



from your dentist

A Warm Welcome

We'd like to take this opportunity to welcome you to our newsletter. We hope that you learn more about your oral and dental health, and about our commitment to providing you with the very best professional dental services possible. Please feel free to share this newsletter with your family and friends.

Every guest visit to our practice is a special occasion for us. We're determined to make every appointment a relaxing and pleasant experience! Our team of caring professionals is here to serve you in a compassionate and effective way and to ensure your treatment is the best it possibly can be. We believe that everyone should have optimum dental health and a smile they're proud of.

Please visit us at www.finesmiles.com for further information and news about our practice. Thank you for your continued support and referrals.

Best wishes for your dental health,

Joe Armel, DDS

turn the page

Are your prevention efforts effective?

6 ways to an ageless smile!

Teach your kids well!

Stressing Oral Health

Gum disease affects more than your mouth

I'm seeing more and more signs of stress in our patients. I see cracked and worn teeth, exposed and sensitive roots, and bleeding gums, all as the result of clenching and grinding. Many people believe that poor oral hygiene is the only way to get gum disease, but stress, diet, and bacteria can **all** be triggers, especially if you're genetically pre-disposed.

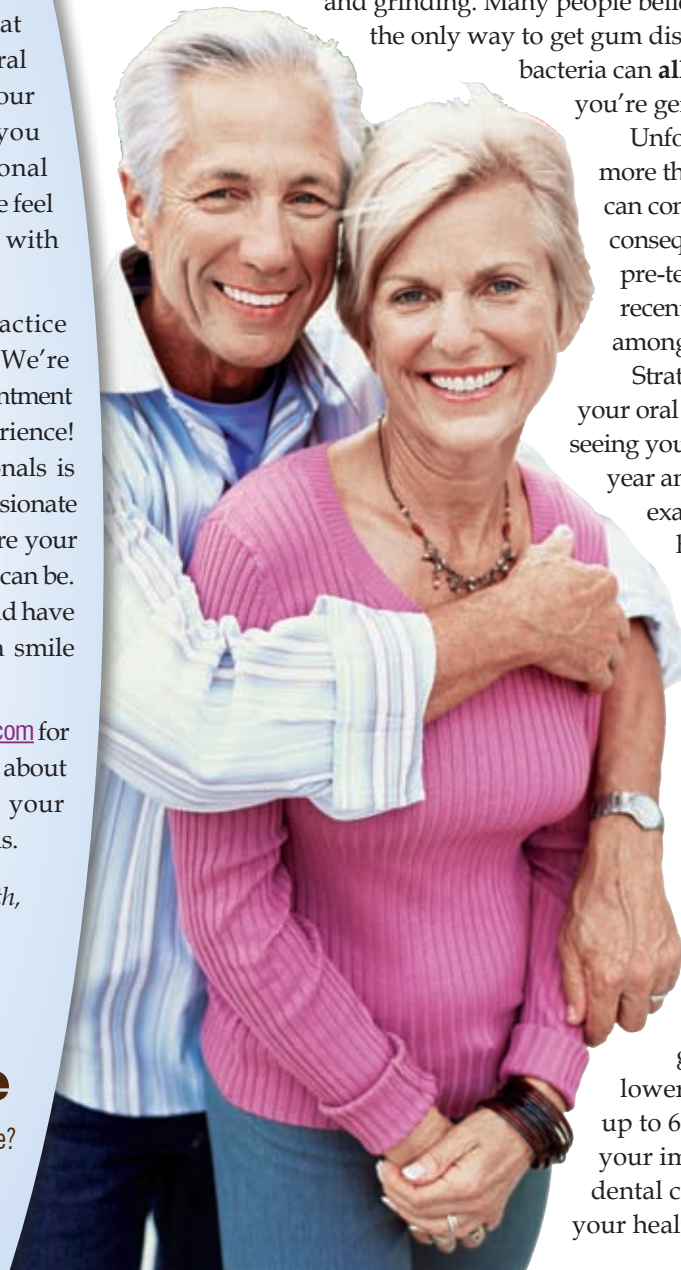
Unfortunately, gum disease affects more than just your mouth. This issue can contribute to very serious health consequences, such as heart disease, pre-term /low-weight births, and recently reported ... stillbirth, among other conditions!

Strategies that can help improve your oral and overall health includes: seeing your dental team 2 - 4 times per year and a few lifestyle strategies. For

example, when practicing dental hygienists were asked if they could change one oral health habit of their clients, they reported the following:

50% of the population doesn't see a dentist at all; 46% of their patients do not floss or floss irregularly; 20% visit their dentists irregularly; 16% use tobacco; and 15% do not brush properly. The bottom line? **Dentistry isn't expensive ... neglect is!**

Here are a few other tips: drinking 5 or more glasses of water per day can lower your risk of heart disease by up to 60%. Smiling more improves your immune response. Get regular dental care & eliminate stress about your health.



5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



“Ascared” Of The Dentist?

Not your kid!

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!





Our Laser Technology

Making many procedures patient-friendly

We're pleased to announce we've added the *PerioLase® Nd:YAG* laser system to our practice! This instrument, used for the treatment of severe gum & bone disease, is an FDA-approved, state-of-the-art treatment that provides a comfortable, minimally-invasive option described clinically as *Laser Assisted New Attachment Procedure Periodontal Therapy (LANAP™)*. This treatment is so patient-friendly that it eliminates the need for a scalpel, incisions, or sutures – and usually only requires one three-hour appointment!

It is estimated that 200 million Americans have periodontal disease, the major cause of tooth loss in adults. Periodontal disease starts off as plaque, an opaque film which eventually hardens, forming tartar or calculus. Calculus deposits harbor bacteria which infect the gums. In early stages, this is called **Gingivitis** and is characterized by red, swollen gums that bleed when you brush your teeth. Many people also experience bad breath and an unpleasant taste in their mouths. Unchecked, Gingivitis progresses to **Periodontitis**, a much more serious form of the disease where periodontal pockets are formed, separating teeth from the gums and supporting bone structure. Without treatment, infection becomes severe and pockets can deepen, resulting in tooth loss.

The damage can be repaired by eliminating the infection and the pockets. Until now, that meant surgery and sutures. But today, with the PerioLase and LANAP, we are able to provide a patient-friendly, minimally-invasive procedure that's a great improvement over standard gum surgery.

CONSULTATIONS
ARE FREE
& PAINLESS!

Welcome Mary & Sharon!

New team members

We invite you to join us in welcoming two wonderful new staff members to our team!

Mary Murphy is the smiling face you'll see when first entering our door! Mary provides support as our Receptionist and Hygiene Coordinator. Mary worked for us many years ago and has come back with her dental skills to make our front desk the best it can be! You may ask 'where is Kimmy?' Kim has rejoined us in the back office as our super Registered Dental Assistant! We are so lucky to have her assisting us at chairside once again!

To complete the team, **Sharon Edwards** has joined our Hygiene Department and brings many years of experience as a Registered Dental Hygienist. She is taking over Patti's room. Sharon lives in Mill Valley and we look forward to many happy years working together!

office information

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Cynthia..... Treatment Coordinator
Mary Hygiene Coord. & Receptionist
Maria, Christin, Sharon..... Hygienists
Andrina, Kim, Reina, Veronica
..... Dental Assistants



Our Referral Bonus

To say 'thanks'

We appreciate your referrals so much! And, to show you how grateful we are, we've created the *Care To Share Referral Program*. **Now whenever you refer friends and family to us, they will receive a FREE exam, consultation and necessary x-rays! (\$140 value).** We hope your referrals appreciate this gift certificate half as much as we appreciate your confidence in our practice! Referring your family & friends is the highest compliment you can give us! Please make sure your referral mentions your name & Care to Share! EVERYONE wins ... and once again ... Thanks for your support!