



Dentally Speaking

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

Produced to improve your dental health and awareness

Summer 2011

from the dentist

Dentistry is a fascinating business. Over the past thirty years and thousands of patients, I can honestly say, no case is ever the same. To better serve my patients with their own unique dental treatment, I've spent the past few years building a great network of the top experts in the area. I consult with these experts regarding patient cases on a regular basis, ensuring that each of you always get the best outcome for your treatment.

In my search, I stumbled upon, Dr. Aaron Schwartzman who has agreed to join me in our office. Dr. Schwartzman brings with him extensive hands-on patient care in both cosmetic dentistry and prosthodontics. Our patients have really enjoyed getting to know our new doctor and I've been impressed with how he enforces our practice philosophy of unique patient care.

I have the utmost confidence in him and his abilities. If I am not here please feel comfortable seeing him.

I look forward to working alongside Dr. Schwartzman. I urge you to introduce yourself to him on your next visit and help me welcome him into our patient family.

Yours in good dental health

Dr. Arthur J. Natvig

turn the page

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

Relief is a Dental Appointment Away

**Do you suffer from headaches?
Do you experience neck or shoulder pain?**

A whopping 23 million Americans currently suffer from debilitating tension headaches, migraine pain or problems with their jaw joint.

Discomfort shouldn't be a way of life. Our office has now diagnosed and treated hundreds of patients who thought relief would never come by using an NTI appliance customized to fit your bite precisely. About half the size of your palm, the device is worn securely over your front teeth.

Over 90% of our patients saw a reduction in migraine frequency, jaw pain and experienced better sleep while using the simple, custom NTI appliance.

The device works by preventing contact between the molars and canine teeth. Without this contact, your jaw cannot connect intensely and your muscles will not become fatigued.

Curious about how this works? You can try it by placing a pencil between your molars and biting down firmly. Place your fingers just above and to the side of one of your eyes to feel your temporal muscle bulging out. Now, move the pencil so it's between your front teeth and bite down again. You'll notice your temporal muscle contracting much less vigorously.

Ahh, relief!



The NTI Device is very affordable and even covered by most medical and dental insurance plans.

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

■ One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.

■ A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Smile Makeover

Like many of our new patients, Sonny Cataldo came to us from an existing patient referral. Questioning the integrity of another dental office, he sought a referral from a trusted source. Ironically, Sonny is no stranger to this property, he actually lived here back in 2001, when he served in the *United States Coast Guard* and this land was used as housing for its members. At home for the first time in more than ten years, he sat in our dental chair and shared his inspiring story.

Sonny had been self-conscious about his teeth since his early 20s. With many opinions and costly options, Sonny put off his dental care for sake of taking care of his family and other areas of his life.

Everything changed five years ago. On a typical work commute he was struck on his motorcycle, severing his leg instantly. Seeing his leg lying beside him, he made a choice. He would be a survivor. Two weeks later he was back to work and out of a wheel chair. Almost overnight, he transformed from a cigar smoking, motorcycle rider in the prime of his life to an amputee athlete and advocate. Now, Sonny is a fierce competitor in races, triathlons, iron mans and even shark-fest swim meets.

With the help of *CareCredit*®, a healthcare credit line that offers no-interest options for 12 months, we were able to transform Sonny's smile in a few appointments. Sonny attributes his renewed confidence and full social calendar to his new smile. We thank Sonny for the privilege of getting to know him personally and for the opportunity to treat him professionally.

There is no greater compliment than when our patients feel comfortable referring their friends and family to us. We are always happy to extend the same level of care to anyone you refer to our practice.



office information

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- Nighttime reflux, GERD or heartburn
- High blood pressure or diabetes
- Strokes
- Memory problems
- Insomnia
- Impotence
- Fatigue

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