

Brookside Dental

NEWSLETTER

Produced for the Patients of Brookside Dental

Spring 2004

fromthedentist

Spring Into Action!

Keeping your recall

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Yours in good dental health,

Dr. Patricia Pauley

Dr. Cynthia Pauley

Dr. Carrie Magnuson

More To Your Smile

Periodontal health

Ageing doesn't cause tooth loss... *period*. Surprised? Periodontal disease does. Periodontal disease is a bacterial infection that has also been linked to cardiovascular diseases, diabetes, obesity, premature births, and oral cancer. But that's not all there is to know...

Although gums provide support for your teeth and enhance your smile by providing a contrasting, healthy frame, it's easy to forget about them. Teeth get all the great press! Here are some excellent reasons why we - your dental professionals - are an integral part of helping you take care of your periodontal health.

■ You'll learn how to keep your teeth for a lifetime!

■ Your overall health will improve!

■ Your smile, and in fact, your whole face, will look younger and healthier!

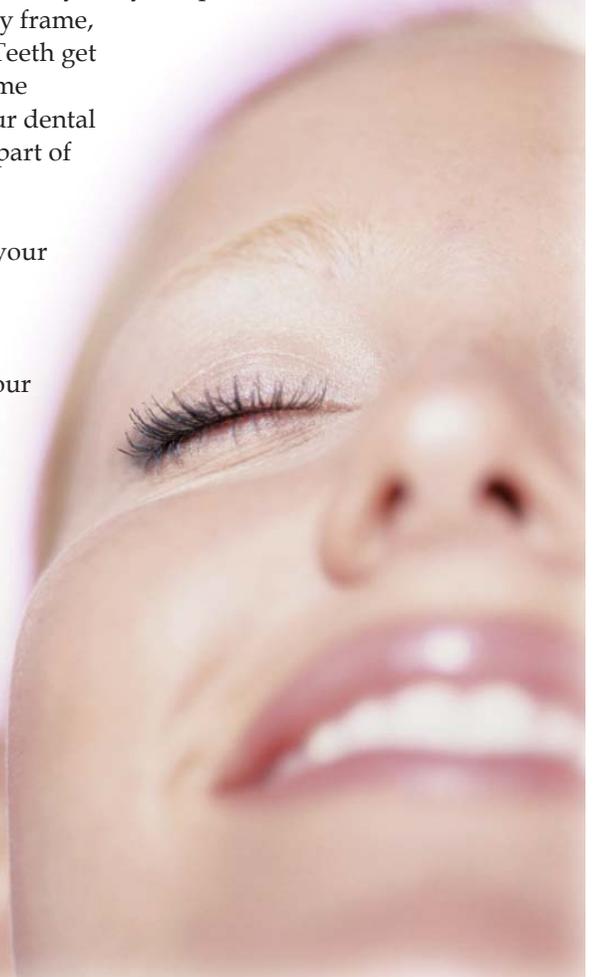
■ You can count on your breath being fresh and free from malodor!

■ You'll be able to kiss without worrying about sharing disease-causing oral bacteria!

It's clear that you shouldn't lose your teeth to gum disease. And that you can look great, feel great, and improve your social life with good oral health. Who would have

thought that the "forgotten gums" could give back so much?

Please call for a consultation. We can assess your oral home care and whether you need to make any adjustments, and if necessary, we can discuss a cosmetic procedure that improves a too-gummy smile. And, as always, we'll be happy to answer all your questions.



Thank you for all your referrals. We appreciate them!

Confidence, Comfort, & Natural Good Looks

Dental implants can help you smile more!



Dental implants can help you look better, eat better, and feel better. More than a million have been successfully placed in North America. That's a lot of smiles!

If you've been considering implants, here are a few of the most commonly asked questions.

What is an implant? An implant has two parts: a biocompatible metal root and a custom-made tooth which is attached to it. Underlying bone is prepared to accept the root which becomes part of your jawbone.

How do I know if implants are for me? Implants are so versatile that they can replace one or more teeth, support a bridge and eliminate the need for a removable partial

denture, or provide support to make a complete denture more secure and comfortable.

Will my implants look natural?

Completely natural. You can eat, speak, and socialize with ease.

Are implants safe? Definitely. Implants have been used for about 35 years, and patients can expect a 98% success rate.

Do implants require special after-care? No. They require the same home care and regular dental

visits as natural teeth.

Are age and health important factors? Age is not a factor. Most people in good overall and oral health are excellent candidates for implants.

How long will implants last? Implants are designed to be permanent, and more than 90% last for twenty years or more.

Do WOMEN Smile More Than MEN?



Yale researchers reviewed 186 research reports on gender differences and smiling. They found that women do smile more than men, but not by much. Each culture sets rules about appropriate behavior for men and women, and when both genders have relatively equal power or social roles, men and women smile about the same amount. Here are some interesting findings.

- The degree of difference in smile rate between men and women is greater in the United States and Canada than in England or Australia.
- Men and women smile most similarly when they think no one is watching, and when they don't need to conform to social expectations.
- When there is tension in the air, women more often than men try to soothe feelings and restore harmony with a smile.

Are You Doing What You Can To Encourage A Youthful Smile?

If you can answer "True" to most of these statements, you are well on the way to maintaining your beautiful, youthful, healthy smile.

- > I have no nicotine stains from smoking. T F
- > I try to limit my consumption of tea, coffee, and wine. T F
- > I try to avoid regularly snacking on sweets. T F
- > I try to maintain a healthy diet high in fiber and nutrients. T F
- > I drink water daily instead of relying on soft drinks. T F
- > I brush my teeth at least twice a day. T F
- > I floss every day. T F
- > I keep my regularly scheduled recall appointments. T F

The Esthetics Of Veneers

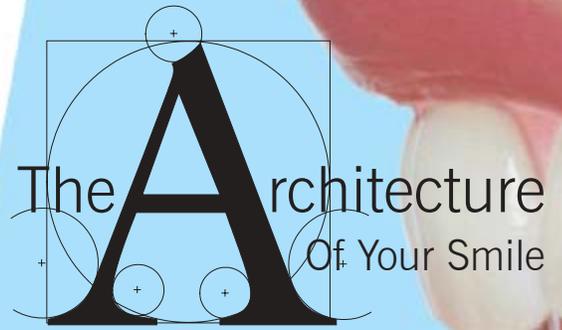


It's no accident that cosmetic **VENEERS** look so natural that they reflect light like natural tooth enamel while masking flaws and rejuvenating smiles.

Veneers are very strong, thin, porcelain shells that are permanently bonded to your natural teeth. They can be used to repair major chips and cover unattractive stains and fillings. Veneers can also be shaped to close gaps between teeth and, as an

alternative to braces, correct the appearance of crowded or overlapped teeth.

All of this takes quite a bit of artistry, and so we work hand-in-hand with skilled lab technicians to ensure your new smile is natural looking. There are three indices which determine a perfect match for your smile: hue, value, and chroma. The color or *hue* must match, but so must *value* or lightness, and *chroma* which is the saturation or intensity of color.



The Architecture Of Your Smile

More than a facade

Millions of people today are looking great thanks to cosmetic dentistry's ability to rejuvenate smiles with translucent veneers, natural-looking crowns, metal-free bridges, and dental implants.

As beautiful and as natural-looking as these restorations are, it's their architecture - the physical properties of the materials and the biomechanics that go into the design - that make them so realistic, safe, and long-lasting. Physical properties include the material's biocompatibility, resistance to shrinkage and expansion, and its ability to tolerate heat and cold. Biomechanical considerations involve the ability to withstand the load-bearing stresses of speaking and chewing.

Please ask us about the new restoration options for your smile. We can help you make the best cosmetic dental choices for your needs.



Old resin bonding updated with veneers

Not only that, but natural teeth emit fluorescence under ultraviolet rays. Since natural enamel is translucent, it allows some of the inner light to shine through. Building in this translucence is an important factor in creating your natural-looking veneers.

Conspicuous chiclet-like teeth are a thing of the past. It takes artistry, skill, and modern technology to create the dramatic and lasting smile transformations that translucent, sculpted, cosmetic veneers offer.

Your Enamel Shield

How to win the war against tooth decay

Tooth decay is like an attacking army looking for weak spots in your smile. Your teeth have a good protective armor called enamel that shields against decay except where the enamel is weak or damaged.

Grooves are a favorite place for decay. They're the canyons that form between the little hills, or cusps, on your molars. The enamel at the bottom of these grooves is thin, and they are hard to brush and keep clean. Nearly 60% of all childhood cavities form here. Grooves can be professionally cleaned in the dental office and covered with a special sealant material that stops cavities.

Another favorite entry point for decay is at **contact points** where two teeth touch and your brush can't reach. The best line of defense is dental floss.

Decay is also on the lookout for **pits and defects** in the enamel. Like grooves, they're hard to keep clean and make excellent food and bacteria traps. They



should be checked and filled or smoothed to prevent decay.

Receding gums can expose roots giving plaque and decay easy access. Weak enamel beside or underneath fillings is also vulnerable. We look in these areas for early warning signs and take preventive steps to stop decay.

Smooth surfaces on your teeth are the best defense against decay. With proper hygiene and dental care, you can make your whole smile uninviting to tooth decay.

Spring Tooth Tips

- Stay away from starchy foods like chips and crackers – they can be just as bad for your teeth as sweets.
- Drink plain tea without sugar. It helps cut down on plaque and cavities.
- Brush after every meal or at least twice a day.
- Choose healthy foods like cheese and crunchy vegetables.
- Use a fluoride toothpaste.
- If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
- Go for brushes with soft nylon bristles and a flat surface.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Floss every day.
- See your dentist regularly!

officeinformation

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Bellevue, WA 98005-4517

Office Hours

Monday	8:00 am	–	6:00 pm
Tuesday	8:00 am	–	6:00 pm
Wednesday	8:00 am	–	6:00 pm
Thursday	8:00 am	–	6:00 pm
Friday	8:00 am	–	6:00 pm

Phone Numbers

Office (425) 643-2818
Fax (425) 746-8041

Brush • Floss • Smile



Bedtime Bottles

Sweet drinks decays baby's teeth

The condition is called *baby bottle syndrome*. It happens when a sugar-sweetened liquid like apple juice is given to a baby before sleep. The result is one of the worst things we see – a young child with black, rotted teeth.

Decay starts when harmful bacteria makes acid from the sugar in our food and drink. This acid destroys the hard surfaces on teeth, causing cavities. Acid attacks the teeth for at least twenty minutes before saliva finally washes it out. But during sleep, saliva production lessens and the sugar in a baby bottle has a lot more time to attack the enamel, causing irreversible damage and severe pain.

Bedtime? Offer a bottle of water. It will make your baby's tomorrows a lot brighter.

Prepare Kids

...For dental visits

Your child's primary teeth are very important – they help them chew, speak clearly, look attractive, and maintain positions for the permanent teeth. That's why good dental health is essential.

Schedule your child's first dental visit between the ages of two and three. Even at this young age, we can determine how your child's teeth and mouth are developing.

Most first visits involve introductions to our staff and a basic checkup. We can show you how to clean your child's teeth, and recommend ways to prevent such problems as baby bottle tooth decay and thumbsucking habits.

Talk with your child about what to expect. If you have dental anxieties, be careful not to pass them on.

