

Smile Review

from All Smile Dental

Summer 2007

Lasting Impressions

Let your smile make one!

A dazzling smile can ignite a room. It projects strength, confidence, and beauty. For decades dentists have worked on ways to treat dental problems. We can now change the way your teeth look and the way you feel!

Because your mouth is one of the focal points of your face, it plays a major role in how you perceive yourself and how others perceive you. And now, taking steps to improve your appearance is an investment in your long-term health and well-being.

Here's a glossary of what some of the most popular treatments can do for your smile ... apart from making a lasting impression!

- Whitening – Erases unappealing stains and discolorations for a brighter, whiter smile.
- White Fillings – White composite, porcelain, cast glass, or resin inlays and onlays replace silver-colored fillings.
- Crowns – Teeth that have had root canal treatment or extensive restoration can be repaired and strengthened with a crown that fits over a tooth to restore its normal shape, color, and function.
- Implants – If your smile is suffering because of missing teeth, implants may be the answer. They can be an esthetically pleasing alternative to dentures and bridges.
- Invisalign® - It's the invisible way to correct teeth that are crowded, protruding, or too far apart by using a series of custom-made, nearly undetectable aligners. Because the aligners are removable, daily brushing and flossing are not affected in anyway, and you can eat anything you fancy.



FREE

CONSULTATION

- ❖ All Cosmetic Dental Needs
- ❖ Zoom® Advanced Power™ & Take Home Whitening
- ❖ Invisalign®
- ❖ Second Opinions

Valid Only with this coupon
Offer ends: October 31st, 2007

All Smile Dental

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Office Hours

Mon-Fri 8:30 am – 5:30 pm
Saturday by appointment

Email

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Web site

www.allsmile.net



Our Services Include:

- ❖ Brand New State-of-the-Art Facility
- ❖ **New Patient Specials!!**
- ❖ Family & Cosmetic Dentistry
- ❖ Extensive Experience in Children's Dentistry
- ❖ Tooth Whitening, 1-Hour & Take-home
- ❖ Sedation for Adults & Children
- ❖ White (composite) Fillings, Mercury-free
- ❖ Porcelain Crowns & Veneers
- ❖ Emergency Dental Care
- ❖ Dental Implants
- ❖ Invisalign® Orthodontic Treatment
- ❖ Advanced Digital X-Rays
- ❖ Zero-Cost Financing Available
- ❖ Most Insurance Plans Accepted

Call Today!

(858) 350-0045



prevention

Smile Sabotage?

Preserve your smile through prevention!

You know what they say – *use it or lose it!* If you're not using your toothbrush and dental floss as often as you should, then you're sabotaging your smile – and could lose it. To keep it looking great through mid-life and beyond, you have to keep it healthy and we can tell you why.

Retaining teeth is no more natural and inevitable than losing them. Tooth loss happens over time, and *gum disease* is the number-one reason why. Dentists encourage regular visits because...

- At first, there are no symptoms;
- Even in the very early stages, gum disease can cause soreness, bleeding, puffy gums, and bad breath;
- Over time your gums can recede, exposing tooth roots to decay-causing

bacteria and making teeth sensitive to heat and cold;

- Eventually, the bone that supports your tooth is destroyed, leading to tooth loss and limiting your restorative options;
- Gum disease has been linked to cardiovascular disease and other systemic diseases like diabetes.

What else can happen if you neglect your oral health? Adults can lose teeth to those root cavities we mentioned, as well as to root canal infections and bacteria that has seeped beneath worn out fillings. Oral cancer is another problem associated with mid-life.

Prevention is the key to preserving your smile. Contact us for an appointment and assessment of your dental health.

Keep On Smiling: It's only natural

Human beings love faces – especially smiling faces – and it's only natural that we look for them everywhere. We've all reclined in the grass and have seen faces in the clouds... We also see them in car grills, on house fronts, and of course, there's the man in the moon. Everyone's brain compares what they see to what they know. And everyone's brain *knows* about smiles!

Smiles calm other people and attract them to us, and because we release endorphins, the body's naturally produced opiate, we too feel happier and calmer when we smile. So the next time you see an approaching car with a smiley-faced grill, feel free to wave and smile back. Sure, it's an inanimate object, but it's still the natural thing to do ... and you'll feel better for it!

Second-Hand SCARES

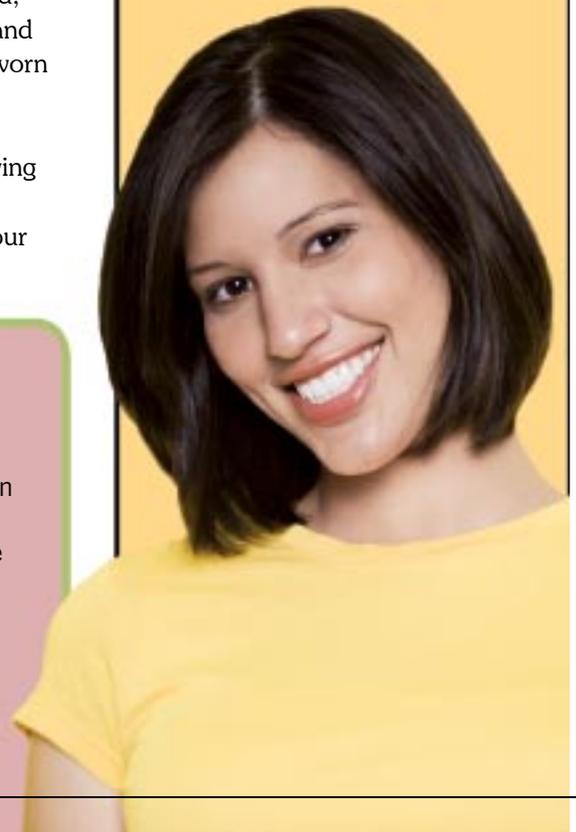
Vicarious learning

Vicarious learning is learning by association. Some people are fearful of dentists even though they've never had a bad experience. Through parental messages, jokes, and other people's exaggerated stories, they've learned to associate dentistry with discomfort. Second-hand fear turns into cancelled appointments.

Does that sound like you? Understanding that you are avoiding the dentist is very important. When you dodge routine appointments, little problems become bigger... more intimidating ... and more expensive!

Your important first step to overcoming anxiety is to make an appointment and voice your fears.

- Ask for a pre-appointment visit and tour of the practice.
 - Communicate your apprehension as it arises.
 - Ask for strategies to help.
- Dentistry can offer a helping hand.



Prime Time Style

Smile confidently into your future!

People in middle adulthood are always on the move. It's a dynamic, productive stage of life filled with commitment and giving – to work, family, and community. It requires stamina, health, and self-confidence. Nothing communicates confidence and vigor like a youthful smile, and non-surgical cosmetic dentistry can create a smile makeover that is completely natural-looking and customized for your lifestyle.

Do you want a brighter, more youthful-looking smile? Professional whitening lightens and whitens stains. Beautiful enamel-colored fillings can replace conspicuous silver-colored ones.

Are you self-conscious about chips or cracks that others can see? Natural-looking materials can be custom-matched to your enamel and bonded to fill and cover smile flaws.

Do you want to camouflage gaps between your teeth? You may not need to commit to braces – choose bonding materials or porcelain veneers that reflect light like natural enamel to reduce spaces – instantly.

Are you embarrassed by teeth that are crowded together or by teeth that protrude? Orthodontic treatment (braces) could be the answer to help you smile more.

Are you hiding your grin because of too much teeth grinding? Regenerate worn-down tooth edges with bonding or cosmetic veneers. A crown can restore strength and appearance.



veneers & crowns



veneers

In the prime of your life, you're savvy enough to know that improving your smile's appearance will also improve the function of your teeth. That's a very worthwhile investment in your future!



The sunrise colors of the persimmon conjure up the romance of the far east where it originated in China before traveling on to Japan and eventually to North America and the world. The acorn-shaped Hachiya persimmon is soft with a flavor that is tangy and sweet. The Fuyu is firm and crisp, smaller, rounder, and also sweet.

You can enjoy persimmon cuisine at the trendiest restaurants or at home. You can get dried persimmons year-round and fresh are available from September until the new year.

Exotic persimmons are good for your oral and overall health. They have no fat, salt, or cholesterol, and are high in vitamins A and C. They are also potent in antioxidants which are known to lower the risk for diseases like cancer, heart disease, stroke, and arthritis – all of which have been linked to gum disease.

First Dental Visit

Making it the best it can be

Your child's first trip to the dental office is an important milestone. We like to suggest that they come to us before any real problems arise. That way the child can have fun getting a tour of the office and taking a ride in the chair. While your child enjoys a game of show and tell about the dental instruments, we can check for early signs of tooth or jaw problems, and check out your use of fluoride in toothpaste and drinking water. If everything is in good shape, we'll set up a regular time interval for recall visits.

By making your child's first ride in the chair a pleasant and interesting experience, we're building a firm foundation for a lifetime of healthy and well-cared-for smiles. First impressions last!

Child Introductory Special!

Regularly
\$270

NOW

\$75

Includes: All necessary x-rays, comprehensive exam & cleaning.

Offer ends:
October 31st, 2007



Got You Covered!

Facts on dental sealants

What Is A Dental Sealant? A dental sealant is a liquid plastic material that hardens to form a shield over the chewing surfaces of the teeth. It is applied to decay-prone surfaces of the teeth, usually the back molars and pre-molars.

Why Get Sealants? Sealants keep out the germs and food that cause tooth decay. Food and germs can get stuck in rough, uneven surface areas where toothbrush bristles cannot reach. Germs in the mouth change the sugar in food to acid which can start a cavity in the tooth. Sealants prevent decay from ever starting.

Who Should Get Sealants? Children should get sealants on their permanent molars as soon as the teeth come in, before decay has a chance to attack the teeth. But adults can still get decay, especially patients afflicted with dry mouth, which affects about one-third of the adult population. Sealants also protect worn and sensitive surfaces on adult teeth.

How Are Sealants Put On? The tooth is cleaned, dried, and prepared for bonding with the sealant. When applied, the liquid sealant hardens in just a few seconds.

Besides Sealants, Are There Other Ways To Prevent Tooth Decay? Yes! The best way you can help prevent tooth decay is to brush with fluoride toothpaste, drink fluoridated water, and floss regularly. Sealants and fluoride used together provide the best defense against tooth decay.

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