



Dentally Speaking

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

Produced to improve your dental health and awareness

Winter 2011

fromthedentist

Your Trust, Our Inspiration

Our thanks in action

Beyond family and friends, our most important long-term relationships are those that bolster our health and infuse in us a sense of confident wellbeing. Few relationships, however, are more important than those with healthcare professionals like your dentist. Every team member at our practice intimately understands the strong link between our oral health and general health that cannot be ignored, and it is this vital health-connection that fosters our dedication to you. That you would place such an important trust in our professionalism is genuinely humbling and a constant inspiration for us to reassess our performance, to seek technologies that are state-of-the-art, and to create an environment that inspires confidence and ease in our patients.

I appreciate your trust and remain dedicated to build upon it at every point in our relationship.

Yours in good dental health,

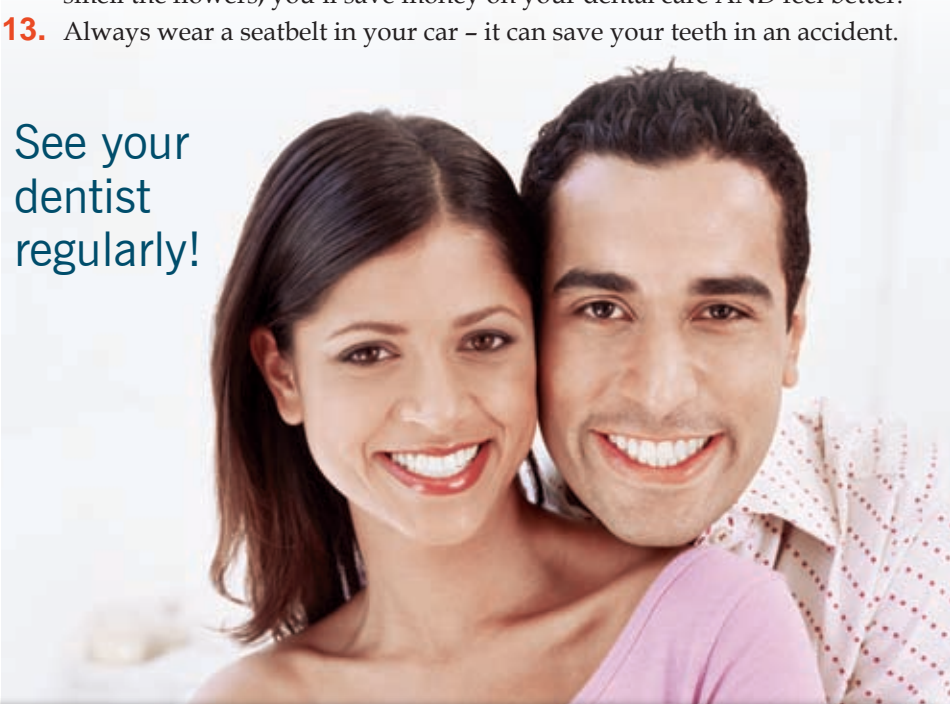
Dr. Arthur J. Natvig

Dental Resolutions

Tooth tips to remember for 2011

1. Stay away from starchy foods like chips and crackers - they can be just as bad for your teeth as sweets.
2. Drink plain tea without sugar. It helps cut down on plaque and cavities.
3. Brush after every meal or at least twice a day. Floss daily.
4. Choose healthy foods like cheese and crunchy vegetables.
5. Never use your teeth to open things.
6. Use a fluoride toothpaste.
7. Cut back or stop smoking. Smokers are 120% more likely to need a root canal.
8. If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
9. Limited bottled iced tea, flavored water and soda to take better care of your enamel.
10. Replace your brush about every three months.
11. Add more milk products to your diet to help fight periodontal disease.
12. Stress plays a huge role on your dental health. Take a walk, practice yoga, smell the flowers, you'll save money on your dental care AND feel better.
13. Always wear a seatbelt in your car - it can save your teeth in an accident.

See your dentist regularly!



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

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

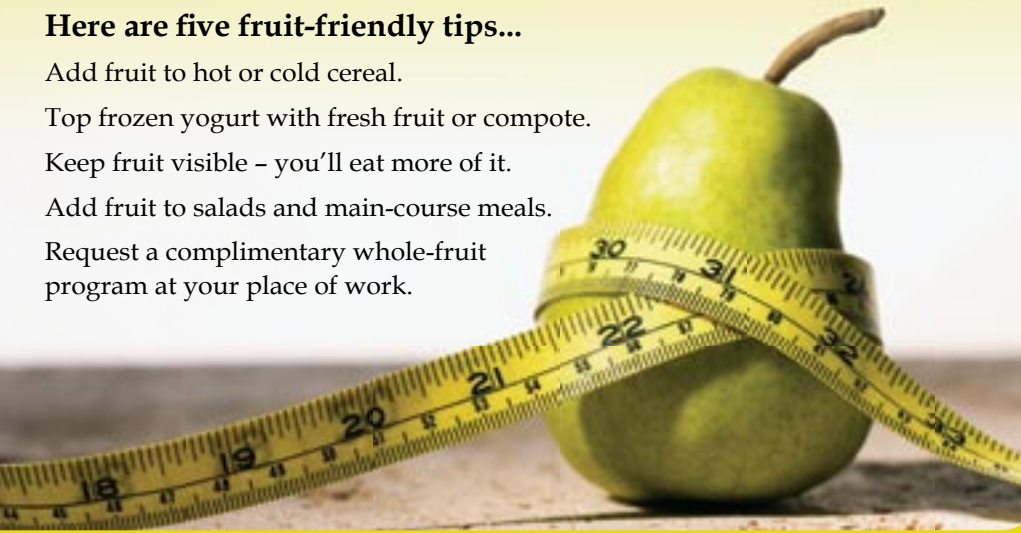
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

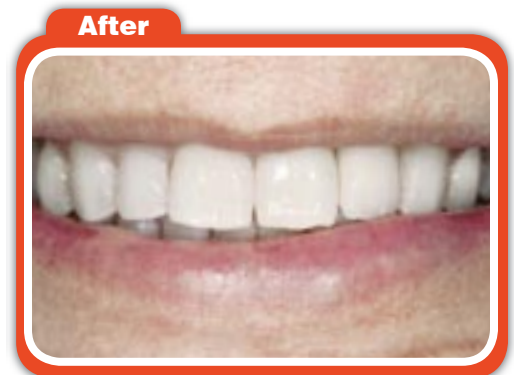
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Getting To Know Us...

Spotlight On Our Team

Originally from Encino, CA, Dr. Jennifer Santoro's passion for oral health has led her all across California to study and practice general dentistry. She received her Doctorate of Dental Surgery from *University of the Pacific* and received her undergraduate education from *University of California San Diego*.

Dr. Santoro joined our team this summer, bringing with her an excellent reputation for gentle dental service. She has been instrumental in helping us reach a new audience and grow our practice family. Her gentle and warm personality attracts patients of all ages.

Jennifer closely works with California Dental Association and other such organizations to constantly create progress in the industry. When she isn't immersed in dentistry, you can find her making sushi with her boyfriend (also a dentist), taking a spin class, making jewelry or planning her next trip to her favorite place, Navini Island in Fiji.



Thanks to all for your excellent referrals. Your good word is our inspiration to excel.

office information

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 Laura... Director of Practice Development

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Your Good Word Our inspiration

From the moment you call our practice or step through our doors we want your experience, whether from a personal or a professional perspective, to be something worth smiling about. There is no more powerful promotion than a good word, so it is our goal that everyone goes away eager to tell family and friends about the calibre of treatment at Pacific Dental Aesthetics. We consider your referrals of such importance that we are offering incentives just for mentioning us to others. When you refer new patients, ask that they mention your name because when you honor our team of dental professionals in this important way, it is our honor to give you a little something in return.

