

Something To Smile About

with

**RICARDO
CUEVAS DDS**



Spring 2007

State Of The Art!

Cerec 3™ smile restoration technology

We are very proud to be able to offer you the world's most advanced dental restoration system. With the Cerec 3™ system we can manufacture lifelike porcelain crowns, veneers, inlays, and fillings right here in our office. CEREC is derived from CERamic REConstruction, i.e. the replacement of missing tooth substance with ceramic material. It's tooth-colored, translucent, and biocompatible.

Previously, tooth reconstruction required at least two or three appointments. Now, with the Cerec 3 system, the whole procedure takes place in only one office visit.

With a special electronic camera we take an optical impression of your prepared tooth. The image appears on a computer screen which allows you to view the process in action. The

restoration is then designed from a three-dimensional scan and precision-milled from a porcelain block. Because the scan offers such exceptional detail, the Cerec 3 is able to create an extremely accurate restoration. There is no gap through which bacteria can penetrate and cause dental decay.

The restoration is almost as strong and long lasting as natural dental enamel. The ceramic material is biocompatible and not affected by heat and cold, so you'll be able to enjoy cold treats and hot drinks with no sensitivity.

Due to its revolutionary technology, Cerec is the clinically best-researched method of tooth restoration. There have been over one million successful Cerec smile restorations performed worldwide since its introduction in 1985!



Visit our new web site at

www.mantecasmiles.com



Call Today!

(209) 823-2164

Manteca Dental

Dr. Ricardo Cuevas

132 Sycamore Avenue
P.O. Box 1215
Manteca, CA 95336-1143

Office Hours

Monday 8:15 am – 5:15 pm
Tuesday 8:15 am – 5:15 pm
Wednesday 8:15 am – 5:15 pm
Thursday 8:15 am – 5:15 pm

* Closed on Friday

New Patient Special

FREE Take Home
Whitening Kit
(Reg. \$350.00)

With New Patient Exam and X-Rays

*Offer ends August 31, 2007

Some restrictions may apply

Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Crowns & bridges
- ❖ Bonding & veneers
- ❖ Orthodontic treatment
- ❖ Dental implants -
surgical & restorative phase
- ❖ Porcelain & composite inlays
- ❖ Relaxing & friendly environment
- ❖ New patients welcome
- ❖ Languages spoken: *English, Spanish*
- ❖ Visa, MasterCard, American Express,
CareCredit, and checks welcome
- ❖ Wheelchair accessible



Getting Famous For your health

It is the subject of a forty-foot art installation and countless magazine covers. Martha Stewart featured it, and it's been served in martinis at the Oscars®. What is it? The **pomegranate** ... a *Centers for Disease Control* Fruit of The Month!

The round, leathery, seed-filled fruit is a hot item with scientists and fashionistas because of its super antioxidant powers. Drinking a daily glass of the fruit's juice may reduce the risk of cardiovascular disease. Also just one **pomegranate**...

■ has three times the antioxidant properties of red wine or green tea;

■ has a significant level of the recommended daily allowance of vitamin C for adults;

■ supplies a rich source of potassium.

The **pomegranate**. Good for your oral and overall health!

Another Kind Of Prevention

No mouthguard? What's protecting your smile?

Can you guess which of the following sports **DO NOT** need mouthguard protection?

Acrobatics, basketball, boxing, discus throwing, field hockey, football, gymnastics, handball, ice hockey, martial arts, mountain biking, racquetball, rugby, skateboarding, snowboarding, skiing, skydiving, soccer, squash, surfing, volleyball, water polo, and wrestling.

Here's a hint for you: Head injuries including concussion, broken jawbones, cuts to the lip, mouth, and tongue, and lost teeth can be caused by being hit with sports equipment, a fall, or a collision with another player.

According to the experts, wearing a mouthguard custom-fitted by the dentist can prevent serious injury and save pain in *every one* of these sports. Each year, mouthguards prevent more than 200,000 oral injuries among athletes!



No Excuses!

Put your health first

Research has linked cardiovascular disease – the top killer of men – with poor oral health. Gum disease has also been linked with diabetes, and about one-third of men with diabetes don't know they have it. Many men don't know they have osteoporosis either, and it too has been linked with gum disease ... as have other systemic diseases.

It's ironic that while men are becoming more aware of their appearance and of cosmetic dentistry, many still neglect their oral health. Why? Some don't see the need. Or they are nervous. Some say they have no time, or that they don't have a regular dentist.

Well, men don't see their physicians either. Studies show that women are much more likely to visit the doctor for annual examinations and preventive services than men!

Men, *please*. Oral health can affect overall health. Call a dentist!

SOUND FISHY?

Jump at your chance to change!

Are you a dolphin or a goldfish? You might want to think twice before answering. Contrary to popular belief, some scientists say dolphins and whales are dim-witted. The tiny goldfish is at least smart enough to jump out of its bowl to improve its environment, while dolphins never do. *Who knew?* Well, know this... Restorative dentistry can improve your world!

Restorative techniques can add strength to your smile, help you to eat and speak better, and help you to look fabulous. Here are some examples.

Tired of living with gaps that others can see and that you can feel?

Natural-looking bonding materials can improve smiles, while cosmetic veneers or strong crowns and bridges can restore more serious spacing problems.

Has a missing tooth caused drifting teeth, bone loss, and chewing or speaking problems? Whether you've lost teeth to gum disease, injury, or some other reason, permanent smile-saving dental implants could be the answer you are looking for.

Have your older fillings darkened, stained your teeth enamel, cracked, or just worn out? Tooth-colored invisible fillings can strengthen your teeth, and may decrease tooth sensitivity to hot and cold. Strong porcelain, cast glass, or composite resin materials are laugh-out-loud invisible.

Dentistry can restore the health of your gums and teeth ... and your self-confidence.

Improve your world. Take the leap and call for a consultation.



before & after bonding



before & after an implant & veneers



before & after composite fillings

9

Must-Ask Questions!

Could you have the G-Disease?

"Plaque" is the name for that sticky film that you have to keep brushing and flossing to get rid of. It's more than unpleasant and unattractive – it contains bacteria that can infect your gums. Early diagnosis of infection is essential.

Gingivitis is the mildest form of infection where gums become red and swollen, and bleed easily. It's treatable with professional and home care. *Periodontitis* is more serious and can lead to extensive bone and tissue loss, and eventually, tooth loss.

Here's an insightful quiz. Please take a moment to complete it.

1

Do your gums ever feel swollen or tender?

Yes
 No

2

Do your gums ever bleed when you brush your teeth or when you eat hard food?

Yes
 No

3

Have you noticed any spaces developing between your teeth?

Yes
 No

4

Have any of your family members had gum disease?

Yes
 No

5

Have you noticed that your gums are pulling back from your teeth?

Yes
 No

6

Do you have persistent bad breath or a persistent bad taste in your mouth?

Yes
 No

7

Do you smoke or use tobacco products of any kind?

Yes
 No

8

Have you noticed any change in the way your teeth fit together when you bite?

Yes
 No

9

Have you ever had gum inflammation, infection, or disease?

Yes
 No

If you answered yes to any of these questions, you should have a dental examination. Gum disease has been linked to cardiovascular diseases, lung diseases, osteoarthritis, toxemia, pre-term delivery, and diabetes.

Helping You Relax Sedation Dentistry

Are you fearful about coming in for treatment? Do you avoid appointments which can put your oral health into jeopardy? Oral sedation may be the simple answer!

We can prescribe a small pill for you to take one hour prior to your appointment. Have a companion accompany you to our office as by the time you arrive, you'll be very drowsy. We'll escort you to our comfort room and cover you with a warm blanket. While you're totally relaxed and completely comfortable, Dr. Cuevas and our experienced clinical team will take care of your dental needs and monitor your vital signs. Oral sedation is very safe, and its benefits are effective for several hours, your companion will accompany you home.

The only thing standing between you and getting the dental care you need and want is a couple of tablets of medication.

New Patients Welcome!

Call Today!

(209) 823-2164



The Perio Protect Solution!

A quick clinically proven solution

We are very excited to offer our patients a comfortable, easy-to-use home care treatment for periodontal (gum) disease. *Perio Protect Trays™* are FDA-cleared and were designed by a dentist to deliver doctor-selected medication directly to the site of the gum infection, an approach that is quite different from oral antibiotics.

Your patented Perio Protect Trays are similar in appearance to teeth whitening trays or a mouthguard. We will custom-fit them for your smile and prepare them with medication that has been custom-prescribed just for you. Your Perio Protect Trays will treat your gums while you go about your normal home routines. They are light and comfortable, and as your gum health improves, you can wear the trays less frequently and for shorter periods of time.

By treating the source of periodontal disease, Perio Protect Trays could protect you from tooth loss and enhance your appearance. It may also protect your overall health as gum disease has been linked to diabetes, osteoarthritis, and cardiovascular diseases, as well as toxemia and pre-term births.

Perio Protect helps control the bacteria that cause infection ... without systemic antibiotics ... and without surgery! As only a licensed Perio Protect dentist may prescribe this very effective treatment, we would like to urge you to call to arrange a consultation if you have any symptoms of gum disease including bleeding gums, puffy gums, or chronic bad breath.

Seasonal Tooth Tips

- Go for brushes with soft nylon bristles.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Floss every day.
- See your dentist regularly!

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RICARDO
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