



# Dentally Speaking

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

Produced to improve your dental health and awareness

Winter 2012

## Greetings from the DENTIST

This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

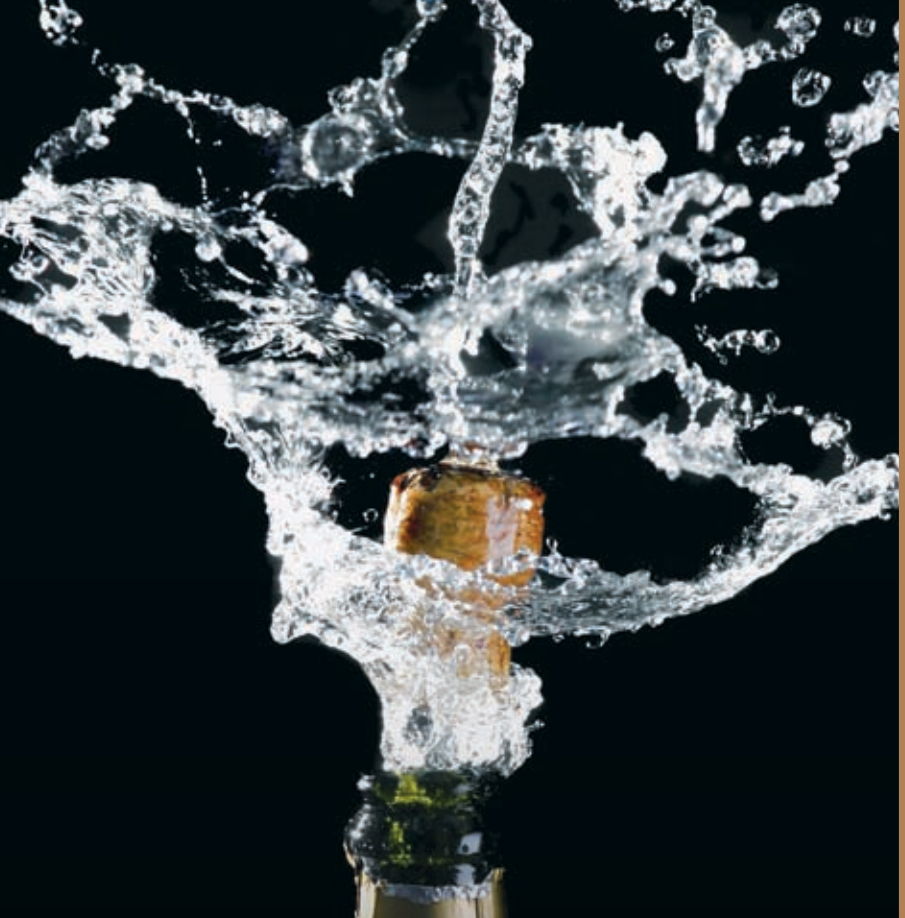
I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

*Best wishes for 2012!  
Arthur Natvig D.D.S. and team*

### turn the page

- Assess your self-esteem regime!
- Do this to uncomplicate your life...
- Are YOU a BRUXER?



# WISHING YOU A HAPPY 2012

*Pacific Dental Aesthetics*



## Say Yes To You

### You'll smile more!

Though each of us inherits both good and not-so-good features from generations past, we are more than a patchwork of hand-me-down genes. We all have the power to learn to be happy with ourselves. Once that happens we can stop being self-conscious and enjoy being in the moment.

Positive self-esteem is more than just liking how you look. It's about feeling good emotionally, mentally, and physically. There is no question that your good oral health directly affects this perception.

We're very proud when we can contribute to your well-being. Sometimes it's by providing cosmetic treatments that work with what you've got to help you change what you can. Other times it's by providing quality care to achieve and maintain your healthiest smile. Make regular visits part of your self-esteem regime!

## 3 KISSES For You Keep it simple, savvy, easy & sassy!

According to *Cornell University* researchers, in addition to all your other daily choices, you make 200+ decisions a day - a minimum of 1,400 a week - just about what food and beverages to put in your mouth! And how about sorting through countless toothpastes, mouthrinses, and other oral care products on the market? We'd like to uncomplicate at least one part of your life. Here are three amazing smile sparklers. If you can't settle on only one, consider all three!

**Teeth whitening** picks up your smile power by removing even the most stubborn stains caused by tobacco, tea, coffee, wine ... or time.

**White fillings** made from long-lasting easy-care materials matched to your own enamel color will restore your smile to its original immaculate condition, so no one will guess you've ever had a cavity!

**Veneers** are thin individually sculpted concealers that are applied to the surface of your own enamel.

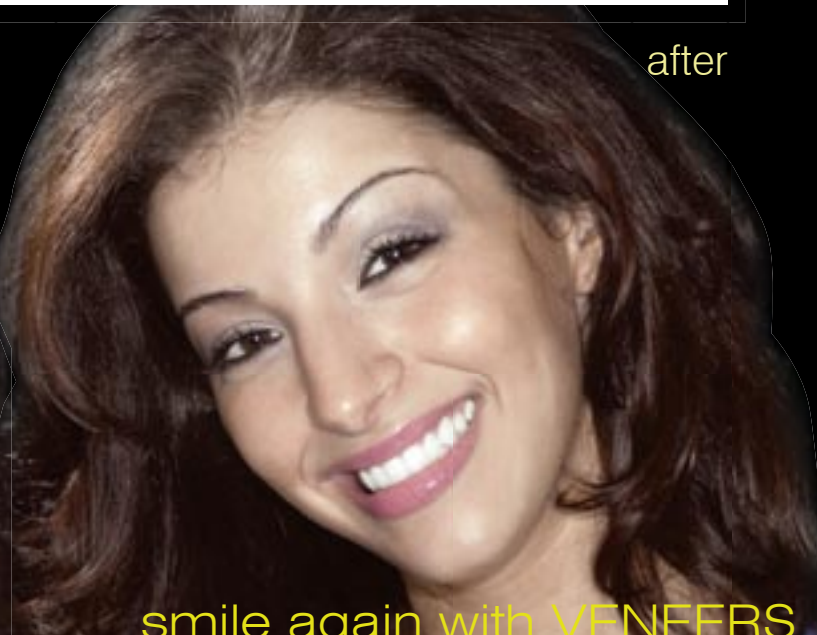
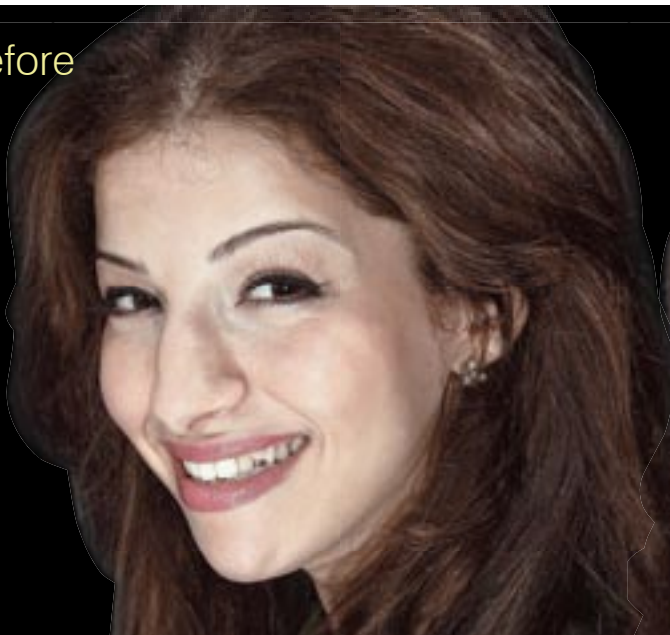
There's nothing superficial about the results though, thanks to sophisticated materials that are strong and require no special care. Veneers are an excellent choice to mask...

- chipped, cracked, or worn teeth
- unattractive gaps
- minor twists and overlaps
- even the darkest stains
- misshaped teeth.

Still can't decide? Keep it simple and give us a call. We'll work with you to help eliminate the guesswork!

before

after



smile again with VENEERS

# Your Smile. YOUR WAY.

## Planning the future of your smile

We follow the golden rule: we treat our patients the way we would like to be treated. It's important to us to provide you with real information, explain our recommendations, and give you time to absorb them. We understand that just as milestones like marriage, graduations, and retirement involve planning, ensuring your smile will last through your lifetime takes some forethought too. That's where we would like to help you.

For example, some restorative solutions are so beautiful that you may believe they are only cosmetic. Yet many metal-free restorations made of white composite, porcelain, cast glass, or resin that are matched to your enamel were actually created to save your smile, not just dress it up.

### Consider...

When your tooth is too damaged for a simple filling, *inlays* (which fill the cavity) or *onlays* (which also covers it) can be an excellent solution.

A *crown* can be used to cap your entire tooth to provide improved shape and strength. One or more can also be attached to a *bridge* when several teeth are missing.

A crown can also be placed on top of a permanently implanted artificial root made of biocompatible metal. These *dental implants* can also be used to anchor a bridge or a denture for greater stability.

Still have questions about your best smile-saving options? We will always be happy to answer them for you. Call us today!



Crowns

## Keep Up The Pace!

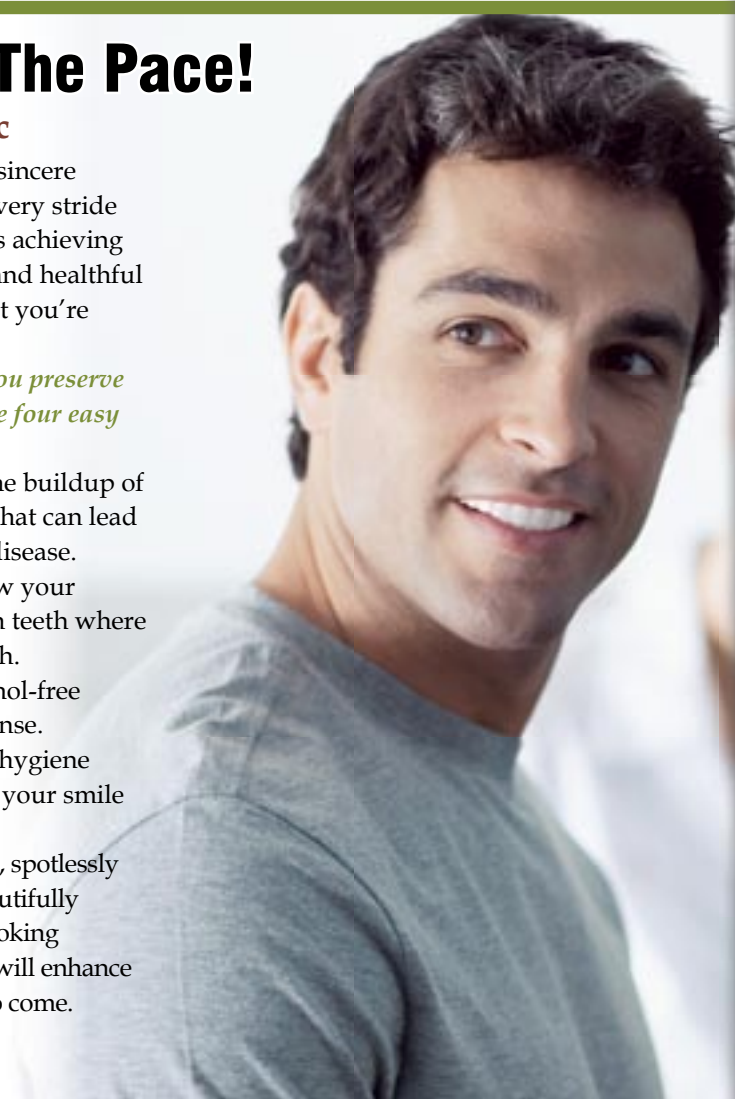
### You look terrific

Please accept our sincere congratulations for every stride you've made towards achieving your most beautiful and healthful smile. We can see that you're pleased - it shows!

*We'd like to see you preserve that sparkle! Here are four easy steps to success...*

1. Brush to prevent the buildup of the bacterial biofilm that can lead to cavities and gum disease.
2. Floss to reach below your gumline and between teeth where your brush can't reach.
3. Rinse with an alcohol-free antibacterial mouthrinse.
4. Keep your regular hygiene visits so we can keep your smile clean and fresh.

Pink healthy gums, spotlessly clean enamel, and beautifully maintained natural-looking cosmetic restorations will enhance your smile for years to come.



## It's Called WHAT?

### Find out if you do it

Bruxism, the often unconscious habit of clenching and grinding your teeth, can run in families. Stress is the most frequent cause. Some children grind, but it is most common in 20-40 year olds. Three times as many women do it, yet it has also been linked with apnea - multiple cessation of breathing through the night - which is more common in men. Male or female, whatever your age, bruxism can damage your teeth and dental restorations and cause jaw and facial pain and headaches.

### We can check you for...

- signs of bruxism
- problems with your bite
- the need for a custom nightguard or splint.

### Your doctor can recommend...

- stress counseling
- exercise &/or physiotherapy
- medication.

### You can try to...

- change sleep positions
- avoid alcohol and caffeine
- refrain from chewing on pens, pencils, gum, and fingernails.



# Mouth-Body Must-Read

Is there a chance you're in here?

We'd like to take a moment to revisit the relationship between your oral health and systemic diseases, particularly diabetes. *Why diabetes?* Diagnoses are on the increase even among children and young adults. Health professionals tie at least some of this increase to diet and obesity, and it certainly reflects greater knowledge and vigilance on the part of the medical profession. An early diagnosis is always better than a later one, yet one other thing is certain: people with diabetes – especially if it is uncontrolled – are particularly susceptible to infections, including gum disease.

In fact, unmanaged gum disease can increase blood sugar even in non-diabetics, so you can see how this could place diabetics at increased risk for complications. It goes without saying that diabetics should be monitored regularly for signs of infection.

But they're not the only ones. Anyone suffering from other inflammatory diseases such as heart disease, kidney diseases, arthritis, osteoporosis or its precursor osteopenia, should come in and see us more regularly to avoid gum problems. Gum disease has also been linked to some cancers, Alzheimer's, and complications with pregnancy. (In fact women at all stages of life tend to be susceptible because of fluctuations in hormones.)

**Please keep an eye on your calendar for your upcoming visit to our practice, and if you're not scheduled, please call us now to book your appointment.**

## office information

### Pacific Dental Aesthetics

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### Office Hours

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### Office Team

Bea, Kelli.....  
..... Registered Dental Hygienists  
Anissa, Pearl & Grace.....  
..... Registered Dental Assistants  
Laura... Director of Practice Development

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## Conservative?

About teeth we are!

There is nothing better for your smile than healthy *natural* teeth structure. In many cases, restorative materials are required to repair and correct dental issues such as decay and weakened teeth, but what Mother Nature provided you with, nothing can truly replace. This is why we practice what we call *minimally invasive* or *conservative dentistry* 100% of the time for 100% of our patients.

Conservative dentistry involves careful treatment planning to ensure that for all treatments we preserve as much of your natural healthy tooth structure as possible. Taking this stance is a decision made with your optimum oral – and overall – health in mind because nothing can top the smile with which you were born. Our dental team has your best interest in mind for your best smile ... every time!

**Thanks For**  
*Everything*  
**You're the best!**

Every time you visit with us, we enjoy catching up with you, and when we hear about all the activities, events, and obligations that fill your personal calendars, we're really very thankful that you've included regular dental care into your busy lives – for the sake of your dental and overall health. This appreciation also extends to all of you who remember that we always gladly accept new patients and send referrals our way. Referring your family, friends, and the people you work with means a lot to us personally and professionally, and we go all-out to provide the same quality service and care to your referrals as we give to you.

Thank you again for coming back time after time, and we hope you'll continue to tell others great things about us!