



*The Cosmetic & Implant Dental
Center of Corte Madera*

Just floss the teeth you want to keep!

Fall 2011

from the dentist

Teeth-In-An-Hour

Why wait months to smile again?

In spite of the progress that has been made in dentistry, some people continue to lose teeth due to periodontal disease, trauma, or ageing. In some cases, one or more adult teeth simply never appear. Regardless of the cause, one thing for certain ... missing teeth, wherever they are, inhibit your desire to smile. That's why we're proud to provide advanced, computer assisted implant technology that can literally replace all of your teeth, sometimes in just an hour or so- and sometimes, without conventional surgery or sutures.

Here's what you can expect...

We will perform a CatScan analysis of your upper and lower jaws to plan the placement of your implants and to custom-engineer your new teeth in advance of your procedure. These meticulous measurements are analyzed to create an exact replica of how your jaw will look after the implants are placed. This model is used as a precision guide during your implant procedure to eliminate guesswork and increase precision.

Instead of waiting 3-6 months to see your ideal smile, you'll have it in a matter of hours, and be back at work within days!

Please feel free to call for a complimentary **Teeth-In-An-Hour™** consultation

no matter how many teeth you are missing! With dental implants we are able to restore individual teeth, create beautiful bridgework or permanent full arch dental systems. And using Computerized technology, the most complex solutions can now be achieved in a matter of hours. The future is NOW!

turn the page

Are you *too* sensitive?
3 steps to keep your smile youthful
Why olive oil makes us smile

If your smile is not becoming to you, you should be coming to us!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Sharon Revisited...

Even though we introduced Sharon Edwards to you in our last newsletter, we knew you'd like to see her photo this time. Now you'll recognize her when you come to visit!



Sharon

Welcome Back Brenda!

We've included another smiling face that will be instantly recognizable to many of you. Brenda Carlton, who worked for us from 1995-2000, has rejoined our team as Front Receptionist/Hygiene Coordinator.

Brenda brings over sixteen years of front desk dental experience and will help make your visit pleasant, informed, and fun. She loves to get to know our patients individually and always ensures that patients feel welcome and that appointments go smoothly from start to finish.

On a more personal note, Brenda comes originally from Alaska, loves the outdoors, gardening, and spending time with her granddaughter Kaitlin.



Brenda

office information

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



New Patients Welcome!

Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.



Dr. Armel pictured here with his grandson (and namesake) Max Joseph Armel.

Max spent three months in an incubator at UCSF after arriving premature on November 16th. He weighed only 11lb 12oz, but we are happy to report he is now flourishing. Much to his parents delight he has been an easy baby and recently cut his first tooth!