



Dentally Speaking

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

Produced to improve your dental health and awareness

Summer 2010

fromthedentist

The Best Thing To Do *Come on in!*

Every dentist hears amusing and creative excuses for missed appointments - you know, variations on *the dog ate my homework* theme. Some patients just flat out admit they had something better to do. But the real truth is they only *think* they've got something better to do. Your oral health is precious - and without regular care - precarious.

Let me explain. Your body is its own ecosystem. If the bacterial balance of your oral environment is lost, it can lead to painful cavities and gum disease with tooth and bone loss. It may affect your general health. The more you postpone, the more extensive and costly treatment can become.

Please don't miss appointments because you're nervous about a treatment or expense. At *Pacific Dental Aesthetics* we care about your oral health and we care about you and your family. We'll work something out together.

Yours in good dental health,
Arthur J. Natvig
Dr. Arthur J. Natvig

We have opened up some extra time in our schedule over the next two months. You often share how during the rest of the year you feel like you're booked morning, noon, and night with some activity or other. Though summer is filled with diversions, it's a little less structured, and we know many of you prefer to book dental appointments when there are fewer engagements competing for your time. The other thing we are happy to announce is our special money-saving offers that we know you'll enjoy!

Drum roll, please... We invite all of you moms out there to put yourself first for a change. Please indulge yourself by choosing any cosmetic treatment and saving \$100! Like your mother said - when you look good you feel good.

Maintaining that sense of well-being along with your healthiest smile is important - and easy. Our custom-fitted mouthguard is an even greater value than usual right now. It's perfect for active people of all ages.

Please call today for more details about these two amazing summer-only cosmetic and mouthguard specials and to book a convenient hygiene visit.

Save Time & Money

Moms!
Treat Yourself!

\$100 off
any cosmetic treatment

Protect Your Kid's Beautiful Smiles!

mouthguard special

Call us for details at
(310) 643-9711



INSURANCE QUESTIONS?

**CALL NOW TO BENEFIT LATER.
SEE OUR INSURANCE CARD INSERT!**

*Did you have a "WOW" experience in our office?
Feel free to share it on any of the search engine sites eg. Google or Yelp.*



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

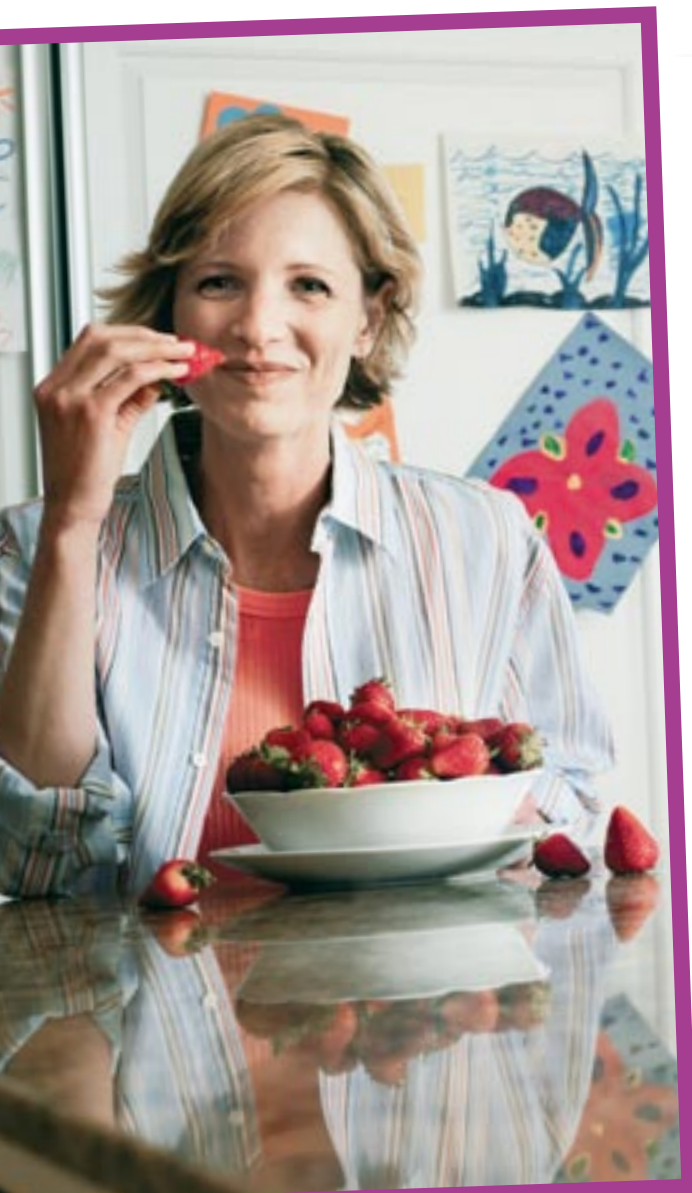
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

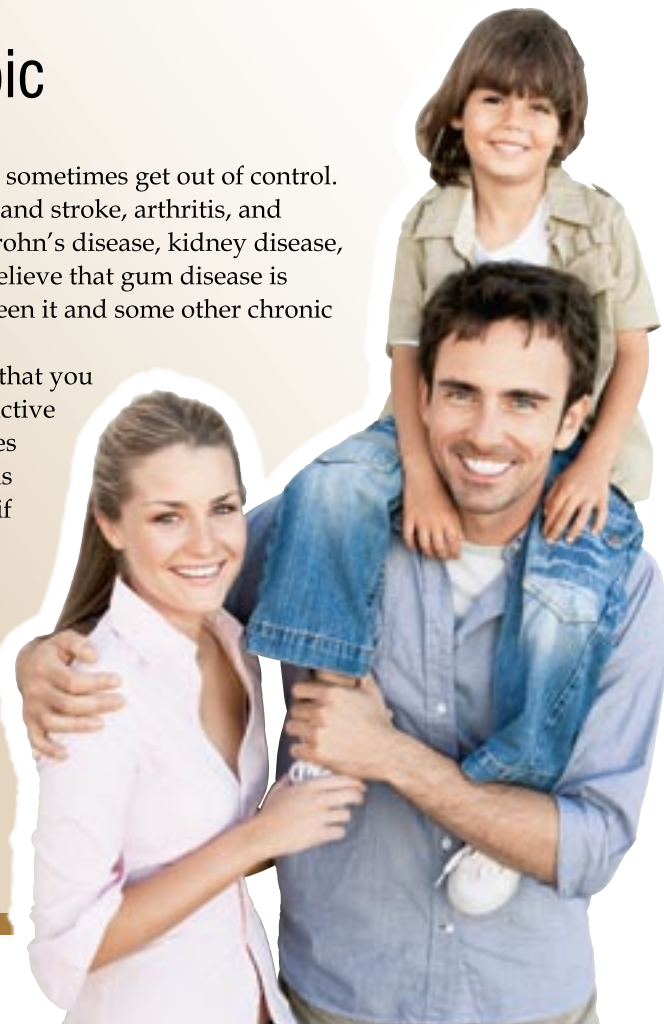
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



**Getting
To Know
Us...**

Spotlight On Our Team

Have you ever wondered how your hygiene smile reminder is always on time? Or how you were able to receive this newsletter? Well, someone needs to compile the lists and organize our current email addresses. This happens to be Rachel. Rachel is the one that excels in this area. She's a whiz at it. And, you should see Rachel get all our laboratory cases in order. She makes sure nothing is missed.

Rachel has been with us for close to two years now, but she has always been the quiet one sitting in the corner. She's awfully shy, so reach out to her to say hi. It's a good thing her aunt Anissa (clinical assistant) is around, too, because both of them make a great team. Both have been able to get this place organized in a whiz!

Besides spending most of her daily hours here, Rachel finds time to be a vocalist for a small musical band that loves to entertain. They specialize in singing praises in her local church. I haven't heard them yet, but her aunt says that they're awesome!

Rachel can also be found at those movie premiers where people are in long lines for the midnight showings ... Twilight, Alice in Wonderland, Iron Man 2, etc. If you need to know anything about the newest movie that's just started showing, Rachel most likely has seen it.

Rachel can also be found snuggling Elvis. Who? Elvis is her Pit Bull/ Shepherd mix dog. He's a big part of her family where she lives with her parents and younger sister. Her older sister recently had a new baby. This makes Rachel an aunt two times over. You want to see baby pictures? Just ask Rachel, she's got a ton of the cute little ones.

Again, be sure to say hi to Rachel and she just might hum a few bars for you.



Rachel with her niece Isabella

office information

Pacific Dental Aesthetics

Dr. Arthur J. Natvig

Dr. Farnaz Bokhour

Dr. Jennifer Santoro

14650 Aviation Boulevard, Suite 185
Manhattan Beach, CA 90250-6668

Office Hours

Mon-Thu 8:00 am – 5:00 pm

Friday 8:00 am – 1:00 pm

Contact Information

Office (310) 643-9711

Fax (310) 643-9033

Email bea@pdanativg.com

Web site www.pdaNatvig.com

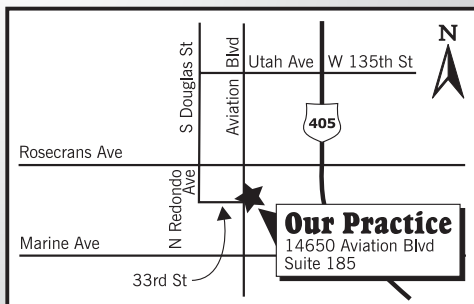
Office Team

Beatriz..... Registered Dental Hygienist

Anissa, Pearl, Grace Registered Dental Assistants

..... Registered Dental Assistants

Rachel.....Scheduling Coordinator



Welcome To Our "Family"

Here are the new patients that became members of our practice family these last few months! We'd like to welcome you publicly, and wish you all the best!

Lilian A., Natalie B., Pamela B., Irma C., Albert E., Valerie H., Waping K., Guadalupe M., Marya P., Hayley P., Yuki T., Alexander T., Laura V., Damian W., Margaret Y. Benjamin A., Ann B., Joshua C., Eric D., Margaret F., La Donna H., Connor I., Lydia J., Cynthia K., Teresa M., Erik S., Dhaman S., Raman S., Ruby T., Frank Y.

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! We're all helping each other, which is the whole point of all this! Right?

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