

# Smile Review

*from All Smile Dental*

Spring 2007

## Myths & Your Mouth

**The truth is revealed!**

Most adults have plenty of opinions about oral health care. A surprising number of them are based on myths and outdated facts that have been disproved!

**Myth: It doesn't matter what type of brush you use.**

Soft brushes are better. Hard bristles can damage both teeth and gums. Always use a light touch with a rolling or circular motion so that you won't hurt the gum tissue and damage the tooth structure.

**Myth: If you brush, you don't need to floss.**

Brushing only removes plaque from the surface of the tooth. To prevent decay and gum disease, bacteria must be removed from between the teeth and below the gumline, something only floss can do.

**Myth: If you bleed when you floss, you have gum disease.**

If you floss regularly, bleeding may mean you're being too aggressive, or have skipped a few days. Bleeding that continues despite regular flossing may indicate gum disease, and should be checked.

**Myth: Cosmetic dentistry is only for the rich and famous.**

Modern cosmetic dentistry is more accessible and more effective than ever before. Teeth whitening is the most popular procedure across the generations. The results can bring amazing transformations!

**Myth: Only go to the dentist if you have a problem.**

Damage to your oral and overall health can escalate as simple problems become more complex. Regular checkups and preventive dentistry are the best strategy.



### Kid's Oral Health Assessment Special!

**\$45**

For your kindergarten or first grader as required by California Law.

Visual Exam Only.

Offer ends: June 30th, 2007

**Please see page 4 for our comprehensive special.**

## All Smile Dental

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

### Office Hours

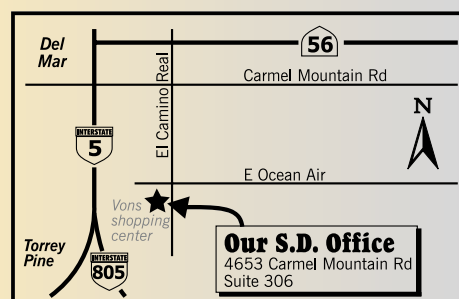
Mon-Fri 8:30 am – 5:30 pm  
Saturday by appointment

### Email

[contact@allsmile.net](mailto:contact@allsmile.net)

### Web site

[www.allsmile.net](http://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**

# Good Taste Tastes Good!

# Cheese pleases!

Gourmet cheese plates, wine and cheese, cheese fondue ... ethnic, local, or trendy ... there's no shortage of ways to enjoy cheese. Loaded with calcium, protein, phosphorus, and vitamin A, cheese has no scarcity of smile benefits!

Swiss, mozzarella, and Monterey Jack cheeses contain a protein called *casein* which combines with the calcium and phosphates in the cheese to rebuild and fortify your tooth enamel. Cheese

also helps to neutralize bacterial acid in your mouth.

Calcium helps to protect you from potential bone loss that accompanies gum disease by helping to keep your jawbones strong. You only need a sugar-cube-sized piece to reap the benefits, and low-fat options are available!

Enjoy the full range of palate-pleasing cheeses available ... and take a bite out of cavities!



## Smile More! Smile Healthy!

Ask about cosmetic restorations

What do you think are the most common answers when people are asked about the benefits of practicing good oral hygiene? Healthy teeth and gums? Actually, if you said whiter teeth or a better smile, you'd be correct. People are motivated to acquire great-looking smiles. But get this – improving your smile with modern cosmetic restorations can give you great looks *and* a healthier mouth!

According to research, restorative treatment actually results in fewer oral bacteria, including the kind that causes cavities. Here are some wonderful cosmetic restorative options that can strengthen your smile.

- **Enamel-colored fillings** look great and are virtually invisible. They also may strengthen your teeth, and they may minimize tooth sensitivity to hot and cold. If your older dark restorations have cracked or worn down, restorative materials including composite resins, porcelain, or cast glass can help you smile again.
- **Natural-looking crowns** cover damaged or broken teeth ... and give you back your beautiful smile. Crowns made of strong porcelain or resin cover and protect teeth – beautifully – and prevent more damage ... and expense! When incorporated into a bridge, they close gaps from lost teeth.
- Fill spaces in your smile, eat, speak, and socialize more confidently with **versatile dental implants**. Implants are placed permanently into your jawbone and can replace teeth or support a bridge or denture.

**Give us a call and ask about your best options!**

*Implants have made this smile complete!*



## Diagnostic Detection

### On the brink

If you've ever opened a newspaper, listened to the radio, or watched television, you've heard of tests that are used to detect substances in the body. Well, saliva, your natural digestive aid and buffer against bacteria, can also be screened to detect disease and cavities.

Saliva is complex. It contains forty essential proteins including many that are also found in blood and urine, thirteen electrolytes and minerals, and seven small organic molecules. It can already be used to detect oral cancer, and scientists are working to locate protein signatures that will detect diabetes, arthritis, and other systemic diseases – many linked to gum disease.

Some day oral fluid testing will be used routinely to predict who will develop cavities, approximately how many they'll develop, and even which teeth are most vulnerable.

# Protect Yourself!

## Your absolute perio priority

Astronomers debated for two years before redefining what a planet is and removing Pluto from the planet roster. Has that re-arranged the constellations? Not at all. In the same way, while scientists dispute the exact mechanism whereby gum disease affects our bodies, it doesn't alter the fact that it does. Research shows that virtually 100% of dental professionals and physicians believe that there is a link between your oral health and your overall health.

Here are  
**10 FACTS**  
about gum  
disease...

Don't debate. Ensure you always keep your regularly scheduled recall appointments.

**01:** Gum disease is common & preventable.

**02:** There are no signs in the beginning.

**03:** It is caused when plaque (bacterial film) builds up & causes gums to become infected.

**04:** The early stage is called gingivitis.

**05:** With gingivitis, your gums become red & swollen, & can bleed easily when you brush.

**06:** Gingivitis can be reversed.

**07:** If left untreated, gingivitis can progress into a more serious form of gum disease called periodontitis.

**08:** The symptoms for periodontitis are the same as for gingivitis, but involve more of the supporting structure.

**09:** Periodontal disease can lead to tooth loss & the destruction of supporting bone in your jaw.

**10:** Cardiovascular & inflammatory diseases, premature births, toxemia, diabetes, & other systemic diseases have been linked to gum disease.

# Cavity Strategies

*Defeat sweets*

Tooth decay happens when the acidity in your mouth rises and demineralizes your beautiful natural tooth enamel faster than your body can remineralize it. What raises acidity? Foods that contain starches and sugars like sweet treats, and even some fruits, vegetables, and juices! We can treat early minor decay with fluoride, but we'd rather help you to prevent it.

We can show you how to clean your teeth properly and provide sealants which are thin plastic coatings that protect your molars. Your own saliva can help neutralize acid and remineralize your enamel, so sometimes we suggest that you chew sugar-free gum to stimulate saliva if you need to.

All said and done, the best way to prevent decay is to brush and floss regularly, avoid sugary snacks, and maintain regular dental visits.



*pull out the floss today*

# A Parent's Guide...

## To dental emergencies

**Toothache** – The pain of a toothache can be sharp and piercing, or more generalized and throbbing – usually due to tooth decay. For temporary relief, hold a warm cloth against your child's cheek. If the area around the tooth is swollen, you can also use a cool compress intermittently.

**Chipped Or Broken Tooth** – The best way to manage tooth fractures is to prevent them. For any sport where there's risk of contact with another player, or any surface, everyone should wear a professionally fitted mouthguard. If a tooth does get chipped or broken, use warm water to rinse off as much dirt as possible.

**Knocked Out Tooth** – Have your child bite on some gauze or a clean cloth to stop bleeding. For a permanent tooth, gently rinse it, remove the gauze, and try to place the tooth back in its socket, and come to us immediately! If that's not possible, submerge the tooth in milk.

## Child Introductory Special!

Regularly  
\$270

NOW

**\$75**

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

Offer ends:  
June 30th, 2007



# Your Smile Calendar

## Plan your wedding day smile with us!

Whether you're the one walking down the aisle, a supporting player in the wedding party, or just dancing 'til the sun comes up ... when you're at a wedding, you'll be doing a lot of smiling! And no matter when your wedding event is scheduled, we can help bring your smile to its camera-captivating best. Just let us know your schedule, and book now to make sure there's time to complete your mini or maxi wedding smile makeover!

Your best smile makeover foundation is an oral hygiene appointment. A clean sparkling smile has a glamor all its own, and you'll get the best cosmetic results if you start with clean enamel and healthy gums.

Here is a *Smile Calendar* so you can plan cosmetic procedures that can rejuvenate your smile – in plenty of time for the wedding!

## smile calendar

<b>One day to a few weeks</b> <ul style="list-style-type: none"> <li>Shine up your smile with teeth cleaning and polishing.</li> <li>Brighten your smile with teeth whitening that can remove stains due to ageing, smoking, coffee, tea, medication, or root canal treatment.</li> <li>Restore dark decayed areas to original tooth color with white fillings or Composite Resin &amp; Porcelain Inlays/Onlays.</li> </ul>	<p>1 day – 2 weeks</p> <p>1 day – 2 weeks</p> <p>1 day – 4 weeks</p>
<b>One week to several</b> <ul style="list-style-type: none"> <li>Mask slightly discolored or flawed teeth with enamel-covered bonding.</li> <li>Camouflage discoloration and re-proportion your teeth with natural looking cosmetic veneers.</li> <li>Cover broken, cracked, poorly shaped, severely discolored teeth with crowns to restore natural appearance and color.</li> <li>Replace one or more natural teeth by using a bridge between one or two crowns.</li> </ul>	<p>1 – 4 weeks</p> <p>2 – 4 weeks</p> <p>2 – 4 weeks</p> <p>2 – 4 weeks</p>
<b>Long engagement</b> <ul style="list-style-type: none"> <li>Corrects crooked or crowded teeth, overbites, underbites, incorrect jaw position with braces.</li> </ul>	<p>12 – 24 months</p>

**All Smile Dental - Escondido**  
250 W Mission Ave., Suite V  
Escondido, CA 92025

Call us for your complimentary consultation for Zoom!® tooth whitening and Invisalign® before your special day!

**All Smile Dental**  
4653 Carmel Mountain Road, Suite 306  
San Diego, CA 92130-6650

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