

# stDental Times

January 25, 2016

Produced in-house by Santa Teresa Dental to improve your dental health and awareness



Happy New Year! It has been a while, 1 ½ years exactly, since our last newsletter. Life has been busy with our daughter beginning school and all. It is a big adjustment and a huge milestone for us. The office has been stable thanks to all our loyal patients who have supported us through the years. Our office celebrated its 11<sup>th</sup> birthday this past year in July. We had our annual movie party as usual and the movie was so touching. Disney's *Inside Out* definitely moves all of us in very special ways. Thank you all for coming out so early that day; you can see some highlights at pg 3. Also this past holiday season, we gratefully continued to support *Toys for Tots* and *Second Harvest Food Bank*.

In 2015, we welcomed Tanya into our stDental family. We also celebrated Vanessa's return as a part-time staff after she gave birth to her third child.

We would like to kick off the 2016 newsletter on a topic that's a huge advance in dental history – All-on-4 implants. We believe it is a revolutionary technique that would change how people see a complete set of denture! People with no teeth no longer have to worry about whether their Fixodent is going to work well that day or not! Read on and enjoy.

Sincerely,

Dr. Andrew Huang & Dr. Ann Lien

## All-On-4

Dental implants are definitely not something new, and are requested by patients everywhere. Dental implants can be used to replace single missing teeth, multiple missing teeth, and as anchors to partial or complete dentures. The All-on-4 technique takes dental implants to a whole different level. All-on-4 implants have taken the dental world by storm, because of how efficient they are and how well they work. They are an excellent alternative for patients who are partial or completely edentulous. They really feel and look just like natural teeth, and function just as well.

### What is All-on-4?

All-on-4s are the next big thing for those who are living their lives edentulous, which is completely toothless on their top, bottom or both jaws. All-on-4 gives patients a new set of teeth without having to wear uncomfortable dentures, or have too many implants. As few as four implants are used to support a complete edentulous arch.



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## How to Reduce Risk of Tooth Decay

We have many patients who participate in sports and train extensively to stay fit, it's a hobby, or it's a part of their work. They take care of their body, and of course, they also take care of their teeth. They know the importance of brushing twice a day and flossing once a day. But many of them still get *cavities*. Why? I have done some investigation.



After talking to them, I learned that they sip and snack all day long. Eating habits and food choices can lead to tooth decay. A steady diet of sugary foods and drinks, including sports drinks, can damage teeth. Snacking throughout the day (or "grazing") can also lead to tooth decay.

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## All-On-4

Also, All-on-4 is a procedure that can be completed in just one appointment. Once the surgical procedure of inserting the implants into the jawbone has been completed, the fixed dentures are then attached to the replacement teeth. All-on-4 is less costly than replacing an entire jaw with multiple single dental implants. Depending on how many teeth are missing, you could be saving as much as 50% or more.

### ***Who is a candidate for the All-on-4 procedure?***

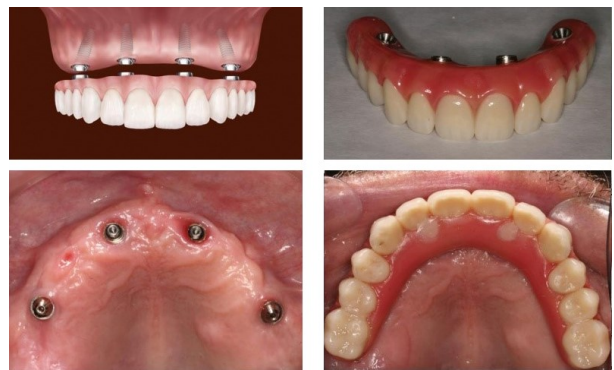
If you find yourself with multiple missing teeth and expensive treatment plans for reconstruction, you may be a candidate. Advanced adult periodontitis, which frequently means loss of many permanent teeth, is treated easily with this procedure. Loose and floppy dentures are simply converted to the All-on-4.

### ***What is the success rate?***

Published success rates and studies have found close to 100% success rate for patients who have had All-on-4 implants done.

### ***How are they different from traditional dentures?***

All-on-4s are different from traditional dentures because they are permanent. You can brush and clean them like natural teeth. They help to prevent bone deterioration and will restore your facial features. You do not need adhesives and they are incredibly comfortable on your gums because they do not cause pressure or pressing.



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## Smile Show Case

Luis Morales, a member of Santa Teresa Dental staff, had Invisalign. Invisalign is the invisible way to straighten one's teeth.





## Fun Dental Facts

### Nutritional Supplements for Periodontal Disease

According to Michael Lara, MD the following supplements help fight inflammation and can be applied topically to the gums:

Co-enzyme Q10: 100-300 mg daily

Vitamin C: 4-10 g/day

Vitamin E (d-alpha tocopherol): 200-400 IU daily

Vitamin D3: 3,000-5,000 IU daily

Green Tea Extract: 750-1500 mg daily

Other Botanicals: clove oil, Goldenseal, tea tree oil, and thyme

It is important to understand that these do not replace brushing at least twice daily and flossing at least once daily. Removing the bacteria from the teeth and gums is the first defense against gum disease and fluoride is always recommended to help prevent cavities.

### Anti- Inflammatory Protein Shake

- 20 grams of chocolate whey protein power
- 1 tsp dark cocoa
- 1/2 cup plain Greek yogurt
- 1/2 tsp ground turmeric
- 1 tbs fish oil



## PHOTOS FROM OUR MOVIE EVENT 2015



## Reduce Risk

**Plaque** is a sticky film of bacteria. When you do not remove plaque from your teeth daily, it builds up. Plaque *bacteria* use sugar to produce acids that attack enamel, the hard surface of the tooth.

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This acid attacks tooth *enamel* for up to 20 minutes after you eat or drink. When you have sugary foods or drinks many times a day or sip on the same sugary drink for a long period of time, the acid attacks your *tooth enamel* again and again. **Repeated acid attacks cause tooth decay.**

Here are six tips to help reduce your risk of tooth decay:

- **If you have sugary foods and drinks, have them with meals.**
- **Limit sugary drinks and snacks between meals.** Remember, many sports drinks have sugar, too. If you do snack, choose foods that are low in sugar and fat.
- **Chew sugarless gum that has the ADA seal.** Chewing gum for 20 minutes after meals has been shown to reduce tooth decay. It does this because increased saliva flow helps wash out food and neutralize acid.
- **Drink water.** Drinking water with fluoride can help prevent tooth decay.
- **Brush your teeth twice a day with a fluoride toothpaste.**
- **See Dr. Andrew Huang and Dr. Ann regularly.**

## Share a Smile New Patients Are Always Welcome!

*The finest compliment we can ever receive is a referral from our friends and patients.*

# Santa Teresa

DENTAL

Family • Cosmetic • Sedation • Invisalign

### Office Information

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### **Office Hours**

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### **Contact Information**

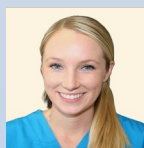
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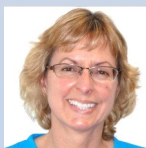
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### **Office Staff**



**Alison Vrabel**

Registered Dental Hygienist



**Becky Wallingford**

Registered Dental Hygienist



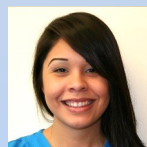
**Sarah H.**

Financial Coordinator



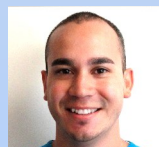
**Vanessa N.**

Office Helper



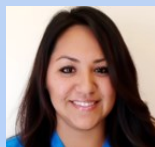
**Neyda M.**

Patient Coordinator



**Luis M.**

Dental Assistant



**Tanya R.**

Dental Assistant

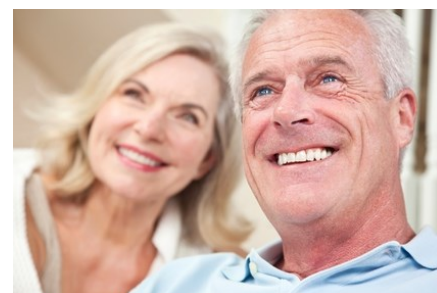
## All-On-4

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### The Benefits of All-on-4

There are tons of benefits when it comes to All-on-4 dental implants compared to traditional dentures and individual implants, such as the following listed below:

- You do not have to take them out.
- Adhesives are not needed.
- They are permanent dentures that can be cleaned and brushed just like your natural, regular teeth.
- You can taste and experience both hot and cold foods with them.
- You will be comfortable with them, because unlike traditional dentures, they do not vigorously press down onto your gums, which are incredibly sensitive.
- Bone deterioration will no longer be a problem, which happens when a tooth has been lost and nothing has been placed to refill the gap.
- You are able to bite down using an increased force, approximately 70% or more, which helps you to eat your favorite foods again without having to struggle with chewing, biting or anything of that nature.
- Your facial features will be restored significantly.
- You will feel more confident in your smile, considering the fact that you will no longer have missing teeth, and what could be better than that?



### In Conclusion

All-on-4 dental implants are the better choice when compared to the more traditional methods of teeth replacement, because of how advanced they are. They help to provide comfort, save money and even help you to save time.

The surgery typically takes just two hours to do, but it depends on the amount of arches you require. It's a small price to pay for something that will greatly improve your dental health and the way you live your life from here on out.