



**DENTAL2000**  
CREATING THE WORLD'S MOST BEAUTIFUL SMILE

# Dental2000 News

*Compliments of Dr. Patel*

## News from the office of...



**Dr. Nimesh Patel**

It's hard to believe that it's already fall. Whether that means back to a regular work schedule, back to school, or the beginning of a new sports season for the athletes in your household, don't forget that your regular dental visit is a priority that also needs to be worked into your calendar!

Many insurance companies calculate dental benefits on a calendar year. 2006 is marching on, and if you have dental benefits to use up by year-end, you should take a minute to call us and book an appointment. Calling now will ensure an appointment time that works best with your schedule.

We look forward to seeing you again soon!

All the best,

*Nimesh Patel*

Dr. Nimesh Patel

## Celebrity Smiles Start Here!

**And the winners of the 2006 "best celebrity smile" survey are...Halle Berry for best female celebrity smile and Matthew McConaughey for best male celebrity smile.**

Other winners from this year's survey of American Academy of Cosmetic Dentistry (AACD) members include golfer Tiger Woods, who scored above par with 59% of responding dentists voting him as the male athlete with the best smile, while tennis player Maria Sharapova aced the "best female athlete smile" match.

Whose celebrity smile would you like to see reflected back in your mirror? According to the AACD survey, actor Julia Roberts' grin is the one most requested by dental patients. The smile possibilities are many: whether it's whiter, straighter, bigger or brighter, chances are that you can have your choice of "star" smiles, starting right here in this office!

Tooth whitening can almost instantly brighten your smile to give you a younger, fresher appearance. It is probably the most common cosmetic procedure requested, and is no doubt one of the easiest and most gratifying dental options available.

Dental veneers, thin porcelain or ceramic "shells" that are bonded onto the front of your teeth, are another popular cosmetic request. They are a good option for people who are looking for a way to cosmetically straighten slightly crooked or misaligned teeth, fill gaps between teeth and even whiten teeth.

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Of course, if you're missing one or more teeth, you'll want to hear about the options available for filling in the gap. Replacing a missing tooth is more than a cosmetic desire — it's a dental necessity in order to prevent your remaining teeth from drifting out of position. Depending on your situation, the gap left by a missing tooth can be remedied by a false tooth anchored by a bridge, or a more permanent solution — a dental implant involving a replacement tooth attached to a new "root" that is implanted right into your jaw.

Talk to us about what you'd like to see in your ideal smile, and we'll be happy to discuss all of your options with you.





# Bad Breath = Bad News!

Embarrassing and unsociable, bad breath is a common condition that many people suffer from needlessly. Bad breath, or halitosis as it's professionally known, can be caused by a number of everyday causes.

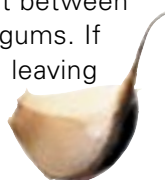
## WHAT YOU EAT — OR DON'T EAT.

Once garlic, onions and certain spices are absorbed into your bloodstream, their odors are transferred to the lungs, where they are expelled through your breath. You can mask the odors by brushing, flossing and rinsing with mouthwash, but until the food has been eliminated from your body, you won't fully get rid of the smell.

Bad breath can also be a nasty side effect of today's popular low carbohydrate diets. The reason for this is that low-carb diets force the body to burn stored fat instead of carbohydrates for energy. As the excess fat gets burned away, the body releases ill-smelling chemicals called ketones through the breath and urine. In addition, the high-protein component of low-carb diets can also contribute to halitosis since many cases of bad breath result from the breakdown of food particles that produce sulfur compounds, and high-protein foods are known producers of these compounds.

## YOUR BRUSHING AND FLOSSING HABITS.

It's essential that you brush and floss your teeth daily in order to get rid of the food that can collect between your teeth, on your tongue and around your gums. If food particles are not removed, they can rot, leaving an unpleasant odor in your mouth.



## GUM DISEASE.

Persistent bad breath can be a sign of gum disease. If you notice that you have red, swollen or tender gums that bleed when you brush your teeth, or gaps in-between your gums and your teeth, you may be experiencing the first signs of gum disease. Talk to us about steps you can take to halt or even reverse the indications of this preventable disease.

## DRY MOUTH.

Dry mouth, or xerostomia, occurs when the flow of saliva decreases. Dieting, fasting and the use of diet pills and other medications can slow down the production of saliva, which is known as "nature's mouthwash" due to its function in washing away bacteria and sulfur compounds in the mouth that cause halitosis. Dry mouth can also be caused by salivary gland problems or from continuously breathing through the mouth. In addition to bad breath, dry mouth can also put patients at risk for cavities and

gum disease. When saliva is not present in the mouth to continuously flush foods away, food particles may adhere to teeth and begin the decay process.

## TOBACCO.

Tobacco use leads to bad breath, amongst other medical problems. Talk to your dentist and doctor about tips to help you cut down or eliminate your tobacco habit.

## MEDICAL DISORDERS.

An infection in the respiratory tract, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, liver or kidney ailments are some possible medical sources of bad breath. If we determine that your mouth is healthy and that your oral hygiene is on track, we may suggest a visit to your family doctor to determine alternate causes of bad breath.



**If you have any concerns at all about your breath, please ask us for solutions to suit your own particular situation.**

# Hot Stuff!

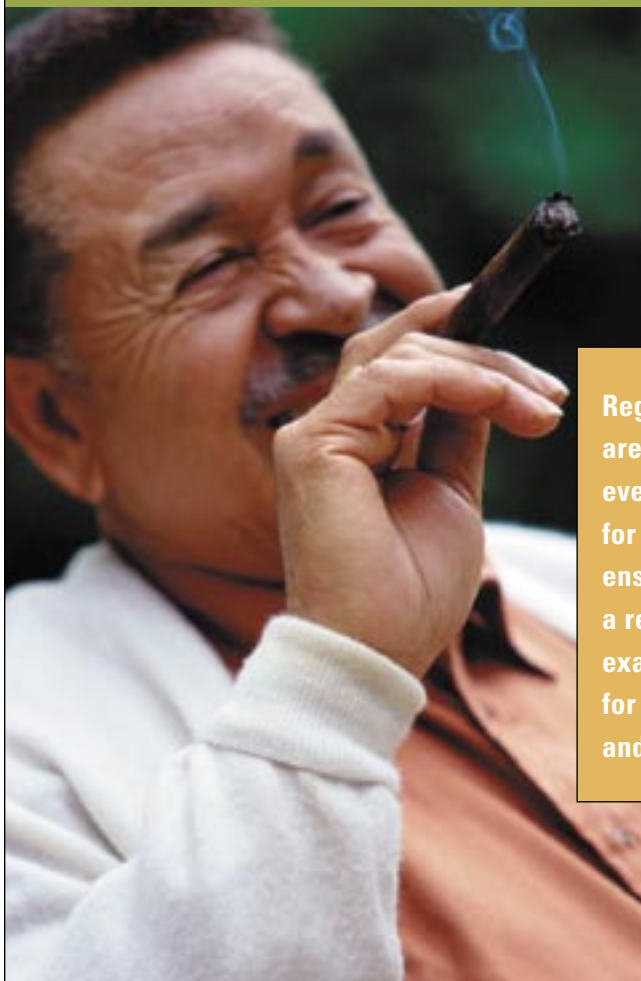
**Sometimes there's nothing better than sitting down to enjoy a hot chocolate, hot coffee, hot soup or hot, steaming pizza. And sometimes there's nothing worse than those very things for causing an immediate burn on your tongue or, as is often the case with pizza, on the roof of your mouth.**

The official medical term for a burnt or inflamed tongue is "glossitis," while the burn on the top of your mouth from that sizzling pizza is often professionally referred to as (are you ready?) "pizza burn"!

Why does the inside of our mouth burn so easily? Well, when you consider that the roof of your mouth is only millimeters thick, it's easy to imagine the impact of hot cheese on these tender membranes. The good news is that because the surface of our mouth and tongue is made up of mucus membranes, our mouth heals faster than other parts of our body.

Call them what you like, there is no quick, easy fix for these oral irritations. The first thing to do if you burn your tongue or the roof of your mouth is to start sucking on an ice cube as soon as possible, to help neutralize some of the tissue reaction and lessen the pain. The ice will also reduce the chance of any additional swelling and irritation, but be sure not to actually bite into the ice as you could crack your tooth and end up with more problems that you started with!

One way or the other, any burn in your mouth should clear up in a few days. In the meantime, be sure to avoid spicy foods, acidic foods and foods with sharp edges, such as potato chips, which could further irritate your burn.



## Lifting the Smokescreen Around Tobacco

If you smoke or use chewing tobacco, you need to be especially vigilant about maintaining regular dental checkups. According to the latest statistics from the U.S. National Cancer Institute and National Cancer Institute of Canada, approximately 34,000 new cases of oral cancer will be diagnosed in North America this year, and about 8,000 patients are expected to succumb to the disease. The difference

between surviving oral cancer or not is, in many instances, just the difference between taking the time to have a regular dental checkup and oral cancer screening or not. As dentists, we cannot emphasize strongly enough the importance of regular screening for oral cancer as part of a dental exam. The cancer check is a short, non-invasive procedure that could literally save your life.

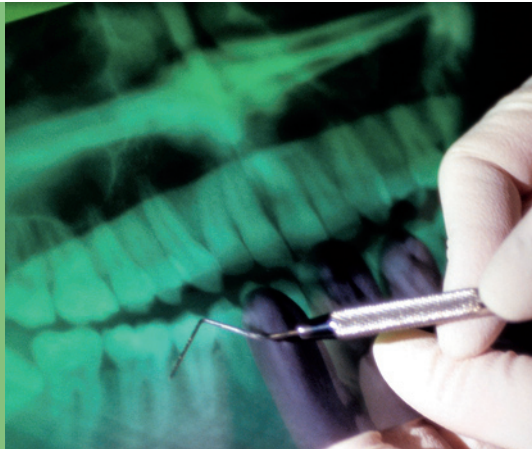
Oral cancer includes cancers of the lip, tongue, mouth, and throat. If this risk of cancer, in addition to heart disease and lung disease, isn't enough of a deterrent for you to consider quitting, note that tobacco users

are also prone to gum disease, loss of teeth, bad breath, stained teeth, loss of taste, less success with periodontal treatments and dental implants, mouth sores and facial wrinkling.

**Regular dental visits are important for everyone, but especially for smokers. Please ensure that you maintain a regular dental examination schedule, for the sake of your oral and overall health.**

# Dental Implants: Not Just a Passing Fad

You may have heard of dental implants as an excellent way to replace a missing tooth or teeth, but you may not realize that the dental implant process has a long and proven history.



Dental implants were developed over 35 years ago by a Swedish scientist and orthopedic surgeon, and have been used successfully ever since as a tooth replacement option for single teeth, multiple teeth and full upper and lower replacements. The process involves installing an artificial tooth root in place of the missing tooth. Over time, the new implants fuse with the jawbone to form a secure foundation for tooth replacement. The tooth itself is manufactured to blend in with the surrounding teeth and attach to the artificial tooth root, resulting in the appearance and convenience of a natural tooth.

If you have healthy gums and bones, but are missing one or more teeth and are looking for a permanent, natural-looking replacement, or if you currently wear dentures that are uncomfortable or don't fit as securely as you would like, please call us to ask if you may be a suitable candidate for dental implants. Dental implants are ideal replacements for a single tooth, but if you're missing more than one tooth, implants are very effective as "anchors" to secure bridges and dentures too.

## Which "White" is Right?

A visit to the oral care section of your local drugstore can make your head spin. Between the whitening toothpastes, gels, strips and every variation in-between, you may be wondering what the difference is between all those off-the-shelf teeth whitening products and what we provide in our office.

What you need to remember is that teeth whitening is a procedure utilizing chemicals in your mouth and, as such, is best conducted under the supervision of a dental professional. Here are two important advantages of using a dentist supervised whitening program:

### Properly Fitted Mouth Trays

Our office custom fits your whitening tray to ensure maximum comfort, safety and whitening effectiveness.

### Safe, Comfortable, Customized Treatments

We adjust the strength of our treatment to provide you with the result you're looking for, with the highest degree of comfort.

In short, a retail product will never provide you with professional results. Allow us to explain our tooth whitening process to you and show you how your teeth can be safely and effectively whitened with our professional, supervised program.

## Dental2000 - Creating the World's Most Beautiful Smiles



Roya Reg. Dental Assistant  
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#### Office Hours:

Mon.: 9 a.m. - 6 p.m.  
Tues., Wed., Thurs.: 9 a.m. - 7 p.m.  
Fri.: 7:30 a.m. - 4:30 p.m.

#### Our Services Include:

- General and Restorative Dentistry
- Cosmetic Dentistry
- Family Dentistry
- Natural-Looking Fillings
- One-Hour Whitening
- Porcelain Veneers
- Invisible Braces
- Implants
- Crowns