Offer expires October 31st, 2009

