



# Smile Files



Produced to improve your dental health and awareness of our Community

Spring 2008

## Haru Matsuri Festival *An Exciting Cultural Adventure!*

At noon on April 20th, the suburban calm will be interrupted by the rhythmic beat of Taiko drums at the *Haru Matsuri Festival* at the Morgan Hill Buddhist Community Center, 16450 Murphy Avenue.

This drumming will mark the beginning of continuous, all-day outdoor and indoor entertainment including martial arts demonstrations, Ikebana (Japanese flower arrangements) exhibits, and other culturally related events in celebration of spring's arrival. Artisans will display and sell their works. Scheduled to perform is arguably the best performing Taiko group in America, the San Jose Taiko.

For the past 48 years, the Haru Matsuri Fest has been one of Morgan Hill's outstanding opportunities for neighbors to reunite with old friends in an exotic and unique setting in which different foods and flavors add culture to this ambiance. In a restaurant setting the famous Obento chicken teriyaki box lunches would easily cost twice as much as the \$8.50 price



tag. Only a pre-sold box lunch ticket will guarantee one of receiving this Haru Matsuri delicacy. Sushi, fried rice, gozoya, chicken salad, and other cultural dishes will also be offered.

Raffle tickets are \$1 each for a \$1,000 grand prize. Box Lunch and Raffle Tickets, and information will be available at Dr. Hatakeyama's office, Booksmart in downtown Morgan Hill, and at Irma Delgado Farmer Insurance Agency.

Historical and cultural perspectives will also be provided by our Japan Sister Cities

Program, as well as displays of the 442nd Regimental Combat Team and local history. The Morgan Hill Branch of the Santa Clara County Library will also provide a *Japanese Cultural Month* in March/April with displays that will be open to the public in conjunction with the Haru Matsuri Festival.

Admission and parking is free to this family-orientated event. So mark your calendars for Sunday, April 20th, 2008. Plan to attend. Dr. H has a limited number of Obento Box lunch tickets. Come by as they will be sold soon. Arigato!

## Morgan Hill's Magic Ship *Captained by Our Own Neva Peterson, RDH*

Many, during this past Christmas Holiday, beheld this strange sighting of Santa Claus on *The Magic Ship* which is manned and operated by Boy Scout Troop 799. It's mission? To visit local rest homes, convalescent hospitals, and children's facilities to bring joy and holiday spirit during the Christmas Holidays.

Who is in charge of The Magic Ship? Our own Dental Hygienist Neva Peterson. She and her husband Phil firmly believe that strong communities



build strong societies and thus a strong America. Neva has been the Merit Badge Counselor of Troop 799

for 15 years, and Chairperson for The Magic Ship for Christmas for the past eleven. She has also served as President and Vice President of the *Kiwanis* whose motto is *Serving the Children of the World*. "I think it is important to get involved in our community and be part of the solution", explains Neva. "There are many areas of need in our wonderful community – just find something which holds interest or is of concern to you. Start small ... but get started!"

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

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger  
close gaps  
repair  
straighten  
brighten  
camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





## 2 Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

### IMPLANT & VENEERS



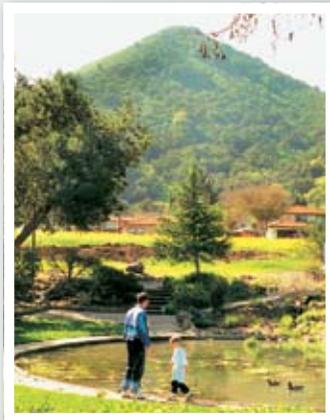
### COMPOSITE FILLINGS



# Climb El Toro Peak

Want to get high? Legally, that is!

Join the *Morgan Hill Historical Society* on April 5th for their annual hike up El Toro Peak, the backdrop to our beautiful new Morgan Hill Library. Boy Scout Troop 799 will clear out Poison Oak and place support ropes at key areas ahead of time.



The hike departs at 7:45 am and 9:45 am at the corner of Peak and Main at the City Hall Complex. There is no charge and usually refreshments are served at the end of the hike. Participants should arrive 15 minutes early, wear gloves, use sturdy shoes, and bring a water bottle.

The Morgan Hill Historical Society supports the historic Villa Mira Monte House located at 17860 Monterey Road and welcomes your membership and monetary support. Please contact membership Chair Ellie Weston at 779-8250 or mhellie@charter.net for more information.

# Funds For Intensive Care Unit Bicycles For Needy Kids

Dr. Hatakeyama Lends A Hand

*Turning Wheels for Kids* is an organization dedicated towards improving the self image, physical development, and the health of needy children by providing access to bicycles. This organization purchases bicycle parts and gathers volunteers to assemble



them. Dr. H was able to help their cause by seeking wine donations to be provided at their fundraising event. Many thanks to local vintners Guglielmo, Sycamore Creek, and Pedrizzetti Wineries. The success of this fundraiser allowed Turning Wheels for Kids to provide over 2,000 bicycles at Christmas times for needy children.

**Funds for Infant Critical Care Unit** - On January 11, Salinas Rotary President Luis Alvarez warmly greeted Dr. Hatakeyama to the Salinas Rotary's Chairman's Invitational at Monterey's Pasadera Golf & Country Club. Dr. H donated a 1998 double magnum of Dry Creek Vineyards Reserve Cabernet and a magnum from Oregon of a 2003 Willamette Valley Vineyards Estate Vineyards Pinot Noir to the after dinner live auction. These wines brought \$900 to benefit the infant critical care unit of Salinas Memorial Hospital.

## officeinformation

**Jon Y. Hatakeyama, DDS, Inc.**

**Jon Y. Hatakeyama, DDS**  
**Don Nguyen, DDS**

370 W Dunne Avenue, Suite 3  
Morgan Hill, CA 95037-4846

### Office Hours

Mon-Fri 8:00 am – 5:00 pm

### Contact Information

Office (408) 779-7391  
Fax (408) 779-5081  
Emergency (408) 858-1117  
Email jyhdds@smilefiles.com  
Web site www.smilefiles.com

### 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



## Travel Blog From Japan

Vanessa Hatakeyama upon graduation from Berkeley last June signed up with the JET (Japan Exchange & Teaching) program promoting language education and regional internationalization in schools throughout Japan. Vanessa was assigned to a rural township, Wakayama. While rotating through three elementary schools and one middle school, Vanessa managed to travel and absorb local culture as noted in these excerpts from her travel blog.

