



DENTAL2000
CREATING THE WORLD'S MOST BEAUTIFUL SMILE

Dental2000 News

Compliments of Dr. Patel

News from the office of:



Dr. Nimesh Patel

Welcome to our latest newsletter, which is full of useful dental news for you, our valued patients, and your families.

This issue contains something of interest and value for everyone, from tips on how to ensure the best smile possible, to how to take care of your gums and teeth to encourage long-term dental and overall health.

Once you're finished reading this newsletter, why not pass it along to your friends and family for their interest? We are currently accepting new clients, and welcome calls from your friends and your family members if they need more information on our services.

We look forward to seeing you soon!

All the best,

Nimesh Patel

Dr. Nimesh Patel

Should I Consider Cosmetic Dentistry?

It's hard to watch any TV program or flip through a magazine without noticing ads for whiter, brighter teeth, usually marketing a way to look younger and more attractive. While those goals are usually achieved, you may still wonder if you really need to undergo whitening or any other cosmetic dentistry process, or if your teeth are OK the way they are. Ask yourself the following questions, and the answer should be clearer:

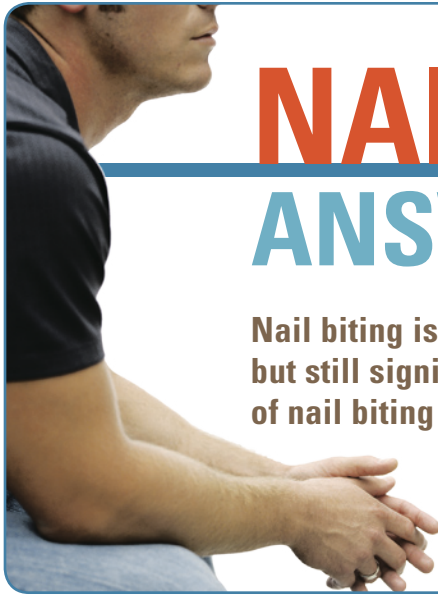
- 1. Do I feel self-conscious when I smile or laugh?**
- 2. Do I have a habit of covering my mouth when I talk or smile?**
- 3. Can people tell I'm a smoker by the color of my teeth?**
- 4. Do I worry about wearing white, in case it makes my teeth look more yellow?**
- 5. Are there embarrassing gaps, or chipped, crooked or misaligned teeth in my mouth?**

If you've ever worried about your smile due to any of the reasons above, you'll be interested to hear that they are all very common concerns that we deal with every day in our office. The good news is that cosmetic solutions to all these, and many other, dental problems are not out of reach for the average person any more. For example, tooth whitening is quick and surprisingly affordable. Chipped, broken, poorly shaped, slightly crooked or discolored teeth can easily be fixed with the application of porcelain veneers – thin, tooth-colored, custom-made porcelain "shells" that fit over the front of your teeth to produce an even, white smile. Missing tooth? Ask us about the latest in tooth implants. Gummy smile? Crown lengthening is the answer there. We have a smile solution to solve whatever is stopping you from having the smile of your dreams.

Most cosmetic improvements are easier and more satisfying than you may think. Call us for a no-obligation consultation today, and let's talk about which dental solutions would best help you achieve your brightest, youngest, sexiest smile!



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NAILING DOWN THE ANSWERS TO NAIL BITING

Nail biting is a common habit among up to 50% of children, and a smaller, but still significant, percentage of adults. While the cosmetic disadvantages of nail biting are obvious, there are some other more serious repercussions of this habit that could affect everything from your nails to your teeth to the spread of bacteria in other parts of your body.

According to the Academy of General Dentistry, nail biting can cause a variety of unpleasant, and potentially expensive, dental problems:

- Your teeth aren't intended to withstand the constant pressure of nail biting, and as such, the edges of your front teeth can chip or get worn down, or the enamel of your front teeth can crack. The constant chewing can cause fracture lines, which, if the damage becomes severe, can lead to the need for composite restorations to rebuild the enamel, or even crowns on your front teeth.
- Infections and fungus can spread from other body parts to the mouth, and vice-versa. Bacteria in your mouth can infect the nail bed, and even your entire finger. In the worst cases, the bacteria can even find its way into your bloodstream.
- Nail biters who wear braces have an additional risk, as, over time, nail biting can lead to the shortening of their tooth roots. Because their teeth are already withstanding the pressure of being moved by braces, the added force of constant nail biting could cause the roots of their teeth to shorten, and, in severe cases, even fall out.

So, what's the cure for nail biting? It varies from person to person, with some remedies focusing on behavioral changes and others on physical barriers to nail biting. Sometimes children, and especially teens, bite their nails more when they are having problems at school or with friends. Talk to your child's teacher about any new stresses at school that might have triggered a nervous reaction. In the meantime, here are some tips that you may want to consider in order to discourage the nail biting habit:

- Make a conscious effort to take care of your nails by having professional manicures, or simply keeping nails

neatly trimmed and filed and, if desired, wearing nail polish.

- Paint a bitter-tasting liquid, pharmaceutically manufactured to discourage nail biting, on your nails. Be sure to re-apply after every time you wash your hands.
- Distract yourself by squeezing a stress ball or silly putty when you find yourself wanting to bite your nails. Or try keeping an elastic band around your wrist and snapping it every time you feel the need for a nibble, in order to encourage a negative response to the habit.

Regardless of whether you bite your nails in times of stress or excitement, or simply when you're bored, the bottom line is that nail biting is not a pretty habit. In fact, in addition to the dental and bacterial repercussions, long-term nail biting can permanently affect normal nail growth and cause deformed nails. Talk to your doctor about why you or your child may have started nail biting in the first place, and ask for suggestions on how to break the habit before it leads to anything more than just unsightly nails.

MAKE A CONSCIOUS EFFORT TO TAKE CARE OF YOUR NAILS BY HAVING PROFESSIONAL MANICURES, OR SIMPLY KEEPING NAILS NEATLY TRIMMED...





Sensitive teeth are a common complaint with many of our patients. If you've ever eaten or drunk something extremely hot or cold and then suffered short, sharp pains in a tooth, sometimes followed by an aching sensation, then you've experienced "Dentin Hypersensitivity," or "sensitive teeth". Eating cold foods like ice cream or hot foods like soup can trigger the pain — even drawing in air through your mouth on a cold day can be painful if you have sensitive teeth.

RUNNING HOT AND COLD ON SENSITIVE TEETH

It is estimated that at least 45 million adults in the United States and 5 million Canadian adults suffer from sensitive teeth at some point, making it one of the most common complaints among dental patients. Sometimes the pain is caused by hot or cold stimuli seeping into microscopic cracks in your teeth, the result of years of your teeth expanding and contracting after coming in contact with temperature extremes. In many cases, however, the problem begins where the gums recede. Our gums protect the roots of our teeth, so when the gums recede, the roots are exposed and any hot or cold contact with these exposed areas stimulates the tiny tubes within the dentin (the layer of tissue beneath the hard tooth enamel) that lead directly to the nerve of the tooth, resulting in discomfort or pain in the tooth.

Now that you know why your teeth are sensitive, what can you do to help the situation? There are a number of suggestions that we can make, ranging from special toothpastes and rinses to desensitizing agents or protective coatings. Come in and let us have a look at the sensitive tooth first though, especially if the pain is intense and prolonged. We will want to ensure that the problem is simply a sensitive tooth and not a more serious problem like an unhealthy tooth nerve, a cavity or an abscess that's not yet visible.

There is no reason why you should have to live with the pain and discomfort of a sensitive tooth. Call us today and let us help you enjoy your favorite hot and cold foods and drinks again.

Healthy Teeth Start With Healthy Gums

Gum disease is the number one cause of tooth loss in adults. However, the good news is that, of all the diseases that are within your power to control, gum disease is one that can be prevented with the simplest of efforts.

Gum disease (or "periodontal disease") is the most common dental problem in adults today. Unfortunately, it usually develops without any warning signs and without causing any pain, so you may not notice anything until the disease is serious and you are in danger of losing teeth. The dangerous effects of gum disease are also known to go well beyond teeth, as research suggests that there may be a link between periodontal disease and other health concerns, such as cardiovascular problems, stroke, delivery of premature, low-weight babies, bacterial pneumonia and now, according to a recent report, pancreatic cancer.

The good news is that, with proper care, gum disease can often be prevented.

Avoid gum disease by practicing these simple steps:

- 1. Floss every day.** Flossing helps to remove plaque — a sticky form of bacteria that attacks tooth enamel — from between your teeth and under your gumline, where your toothbrush can't reach.
- 2. Brush your teeth after eating.** At the very least, brush after breakfast and never forget to brush before you go to bed.
- 3. Maintain a healthy lifestyle.** That means a nutritious diet, and avoiding tobacco, the use of which has been linked to the development of gum disease.
- 4. Visit your dentist regularly for professional cleanings,** to remove plaque or tartar from your teeth.

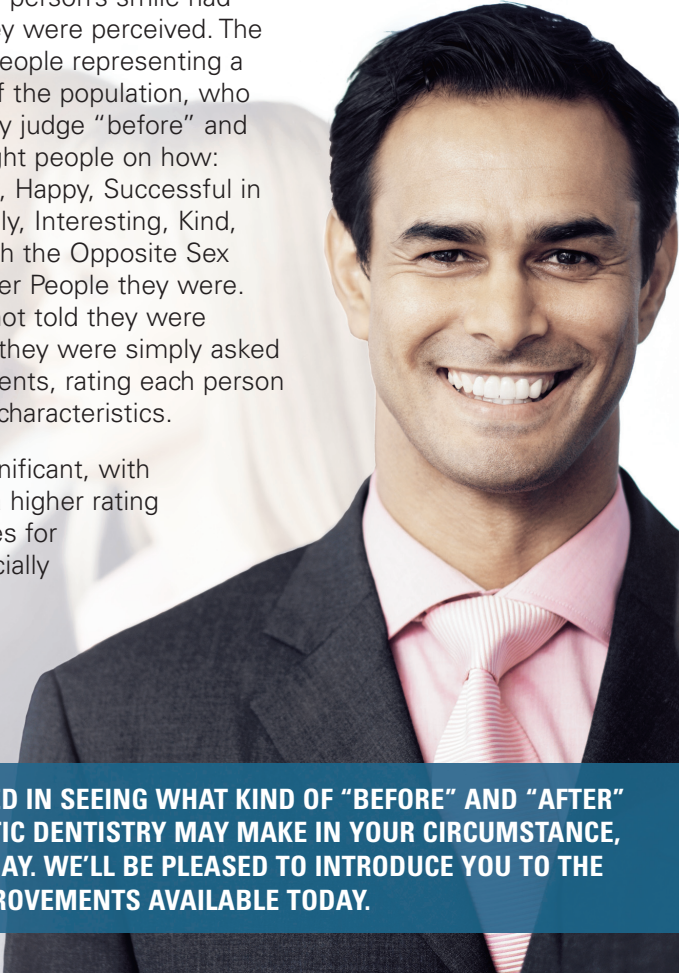
Brushing and flossing thoroughly to remove the bacteria that initiate the decay process, eating healthy foods, avoiding tobacco use and visiting the dentist for regular, professional cleanings are simple yet effective ways to help avoid this most preventable disease.

Smarter Smiles!

We all know how attractive and confident a person can look after having their teeth whitened, straightened or otherwise improved, but did you know that a new smile could also make you look more interesting, intelligent, successful and wealthy to others?

Beall Research & Training of Chicago recently conducted an independent study on behalf of the American Academy of Cosmetic Dentistry, to find out if the quality of a person's smile had an effect on how they were perceived. The study involved 528 people representing a valid cross section of the population, who were asked to quickly judge "before" and "after" photos of eight people on how: Attractive, Intelligent, Happy, Successful in Their Careers, Friendly, Interesting, Kind, Wealthy, Popular With the Opposite Sex and Sensitive to Other People they were. Respondents were not told they were looking at dentistry; they were simply asked to make snap judgments, rating each person based on the above characteristics.

The results were significant, with respondents giving a higher rating to the "after" pictures for each category, especially "Attractive"; "Popular With the Opposite Sex," "Wealthy" and "Successful in Their Careers."



IF YOU'RE INTERESTED IN SEEING WHAT KIND OF "BEFORE" AND "AFTER" DIFFERENCE COSMETIC DENTISTRY MAY MAKE IN YOUR CIRCUMSTANCE, PLEASE CALL US TODAY. WE'LL BE PLEASED TO INTRODUCE YOU TO THE LATEST DENTAL IMPROVEMENTS AVAILABLE TODAY.

DENTAL IMPLANTS, NATURALLY

There are a number of ways to replace a missing tooth or teeth, but if you have healthy gums and bones, consider dental implants as your most natural option.

Many patients are concerned that any tooth replacements may not look, feel or function like the originals. With dental implants, however, there is no need for concern because, unlike bridges or dentures, dental implants actually replace not only the missing tooth or teeth, but the roots too, for complete stability and a natural look and feel.

The dental-implant process involves installing an artificial tooth root in place of the original. Over time, the implant fuses with the jawbone to form a secure foundation for tooth replacement. The new tooth itself is manufactured to blend in with the surrounding teeth and attach to the artificial tooth root, resulting in the appearance and functionality of a natural tooth.

Call us to find out how dental implants can bring back the appearance of your natural smile, and the confidence that will come with it.

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



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Our Services Include:

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