



# Smile Files



Produced to improve your dental health and awareness of our Community

Fall 2008

from **Dr. Hatakeyama**



Please join us at Clos La Chance Winery on **October 23rd from 6:00 pm to 9:00pm** for a fundraiser for the Teachers Aid Coalition.

All proceeds will go toward the purchase of school supplies.

Tickets are \$25 and are available at our office and Booksmart. At the door price \$30. Event sponsorships are \$50 to \$200 - Many amenities.

Hosting the event will be Jona Denz Hamilton with a presentation by Steve Tebs, Winemaker at Clos La Chance on Cabernet Sauvignon. **Special guest, Don "Elvis" Prieto.**

Fruit and food bites will be provided by Andy's Orchard, Le Bistro/Lucia Nevejans.

Please join us for what is sure to be a fantastic evening.

## Spotlights! Action!

### Meet Dr. Don Nguyen



In this issue we focus an *active* spotlight on Dr. Don Nguyen. A graduate of *UC San Francisco School of Dentistry* in 2003, Dr. Nguyen believes that the process of continuing education is not an *extra*, but an essential component of his work. Dr. Nguyen has taken a range of valuable courses including: bonding veneers, root canal therapy, TMJ disorder, oral surgery and implant dentistry; and will soon earn a fellowship from the *Academy of General Dentistry*.

When not working to perfect your smile, *Dr. N* is on the move enjoying

cycling, volleyball, surfing, basketball, golf, snowboarding and travel – and recently returned from a five-week, nine-nation European vacation!

**Our Office Is Starting A Call List For Saturday Appointments**

Dr. Nguyen has been with our office for three years and for your convenience, lives locally as Dr. Hatakeyama.

For those with busy weekday schedules, we are happy to announce convenient **Saturday appointments** with Dr. Nguyen. Tell your family and friends.

*Thank you for all your referrals. We appreciate them!*

# Show What You Know

Choose all that apply!

## The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

## Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

## You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

## The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



# Your Smiling Future

## Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

### Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.



# Restore Your Balance

## Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!



Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

# Don't Chance It!

## Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

**Dentist-Supervised Teeth Whitening** - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

**Enamel-Colored Restorations** - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



## A Smart Investment

Dental implants: bank on a beautiful restoration

### IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

### HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

### APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

# Support For History

## Japanese families' contributions recognized

When Dr. Jon Hatakeyama chaired the 48<sup>th</sup> Annual Haru Matsuri Festival, he realized that very few second-generation Americans of Japanese ancestry, now in their late 80s remained in the region. In fact, although they were the mainstay of agriculture in the area, there was no mention of their existence in the written history of Madrone and Morgan Hill.

So he embarked on a project to gather information for a project *Local History of the Japanese American Families* which will be included in the soon-to-be-opened Morgan Hill Historical Museum.

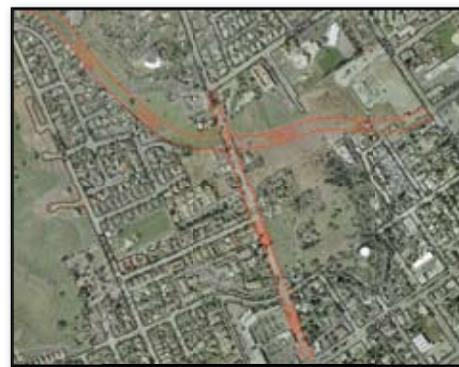
He and his committee discovered that after WWII, the 700 Japanese families, who mostly settled in the Madrone area, didn't feel welcome in the local grocery stores. Mike Bonfonte, who opened up Madrone Market in 1947, welcomed their patronage, which in turn, provided Bonfonte with a business successful enough to later build a chain of 24 grocery stores, Nob Hill Grocers.

At the same time, Driscoll Berry Farms found attempts at large-scale berry farming unsuccessful because of a labor shortage. Although Japanese workers were qualified for other jobs, they happily grew strawberries, providing the means to save for their own farms while helping the Driscoll Berry Farms thrive nationally and internationally.

Two private showings of this material guaranteed a place in the local library and a third showing being organized by patient Diane Rocha will be presented to local high school educators. Educators interested in attending this third showing, please contact Diane by email at [Diana.rochafujii@gmail.com](mailto:Diana.rochafujii@gmail.com).



# New Road Ahead



We are excited that the beautiful city of Morgan Hill is unfolding its well-conceived plan for growth – one that bodes well for our environmental, aesthetic, social and economic future. In short, the city plans to widen West Dunne Avenue and create Santa Teresa Boulevard connecting Morgan Hill to Gilroy and South San Jose's Coyote Valley. The new road will eventually provide four lanes. The completion of this project will not only connect West Dunne Avenue directly to Gilroy and Coyote Valley, the expansion of West Dunne Avenue will provide much needed street parking and, therefore, easier access to our facility. We ask for your patience during this exciting transition.

## Specials!

For the month of October we are pleased to offer our patients of record a \$100 discount on at-home teeth whitening and touch-up kit. We recommend that you have an oral exam and your teeth cleaned first as individual results will vary.

Dreaming of a White Christmas? We will also offer this as a gift certificate in time for the holidays.

Book now, this \$100 discount ends October 31st, 2008. We appreciate you!

### Patient Appreciation – Care to Share Cards

One of the finest compliments our patients can give, is a new patient referral. Obviously, this has happened many times in our office. We finally figured a way to show our “thank you” to our appreciative patients who tell their friends, family and co-workers about our office. Ask for a “Care to Share” card next time you are in our office,

This will entitle you a \$20 credit to your account and a \$20 credit to whom you give this card when they receive services in our office. We are grateful for the great relationship our office has with our patients and Community.

## officeinformation

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### Office Staff

Yolanda ..... Appointment Coordinator

Karen ..... Insurance & Billing

June, RDA ..... Treatment Coordinator

Mercy, RDA ..... Patient Coordinator

Bernadette, RDA ..... Patient Coordinator

Rosa, RDH, Tran, RDH, Neva, RDH .....

..... Prevention & Hygiene



## The Park That Rawks!

### Coyote Creek

In the planning stages since 2004, the improvement of Coyote Creek's 2,200 acre county park – a 15-mile ribbon threaded from Hellyer County Park in San Jose to Cochrane Road – definitely has you in mind. Its newly proposed *Trailhead Visitor Center* will provide small interpretive programs for kids and adults, including hands-on art-in-the park as well as nature stories and information. Rangers will be on-hand for guidance and insights regarding how to take advantage of all the park has to offer.

All you'll have to do is show up! Construction to begin in 2009.

