



Smile Review

from All Smile Dental

Winter 2007

New Year's Resolutions

How about a new smile for the new year?

The start of a new year is always buzzing with promises to make positive changes and pledges to drop bad habits. Weight loss, quitting smoking, exercise, and better eating – these are often among the top New Year's resolutions. We'd like to suggest a resolution that's guaranteed to put a smile on your face. Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter, and happier smile.

A healthy attractive smile can do as much for your sense of self-esteem as any resolution. The best part is that you don't have to do it all by yourself. We can show you how to eat and brush better by choosing healthy foods and using fluoride and soft bristles.

We can also introduce you to some of the cosmetic dental services that can whiten dull teeth, fix gaps, chips, and crooked teeth, and give you the smile you've always dreamed of. Resolving to improve your teeth is a lot easier than many resolutions, and the benefits will give you a reason to smile and feel good for years to come.



Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter, and happier smile.

**New Year
Whitening Special!
New Zoom2® 1-Hour!**

**40%
off!**

Regularly \$399

May require
\$50 whitening exam.

Offer ends: March 31st, 2007

All Smile Dental

4653 Carmel Mountain Road, Suite 306
San Diego, CA 92130-6650

Office Hours

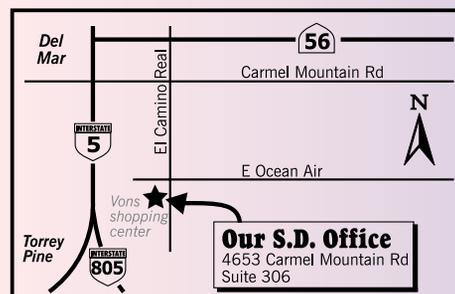
Mon-Fri 8:30 am – 5:30 pm
Saturday by appointment

Email

contact@allsmile.net

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
- ❖ Sedations 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

Top This!

Crown & bridge restorations rate number one

Did you know that crown and bridge restorations are placed more often than any other? If you have a gap in your smile or restorations that have worn down or faded with time, this procedure could be for you. That's because crowns and bridges are beautiful, natural-looking, and long-lasting.

Crowns are recommended to...

- support a large filling when there's more restoration than tooth;
- protect a weak tooth from fracturing;
- reinforce a fractured tooth;
- cover discolored, poorly shaped teeth;

● support a tooth that has had root canal treatment, and;

● permanently affix a bridge.

Bridges are commonly used to...

- permanently replace one or more missing teeth, and;
- span the space where the teeth are missing because gaps left by missing teeth eventually cause the remaining teeth to shift into the empty spaces, resulting in a bad bite.

Crowns and bridges are tops for more than great looks. Restore your oral health with a cosmetic solution!

WHAT'S AT RISK?

The research just keeps coming in. Gum disease, a chronic oral bacterial infection, is now linked to kidney disease which is linked to diabetes... which is linked to gum disease. You see how it works! What else is linked? Cardiovascular diseases, oral cancers, premature births, osteoarthritis, osteoporosis, Alzheimer's, and inflammatory infections.

In the early stage called *gingivitis*, only gum tissue is affected. Symptoms include redness or puffiness, a bad odor, and bleeding during brushing. *Periodontitis* is more advanced, and now involves the underlying bone. Without treatment, periodontitis will eventually lead to tooth loss.

Your best defense is a healthy diet and regular brushing, flossing, and checkups. Uncertain about home care techniques? Let us demonstrate!

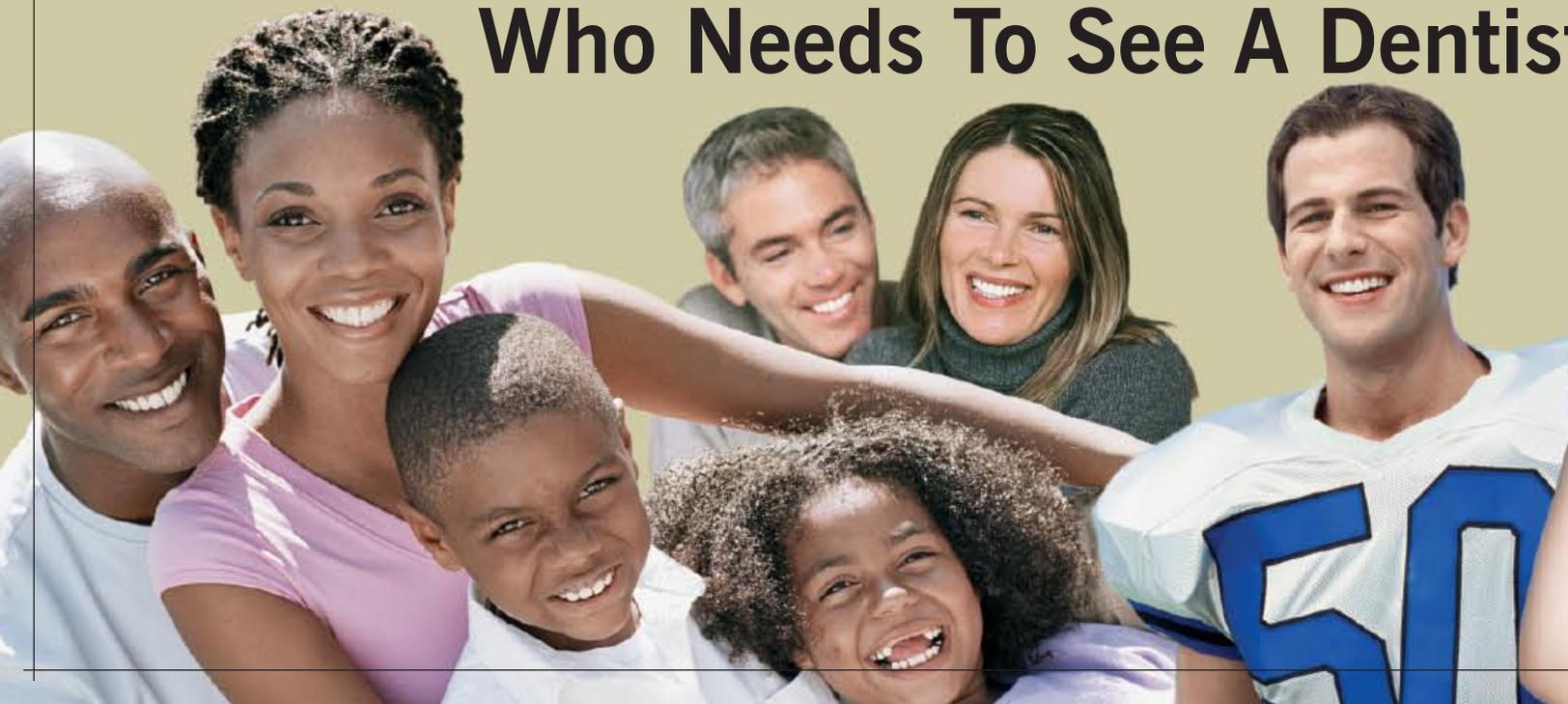
Can A Bandage Do The Job?

Would you stick a bandage on your tooth and then expect your mouth to stay healthy? Yuck – we didn't think so. Like bandages, fillings have their place to protect your tooth after the damage has been done. For sure, a filling is no cure for cavities. That's one of the reasons we encourage you to visit the dentist regularly.

Streptococcus mutans, the major cavity-causing bacterium, uses sugar to produce acids that dissolve dental enamel. Everyone is at risk for cavities and other bacterially based problems like gum disease. Your risks increase if you eat a lot of carbohydrates and if you suffer from dry mouth (xerostomia) because saliva is your natural buffer against acid.

Thanks to minimally invasive technology and procedures, we can remove less healthy tooth enamel than in the past, but prevention is still your number-one cure!

Who Needs To See A Dentist



How Bright Is Your World?

Teeth whitening at its best!

Confused about teeth whitening? Don't be. We can help you to decide whether an off-the-shelf toothpaste, floss, rinse, or any other product will help you between treatments. But take our word for it, supervised teeth whitening is by far the safest and most reliable method for your precious smile.

Consider this. If you select an inappropriate product or if you overuse it, you risk damaging irreplaceable tooth enamel and making your teeth appear even more yellow. How could this be? The outside enamel shell on your teeth is almost clear. The dentin

that lies just beneath is yellow, and so it shows through. Whiteners can remove stains, but without dentist supervision and quality control, some whiteners can encourage thinning of enamel... revealing yellow dentin.

Dentists have ways to eliminate the potentially harmful effects, and can do the job faster and more effectively. We know that you don't want to take any risks!

Let dentistry take the confusion out of whitening – and ensure the health and beauty of your smile! Give us a call today!

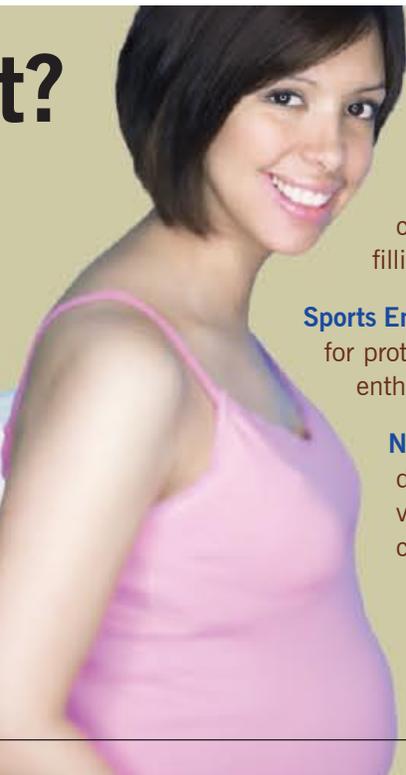


before **after**

What shade do your teeth match on this color scale?
Professional whitening may brighten your smile up to eight shades!

10 9 8 7 6 5 4 3 2 1

t?



Whether your age is 1 or 100, every life stage presents its own oral health challenges, and for modern health-conscious individuals, lifestyle can sometimes require its own checklist...

Baby Boomers – Whether you are male or female, hormonal changes can increase your risk of periodontal disease which can lead to tooth loss and has been linked to diabetes, osteoarthritis, oral cancer, cardiovascular, and other diseases. Xerostomia (dry mouth) can create problems and worn-out fillings or restorations should be replaced before they negatively impact your bite and appearance.

Sports Enthusiasts – Whether for a child or just the precious child in you, sports enthusiasts need a mouthguard for protection from injury which can increase the risk of an abscessed tooth or expensive restoration. Sports enthusiasts are also at risk for enamel erosion from sports drinks.

New Parents – Expectant mom's hormonal fluctuations put them at increased risk of gum disease and double their risk of premature birth. "New-mom gums" also need special attention. New dads are also vulnerable to oral health problems as they share the stress and fatigue of interrupted sleep and home care routines including irregular meals and nutrition.

Dentistry provides crucial complementary care to your at-home oral hygiene regimen!

Keep Our Number Handy Children's dental care

Brushing: When they can walk, they can try brushing. Use a pea-sized amount of mild-tasting toothpaste for at least three minutes. Try making it a game.

First visit: Start between ages two and three. You can play dentist ahead of time, and examine each other's teeth. Communicate fun!

Sealants: Plastic tooth-colored material will protect molar surfaces from cavities, without discomfort, for up to fifteen years.

Emergencies: Some 14% of children will experience a toothache, a chipped or broken tooth, or a knocked out tooth – so prepare an action plan. It is crucial that your child gets to a dentist as quickly as possible for evaluation and treatment. Please keep our phone number handy!

Child Introductory Special!

Regularly \$270

NOW

\$75

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

Offer ends: March 31st, 2007



Give Your Smile A Boost

Helping you smile with confidence

Dear Neighbor:

One of the biggest joys we have is having a patient give us a big ear-to-ear smile as they leave our office when their treatment is complete. That departing smile is really what our office strives for, whether it be after a dramatic smile transformation or after a routine recall appointment. Not only does this smile tell us we've done an excellent job and have met our patients' expectations, it tells us that our patients feel good about their smile ... and that is crucially important.

Having confidence in your smile can make or break every hour of your day. It can have tremendous impact on your relationships, and even on your career success. Here are just a few smile imperfections that we have corrected for our patients. Take a moment to review the list and see if there is anything on it that you can relate to.

- crooked, misaligned teeth
- gaps due to missing or widely spaced teeth
- chipped or cracked enamel
- protruding or recessed dentition
- short or small square teeth
- uneven gumlines
- discolored enamel
- unsightly fillings
- puffy, red gums that often bleed when brushing or flossing
- conspicuous, ill-fitting restorations

Did you find your smile in the list? If so, give us a call! We really want to see you flash your beautiful smile!

Yours in good dental health,

All Smile Dental

P.S. During your **FREE consultation**, we will listen to your needs and identify any oral health concerns. Then together we'll discuss treatment options. Please call today!

All Smile Dental - Escondido

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