

fromthedentist

Welcome!

Our new newsletter

Welcome to the very first issue of *Dentally Speaking*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, oral cancer screening, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

Yours in good dental health,



Dr. Arthur J. Natvig

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

Fabulous You!

You probably think of dentistry as the science of drilling and filling. But if you take a careful look at the dental office on your next visit, you'll notice that a lot more time is being spent on the look of teeth than ever before. Studies show that the average general dentist is spending as much as 10-15% of time on cosmetic services to improve the appearance and function of teeth. In the near future, experts expect that number will triple. The fact is that with modern dental care, teeth are staying healthier longer and cosmetic techniques are getting faster, better and less expensive. That explains why a lot of people in their forties and older are investing in aesthetically enhanced smiles. Many of them are finding that altering the shape, color or position of teeth not only improves appearance and function, but also the way they feel about themselves.

There are a number of cosmetic services to consider:

Bonding and **contouring** can deal with deep-rooted stains or patch up small cracks or chips and can even fill gaps and reshape teeth. Whitening can give just about anyone a brighter, whiter smile. The treatments are



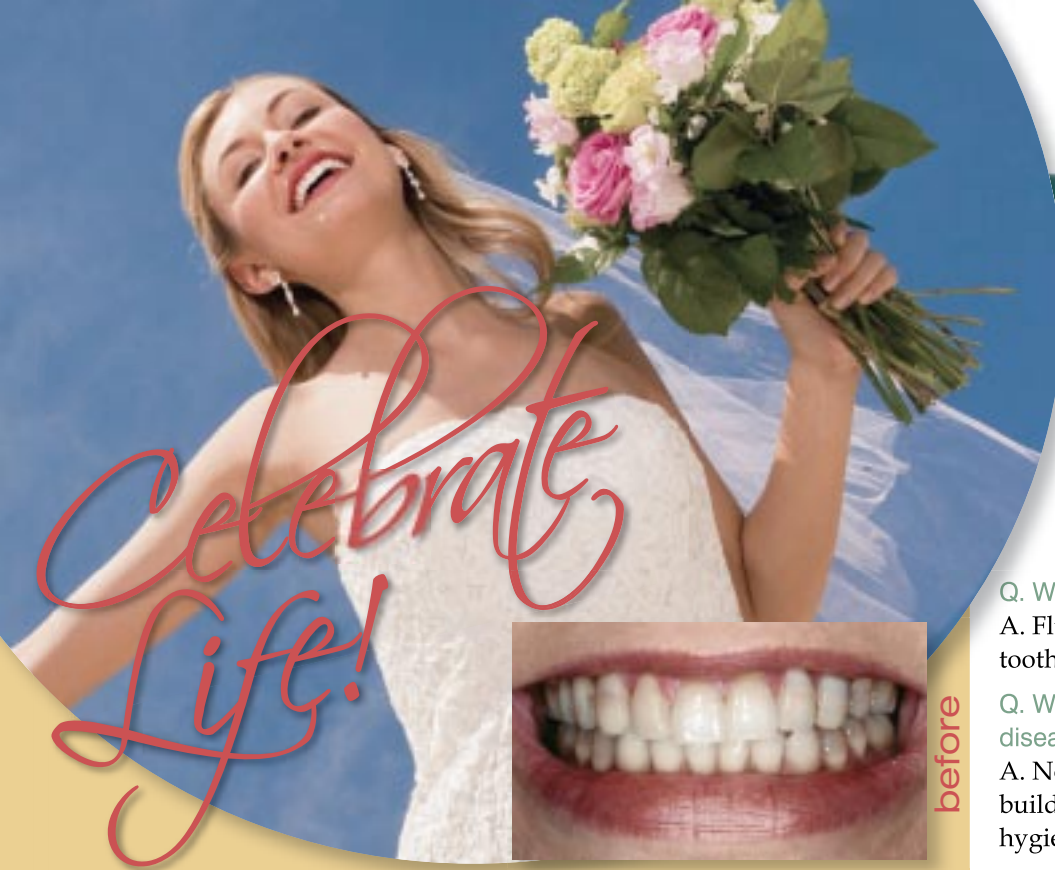
painless and simple, and can often be done at home under the dentist's direction. For teeth that are extensively discolored chipped or heavily restored, **veneers** or **crowns** can restore teeth to their original shape, function and look. If your smile is suffering because of missing teeth, **implants** may be the answer. These are man-made teeth permanently anchored in the jawbone. They can be an aesthetically pleasing alternative to dentures and bridges. For teeth that are crooked or out of line, **orthodontics** may be the answer. Their popularity explains why more than 40% of orthodontic patients are over 18.

More people than ever before are realizing that it's never too late for the perfect smile!

Smile Questionnaire

- Do you have any stained or discolored teeth or fillings?
- Do any of your teeth have uneven shapes due to chips, fractures, or rough edges?
- Are any of your teeth crowded, overlapping, or crooked?
- Do you have any gaps between your teeth or are you missing any teeth?
- Are your teeth uneven in length?

If you answered yes to any of these questions, please give us a call today!



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!





Get to know us...

Spotlighting Our Team

We're so excited to introduce you to our special team member, Anissa. She is one of our top clinical assistants who will be greeting you with her bright and cheerful smile. Please take the time to introduce yourself to her.

Anissa's passion for dentistry has lasted for over ten years and we have had the pleasure of her talents in our office for a year. She began her career in 1999, treating children. Her specialty is assisting in the hospital with special

needs children. She travels to Little Company of Mary and Torrance Memorial to assist in their care.

The hospital isn't the only place to find Anissa. Believe it or not, she also helps at the Los Angeles Zoo. She has been known to take care of a Sumatran Tiger named Manny, a Wild African Dog named Annie, and a Capuchin Monkey named Milo. Her most recent visit was to see Nutzo, a Red River Hog. It was Anissa's childhood dream to clean a wild animal's teeth, so this is her dream-come-true.

If Anissa isn't at the hospital or the zoo assisting in dentistry, she is home taking care of her husband Nathan and her 3½ year old son Samson. Her family and our close-knit team are now anticipating the birth of Roman Paul in July. We will miss her during her temporary family leave, but anticipate the addition to our work family.



office information

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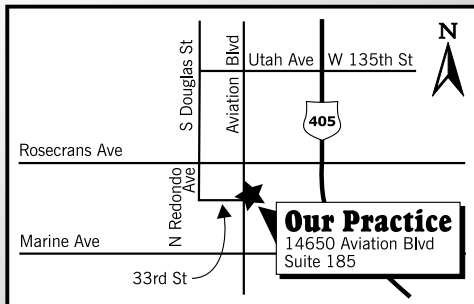
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Office Team

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

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



Your Referrals Matter *Thank you!*

One of the things that our patients do - something that makes us feel great and confirms that you think we're doing a great job - is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

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!

