

# Smile Review

*from All Smile Dental*

Summer 2006

## Sensitive Teeth?

### Time for a checkup

As many as one-in-four Americans experience sensitivity to temperature – a significant number considering that the discomfort can be an early detector of both minor and major dental problems.

Enamel protects the softer internal surface of our teeth from damage during chewing. It also insulates the tooth against temperature changes, allowing you to go from a hot cup of coffee to pie *a la mode* in seconds. If the enamel is damaged by a fracture or heavy wear from grinding, your teeth can become sensitive to temperature changes. Also, improper brushing, which can push the gum back from

the tooth and expose the root, can introduce sensitivity.

Sensitive teeth may also be a sign that a filling is loose or leaky, or in the worst case, it may result from a nerve infected or inflamed by decay. But don't worry if your teeth are a little sensitive just after you've had a cleaning, filling or a crown put in. That's quite normal.

We encourage patients to report tooth sensitivity right away so we can suggest an appropriate treatment. That could range from using a desensitizing toothpaste or the in-office application fluoride varnish to seal sensitive areas, all the way to a root canal treatment to remove an infected nerve.

**If your teeth feel sensitive, call us!  
Prevention is the key to a healthy smile!**



## FREE

### Check-Up and Cosmetic Consultation

(\$325 Value)

- ◆ Complete Oral Exam
- ◆ All Necessary X-Rays
- ◆ Diagnosis Report
- ◆ Cosmetic Consultation
- ◆ FREE Gifts

(Cash Patient or Insurance Payment)

Offer ends: August 31st, 2006

## All Smile Dental

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

### Office Hours

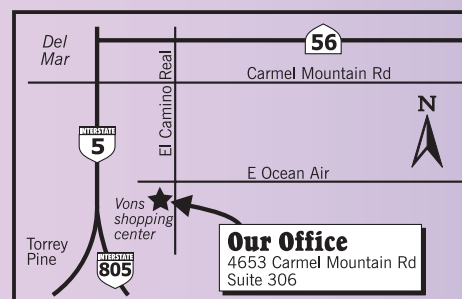
Mon-Fri 9:00 am – 6:00 pm  
Saturday by appointment

### 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

## Are You Too Adaptable?

### Don't Be The Last To Know

Adaptability can be too much of a good thing. Did you know that you can't judge your own breath because you become so accustomed to it? Bad breath is in bad taste ... but it can also point to bad health. Dentistry can help.

The dentist can show you how to conduct a bad-breath self exam, give you honest – and gentle – feedback if you're concerned, and more importantly, direct you to products and procedures that really work.

Some bad breath is temporary due to diet, medications, or hormones that alter the balance of bacteria. Short-term bad breath can be cured by brushing, flossing, and rinsing. Gum disease, xerostomia (dry mouth), sinus infections, systemic diseases like diabetes, or gastrointestinal disorders might require professional intervention.

Whatever the cause, don't be embarrassed. Talk to the dentist! We can help!

# 10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.



**Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.**

**Implants ... require only normal brushing and flossing for maintenance;**

**...are anchored permanently in your jawbone;**

**...preserve and strengthen the underlying bone just like the roots of your natural teeth;**

**...do not alter or compromise adjacent healthy teeth;**

**...require no plates that can affect comfort and fit;**

**...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;**

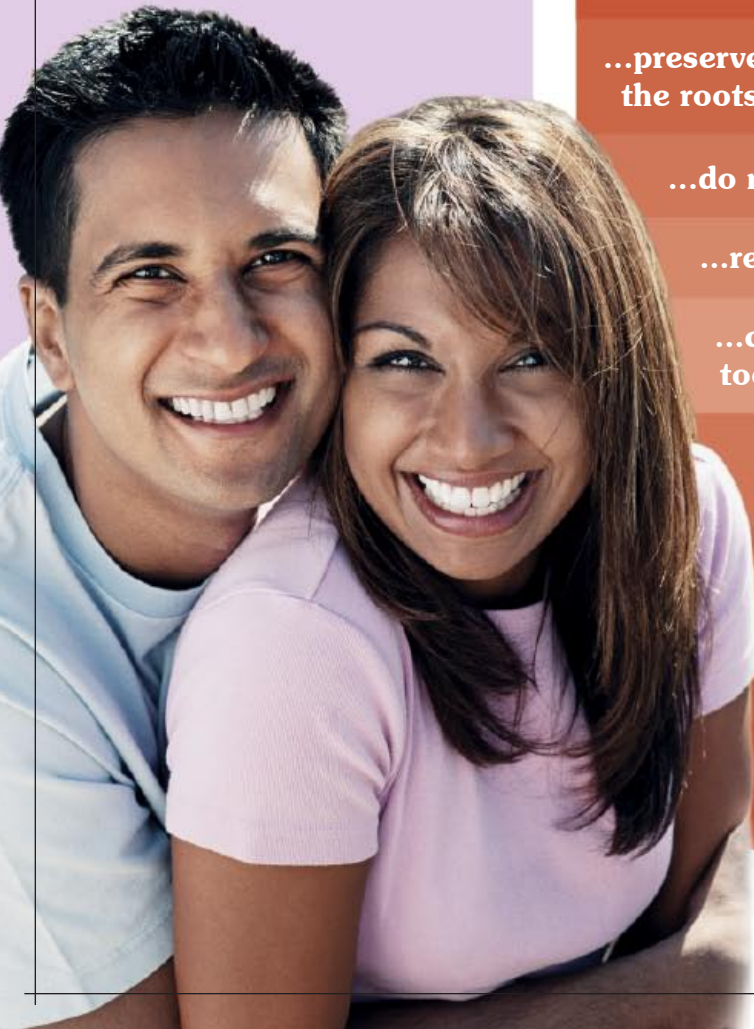
**...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;**

**...are without any age barrier;**

**...are safe & reliable (hundreds of thousands are placed every year – all over the world);**

**...look completely natural so that no one will know you have them ... unless you tell!**

**Call for a consultation. Safe, reliable, & natural-looking dental implants may be your solution.**



# Essential Esthetics

Don't settle for less!  
Be at your very best!

Do you cover your grin? Wouldn't you rather enjoy the spotlight and flash your perfect smile? Don't let a less-than-ideal smile hold you back ever again! Dentistry can repair, restore, brighten, and enhance your smile – often in only one or two visits!

## Brighten dull teeth enamel

simply and safely with professional teeth whitening – whether your smile has become discolored from food or tobacco stains, age, or root canal therapy.

**Conceal chips and cracks** with marvelous bonding materials. With tooth flaws concealed, the only thing people will notice is your beautiful smile.

**Close gaps** in your smile with natural-looking bonding or veneers that build up and re-proportion your tooth surfaces to eliminate unattractive spaces.

**Realign the appearance of crooked, crowded, or worn-down teeth** with bonding and veneers that boost your smile power with natural-looking restorations.

**Improve appearance and strengthen teeth** with crowns that cover or cap teeth, restoring them to an ideal shape.

**Span gaps** with a bridge to replace one or more teeth.

**Match fillings to your teeth color**, even at the back of your mouth, with attractive and durable composite fillings.

**With dental health...** show pink healthy gums, clean and beautiful teeth, and enjoy sweet smelling breath.



*A discolored incisor no longer inhibits a smile!*

## Color Me Healthy

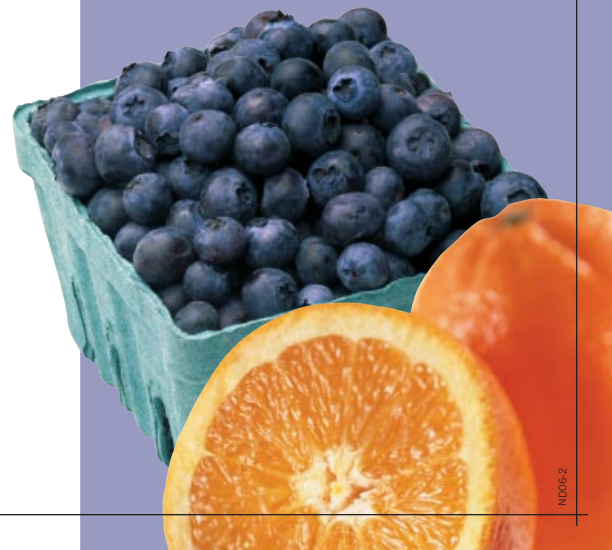
Superfoods and your oral health

At a time when your oral health has been linked to systemic diseases like diabetes, some cancers, osteoporosis, and cardiovascular diseases, healthy eating is an important component of a healthy mouth ... and body. Experts recommend superfoods that range from beans to nuts and yogurts....

**Beans**  
**Blueberries**  
**Broccoli**  
**Oats**  
**Oranges**  
**Pumpkin**  
**Salmon**  
**Soy**  
**Spinach**  
**Tea (green or black)**  
**Tomatoes**  
**Turkey**  
**Walnuts**  
**Yogurt**

We've presented these foods alphabetically, but here's a hint. Think color! The nutrients in foods that are deep blue, purple, red, green, or orange can protect against heart disease and cancer. They also boost our ability to recall, our reasoning skills, and our sense of balance.

With regular checkups to support your healthy diet, and a regular home care routine of brushing, flossing, and rinsing, dentistry can keep your mouth healthy!



## Fight Cavities | Deploy Prevention

Cavities can affect your appearance, lead to abscessed teeth and toothaches, and can affect your ability to eat, talk, and swallow. In one report, 30% of the US National Guard had dental conditions that made them undeployable ... until their teeth were fixed. Here are a few ways that we can help keep your smile healthy:

- Apply a topical fluoride.
- Seal out decay with a plastic coating.
- Teach home hygiene to prevent cavities.
- Diagnose and treat cavities.
- Smooth edges that harbor bacteria.
- Replace older fillings that allow bacteria to leak below the restoration.
- Treat gum disease to prevent root exposure and infection.

## Child Introductory Special!

Regularly \$270

Includes:  
All necessary  
x-rays,  
comprehensive  
exam & cleaning.  
Offer ends:  
August 31st, 2006

now

**\$75**

## Summer's Here... And school's out!

Summer can be hard on kids' teeth. Increased rough-and-tumble outdoor activities can put them in the path of all kinds of hazards. Kids' smiles mean a lot, so it's important to take extra steps to protect their teeth. If your child plans to play any type of contact sport such as football, basketball, or soccer, make plans to visit us before the season starts so we can fit a protective mouthguard.

If skateboarding, scootering, or bicycling are on the summer agenda, avoid rainy days and wear a good helmet and protective gear. Wear seat belts when riding in cars. The number-one rule is to play sensibly.

If your child is due for a checkup and cleaning before fall, book early before the boom hits. Those busy back-to-school days always come up faster than you expect!

## Call Today!

# (858) 350-0045



# Sedation Dentistry

## Helping you to relax

From the discovery of Nitrous oxide as an anesthetic until the present, dentists have worked long and hard to diminish or eliminate patient pain.

In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable when oral sedation was used to relax them. Anxious or even phobic patients often discover that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health.

We use oral sedation (pills) for many of our patients who are needle-phobic. Since patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. Oral sedation is also very safe, and effective for several hours after the appointment.

How will you feel? Most patients feel that they have slept through the appointment. You will need someone to bring you to our office on the day of your sedation appointment, and you must have someone take you home afterwards.

Oral sedation is a safe and effective way to reduce the stress and anxiety associated with the dental appointment ... it's just that easy. In addition, the use of Nitrous oxide (laughing gas) will enhance the relaxation during the appointment, making the time in the dental chair a pleasant and comfortable experience.

The only thing standing between you and getting the dental care you want is a couple of tablets of medication. It couldn't be simpler.

Yours in good dental health,

***Dr. Christy Chen and the Staff of All Smile Dental***

P.S. We welcome you to schedule a **FREE COSMETIC & IMPLANT CONSULTATION**. We'll be happy to answer any questions, provide all necessary x-rays, and a cost estimate. No charge. No obligation. Simply call **(858) 350-0045** or email us at **contact@allsmile.net!** Thank you.

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