

stDental Times

February 21, 2008



Welcome to our first issue of *stDental Times* in 2008. We're so excited to be approaching our third anniversary in the Morgan Hill location. But we're not ready to rest on our past successes. We're continuing to improve, including our new logo. If you haven't noticed, check it out on the back of this newsletter, our web site, business cards and other marketing materials. We're also planning something really exciting and rewarding for our loyal patients! Details to be announced.

New year, new resolutions! We resolve to integrate more technology with dentistry. LUMINEERS™ is the latest computer-assisted dental service we have integrated. We also launched an online payment service through PayPal, gift purchasing capacity, and CareCredit (patient financing program) application. Did you know that we set up and maintain the website ourselves? Why? Because we want information that you, our patients, can use, and not a cookie cutter format that someone else fabricated.

We're so blessed to have grown with you for the last three years. We love Morgan Hill and are proud to continue Dr. Frank Huang's dedication to the community.

See *From the Doctors*, Page 2

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

Discover LUMINEERS™ BY CERINATE®

Are your front teeth stained or chipped? Are they slightly crooked? Do you have a noticeable gap between teeth that makes you feel uncomfortable when you smile or talk? Veneers may be an option to a more pleasing, attractive smile.

Unlike a crown, which covers the entire tooth, a veneer is a thin covering that is placed over the front (visible) part of the tooth. Dr. Huang applies veneers in a simple, comfortable procedure that takes just a few visits.

Veneers are a popular treatment option for several reasons. Veneers generally are placed on upper front teeth that are severely discolored, poorly shaped or slightly crooked. Veneers may be used to lighten front teeth that are naturally yellow or have a gray hue that can't be whitened by bleaching.

Veneers are sometimes used to correct teeth that are chipped or worn. They may also be used to correct uneven spaces or a diastema (a large,

noticeable gap between the upper front teeth).

LUMINEERS™ BY CERINATE®

LUMINEERS BY CERINATE are porcelain veneers that offer the painless way to a permanently whiter and perfectly aligned smile. They're contact lens-thin (approximately .3 mm) and is super translucent.

Dr. Huang can place these "smile shapers" to teeth without having to remove painful tooth structure, hence no grinding or shaving. It's painless and no dental anesthesia or numbing shots are needed. Your visit at our office will be shortened significantly. Plus, no uncomfortable temporary veneers are required while you wait for LUMINEERS to be created.

Once the procedure is completed, there is no post-placement discomfort or sensitivity, which means LUMINEERS will look natural and feel comfortable from the start.

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My New Year's Resolutions (It should be yours too!)

Good oral health is essential to overall health. Here are some New Year's Resolutions to help you keep your resolve for healthy teeth and gums in the coming year.

•**Resolve to get teeth checked and cleaned every six months, or more frequently if recommended.**

Most oral problems are preventable; they tend to be progressive, and become worse without treatment.

•**Resolve to disclose all medical conditions and medications at every dental appointment to aid in the oral examination and diagnosis.** Many medications cause changes in gums, or contribute to a dry mouth, that increases the risk of cavities.

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Lumineers

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LUMINEERS has unparalleled longevity. Clinical testing has proven that a LUMINEERS procedure lasts and looks great for up to 20 years. LUMINEERS BY CERINATE also offers a 5-year warranty and are replaced at no charge. Certain restrictions do apply.

LUMINEERS are completely reversible. This is largely due to the non-reduction of sensitive tooth structure so that the natural teeth are still intact and strong.

Interested in LUMINEERS?

Not everybody is a candidate for LUMINEERS. Please call our office for a consultation. Dr. Huang will provide a thorough examination. Teeth must be healthy and free of decay and active periodontal disease before any cosmetic procedures. Dr. Huang can treat these conditions before a veneer is made.

Patients who clench or grind their teeth are not always good candidates for veneers, because the thin veneers may chip or break. If you clench or grind, Dr. Huang may suggest a dental night guard to be worn while sleeping, which can help minimize stress on your teeth.

Maintenance & Care

There are no limitations to what you can eat or drink after LUMINEERS placement. No special maintenance is needed other than good oral hygiene each day. Brush twice a day with a fluoride toothpaste and clean between your teeth once a day with floss. However, you should continue to visit your dentist every 6 months for a check-up and cleaning to keep your LUMINEERS in good condition and to qualify for the warranty provided by LUMINEERS BY CERINATE.

Because veneers are somewhat brittle, they might chip or peel. Avoid biting your fingernails and chewing on hard objects, such as pencils or ice. Like any dental restoration, it's possible, over time and with wear, for veneers to dislodge. In that case, new ones might be needed. As with all your dental care, discuss your expectations and treatment options thoroughly with Dr. Huang. Regular dental visits are a must for maintaining healthy teeth.

More Questions?

Please email Dr. Huang directly at DrHuang@stDental.com. He will be happy to answer any questions that you may have personally.

LUMINEERS Technique



BEFORE

Teeth are stained, slightly misshapen with spaces in-between. An impression is made and the LUMINEERS are crafted from the mold.



LUMINEERS VENEERS NO PAINFUL TOOTH PREPARATION

On the next dental visit, the LUMINEERS are tried to ensure a good fit. Teeth are moderately etched then the LUMINEERS are bonded to natural teeth.



PAINFREE AFTER

In only 2 easy dental visits, you will have a permanently whiter and beautiful smile without shots, drilling, or pain.

No Fish Tale! New X-Ray Technology

The Cardinal tetra is a tiny shimmering aquarium fish, much in demand because of its uncommonly beautiful coloration. Now it's distinguished itself for another reason. It's one of the first living creatures whose internal soft-tissues have been captured on film using the next generation of x-ray technology.

In the past, x-ray images could show only hard tissue like bones or teeth. Now by applying the same imaging that is

used in microscopy, scientists have been able to reveal details of the fins, ears, and eyes of the fish. This is potentially good news for dental patients! Without increasing radiation, and using existing technology, we may soon be able to differentiate between diverse soft tissues like fat, blood vessels, muscles, tendons – and your gums, leading to new ways to diagnose and treat oral health!

From the Doctors

Continued from Page 1

As a family doctor in downtown Morgan Hill for 30 years, Dr. Frank Huang, M.D., is Dr. Andrew Huang's father.

This year, as every year, we resolve to give back even more to the community. Our participation in the Halloween and Toys for Tots events were a success. Parents love the sugarless candy and toys that we passed out. We are planning for our participations at the Morgan Hill Health & Wellness fair, Friday Night Music Series and Relay For Life. See you there!

Cordially,
Dr. Andrew Huang &
Dr. Ann Lien

New Team Members of Santa Teresa Dental

We would like to welcome Shelia Lopez and Jennifer Herrera, who have joined Santa Teresa Dental as a registered dental assistant and patient care coordinator, respectively.

“We are delighted to have Shelia and Jennifer joined our team,” said Dr. Andrew Huang, DMD. “Together they will help us continue to provide the highest level of dental care for our patients.”

Previously, Shelia worked as a dental assistant for a general practice in Mountain View. Licensed as a registered dental assistant, Shelia

received her degree from San Joaquin Valley College in Fresno. She also is a licensed x-ray technician and is certified in coronal polishing and CPR.

Jennifer, who is currently working towards a bachelor degree in marketing and business administration, has also worked for several companies including Wells Fargo and Logitech, providing sales and marketing support. Utilizing her extensive customer service skills as the patient care coordinator she will be responsible for scheduling, insurance and general needs of the patients.

The office is closed. Where in the world is Dr. Huang?

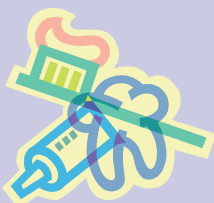


Dr. Andrew Huang is at one of the composite, a.k.a. tooth color filling, workshops.

“Dentistry is changing rapidly with technology advancement,” says Dr. Huang. “I work hard to stay current so I can provide the best care for my patients.”

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New Patients Are
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We're never too busy for any
of your referrals.*

Your referral is the highest compliment we could receive. And we couldn't have grown without your support over the past three years.

Enclosed please find some of our business cards. Pass them along to friends or family members who would like to receive the same professional, caring service you received!

Resolutions

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•**Resolve to reduce the consumption of sugar and snacks.** Sugar combines with the bacteria in your mouth to produce acid that attacks your teeth for 20 minutes each time. If you're unable to brush, then rinse your mouth with water or chew sugarless gum.

Constant "grazing" throughout the day expose teeth to hours of acids attacking them.

•**Resolve to drink water not soda.** It's estimated that we consume 56 gallons of carbonated drinks each year, or more than one-and-a-half 12 ounce can per day. Diet sodas still contain acid that contributes to decay. Water has no sugar, no acid, and no calories. "Soda is to teeth as cigarettes are to lungs."

•**Resolve not to use any tobacco products**, including chewing tobacco to reduce the risk of oral cancer.

•**Resolve to protect your teeth with fluorides and sealants.** Drink fluoridated water, or check with Dr. Huang or your physician to see if your children need to take a fluoride supplement. Brush with fluoride toothpaste. Children over the age of six may benefit from a fluoride rinse. Sealants are a hard plastic coating placed on the chewing surfaces of the back teeth to prevent decay.

•**Resolve that anyone playing a contact sport will wear a mouth guard.** Wearing a mouth guard can prevent concussions as well as trauma to the mouth and teeth.

•**Resolve to replace your toothbrush every 3 months, or sooner if needed, especially after a cold or the flu.** Even electric toothbrush heads need to be replaced every three months. Use only a soft toothbrush.

•**Resolve, if pregnant, to have teeth cleaned within the first trimester if possible.** Discuss at this time the proper care of your own teeth, as well as your baby's teeth. It's especially important to maintain good oral health during pregnancy, as women with gum disease may have up to seven times higher likelihood of premature birth.

•**Resolve to floss daily.** Flossing removes food particles and bacteria from between the teeth, and below the gum line that the toothbrush can't reach. Be sure to wrap the floss around the tooth in a U-shape and slide it up and down the tooth several times.

•**Resolve to brush longer.** It should take two minutes (or longer) twice a day. Direct your toothbrush toward the gums at a 45-degree angle, brushing in tiny circles and counting to 10 slowly, to ensure thoroughness on each tooth. Be sure to brush your tongue to reduce bacteria and bad breath. MINUTES a day preventing dental disease is better than HOURS in the dental chair and/or YEARS of wearing false teeth!

•**Resolve to get the smile you have always wanted!** Replace missing teeth. Consider orthodontic treatment (Invisalign). Explore all the options of bonding, veneers, or all-porcelain crowns. Whiten your teeth. Smile with confidence!