



Dentally Speaking

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

Produced to improve your dental health and awareness

Fall 2010

fromthedentist

Don't worry! Be happy!

Easier said than done, right? At Pacific Dental Aesthetics we want you to feel great when you're at our practice. We do not want you to feel anxious or stressed, and keeping our appointment commitments is a big part of that.

We all get busy, and sometimes a patient will run late, and sometimes this will cause us to run late. However, our team respects your valuable time and is committed to doing our very best to keep everyone on schedule.

We can't wait to see you soon, and as always, if you have any concerns or are experiencing any discomfort, definitely call us immediately! If you have any questions about improving your smile (like what your options might be for whitening your teeth), call and we'll schedule a free consultation.

Take care,

Dr. Arthur J. Natvig

Don't Wait For Symptoms

This can affect your health silently

A preliminary study suggests that the incidence of periodontal disease, the most advanced form of gum disease, may be 2-3 times higher than previous estimates. We find this very disturbing because only about 3% of those afflicted with gum disease seek treatment for it. Why so few? We've chatted about this at our team meetings, and all of us believe it's because people don't understand that gum disease has long-term and potentially life-threatening implications if untreated.

Knowledge is power, and we feel the responsibility to ensure that you have it...

- Gum disease has been linked to diabetes, heart disease, arthritis, lung disease, some cancers, and also to complications in pregnancy.
- It can arrive without symptoms or discomfort.
- It's highly treatable and can sometimes be reversed.
- Regular recare visits and effective

home care can halt its progression and its potential impact on your body.

How can there be a mouth-body connection? Your body is comprised of a number of different vital and interdependent systems. Your mouth is part of the digestive system, for example. If any one of these systems falters, your overall wellbeing is in jeopardy. As science reveals more about the complex associations between them, it grows increasingly clear that healthy teeth and gums are essential to your overall health.

We really care about you, so if it's been a while since your last appointment, please call us today.

Make sure you're fit inside & out!



Did you have a "WOW" experience in our office? Share it on Google, Yelp or Facebook® and be eligible for a Visa™ Giftcard!



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile

Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 Protect your damaged tooth by capping it with a crown.

2 Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

Getting To Know Us...

Spotlight On Our Team

Dr. Natvig and our team would like to introduce you to our newest team member!

Dr. Farnaz Bokhour joined the *Pacific Dental Aesthetics* team back in the Spring of this year, bringing with her incredible clinical talent.

Dr. Bokhour's passion for dentistry and its effects on overall health have taken her all around Southern California, providing extensive dental care to deserving families that would not otherwise be able to afford it. In April, she was recognized by the *Los Angeles Times* for her outstanding service with Remote Area Medical.

A true "Los Angelian," Dr. Bokhour attended *UCLA* for both her Undergraduate Degree and her Doctorate of Dental Surgery. Her reputation was so strong amongst the faculty that they asked her to continue teaching as a part-time instructor in the Division of Restorative Dentistry. She has been a member of the *American Dental Association*, *California Dental Association* and *West Los Angeles Dental Society* for several years.

When she is not teaching or practicing dentistry you can invariably find her spending time with her family and friends hiking or practicing yoga. She has some great trail recommendations, so make sure you get the inside scoop!



"It's my pleasure to work alongside my mentor Dr. Natvig and his caring team who are dedicated and always keeping current with the very latest dental techniques and technologies."

Welcome To Our "Family"

This is my favorite part of our newsletter. I can't wait to welcome the new faces to our "practice family".

You are what make this practice happen! A big warm welcome to: Cassandra B, Mahsa B, Mehrdad B, Peter B, Valencia C, Kenny C, Marcy C, Eric D, Melanie E, John G Matea G, Linda H, Dan H, Elnaz H, Kay J, Sue K, Haleh K, Bobby K, Rebecca L, David M, Raluca M, Ben M, Phillip M, Stephen M, Tabitha M, Scott M, Jennifer M, Marya P, Christina P, Carol P, Steve R, Mary R, Chris S, Marcela S, Cherise S, Chris S, Stephen T, Jennifer U, Frank Y, Jaimee Y, Sarah Y & Ted Z.

With Heartfelt Thanks For your referral

There's no question that I have the BEST patients on the entire planet. I would like to thank the following people who were kind enough to recommend my services to their friends...

Sandra A, Brett E, Karen F, Monica F, Valerie H, Parham H, Ronda J, Mark K, Michael K, Raluca M, Amanda M, Patricia P, Victoria S, Kenneth S, Cameron S, Michael S, Chris T, Kelly W & Mark Y.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

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

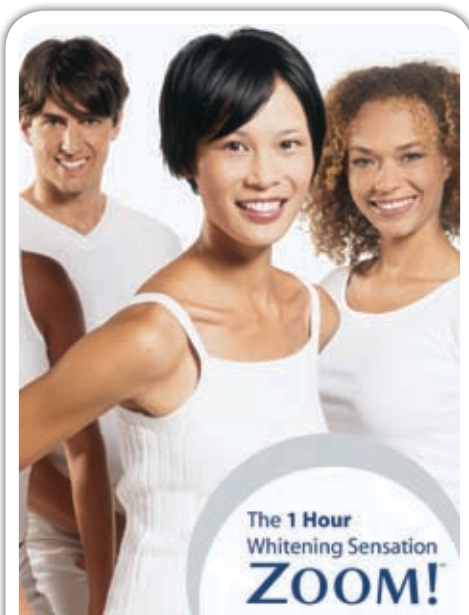
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