

# stDental Times

June 23, 2009



A *Thank you* goes out to all our patients! Because of your support, we are growing. Silvia Avila is the newest addition to Santa Teresa Dental Team. She is a dental assistant with 10 years of dental experience. We are also expanding. We will soon have a private sedation room and a separate consultation area.

We have also begun our series of patient appreciation events. We would like to offer a special pricing for *Zoom!* Power Teeth Whitening. From July 16th, 2008 to August 26th, 2008, it will be \$350! A \$200 reduction from our regular fee of \$550. Please pass along this amazing offer to your loved ones, friends and family. Thank you very much for being our loyal patients!

Qualified patients are patients who have regular dental care. All dental treatments need to be completed before *Zoom!* Treatment. Patients should be free of cavities and gum disease. Current dentist's consent needs to be obtained before treatment. Consent form and payment in full are required at time of reservation. Reservation cancelled within 1 week would not be refunded. Space is limited. First come, first serve.



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

## Oral Care During Pregnancy

**C**ongratulations to all the new mothers-to-be! It is an exciting journey and great anticipation to prepare for the new addition to the family. But do you know that hormonal changes and habit changes during pregnancy could jeopardize your as well as your baby's health? Ask Dr. Huang today.

### Is there a connection between my diet during pregnancy and my oral health?

Eating a balanced diet is necessary to provide the correct amounts of nutrients to nourish both you and your child. What you eat during the nine months of pregnancy affects the development of your unborn child -- including teeth. Your baby's teeth begin to develop between the third and sixth month of pregnancy, so it is important that you receive sufficient amounts of nutrients -- especially calcium, protein, phosphorous, and vitamins A, C, and D.

### Does a woman lose calcium from her teeth during pregnancy?

It is a myth that calcium is lost from the mother's teeth during pregnancy. The calcium your baby needs is provided by your diet, not by your teeth. If dietary calcium is inadequate, however, your body will provide this mineral from what was stored in your bones. An adequate intake of dairy products -- the primary source of calcium -- or the supplements your obstetrician may recommend will help ensure that you get all the calcium you need during your pregnancy.

### What if I'm hungry between meals?

During pregnancy, many women have the desire to eat between meals. While this is a normal urge, frequent snacking on carbohydrate-containing foods can be an invitation to tooth decay. The decay process begins with plaque, an invisible, sticky layer of harmful bacteria that constantly forms on teeth.

See *Pregnancy*, Page 2

## Smile Enhancements: Continue to Grow in Popularity

**T**he results from a recent survey held by the American Academy of Periodontology confirm that as cosmetic surgery becomes more and more accepted and popular, so does periodontal plastic surgery. "Smile surgery" is usually well accepted, and respondents to the survey confirmed that by saying they were seven times more likely to have a smile enhancement procedure than a facelift, and five times more likely to

proceed with a periodontal procedure over eyelid surgery.

Considering the purpose behind a smile, an astonishing 80 percent of respondents stated that they were not happy with their smile! Knowing that 50 percent of those who answered the survey reported that a smile is the first facial feature they notice in another person, it's not surprising that people are anxious to find out what smile enhancements are available to them.

See *Smile Enhancements*, Page 4

## Pregnancy

*Continued from page 1*

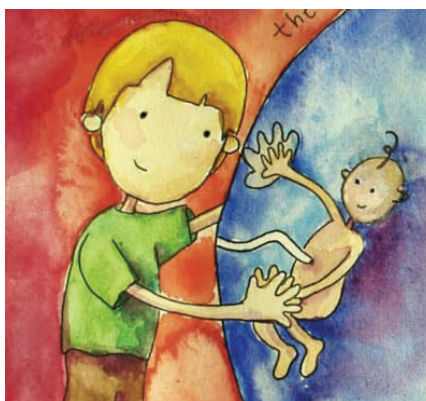
The bacteria converts sugar and starch that remain in the mouth to acid that attacks tooth enamel. The longer sugars are retained in your mouth, the longer the acids attack. After repeated attacks, tooth decay can result.

Eat nutritious, well-balanced meals made up of foods from the five major food groups: breads, cereals and other grains; fruits; vegetables; meat, fish, poultry and protein alternatives; and milk, yogurt and cheese. Try to resist the urge to snack constantly. When you need a snack, choose foods that are nutritious for you and your baby such as raw fruits and vegetables and dairy products.

Following your physician's advice regarding diet is your wisest course.

### What if I'm pregnant and need a dental radiograph examination?

A radiograph may be needed for dental treatment or a dental emergency that can't wait until after the baby is born. Untreated dental infections can pose a risk to the fetus, and dental treatment may be necessary to maintain the health of the mother and child. Radiation from dental X-rays is ex-



tremely low. However, every precaution is taken to minimize radiation exposure. A leaded apron minimizes exposure to the abdomen and should be used when any dental radiograph is taken. A leaded thyroid collar can protect the thyroid from radiation, and should be used whenever possible. The use of a leaded thyroid collar is strongly recommended for women of childbearing age, pregnant women and children. Dental radiographs are not contraindicated if one is trying to become pregnant or is breast feeding.



### Does pregnancy affect my gums?

During pregnancy, your body's hormone levels rise considerably. Gingivitis, especially common during the second to eighth months of pregnancy, may cause red, puffy or tender gums that tend to bleed when you brush. This sensitivity is an exaggerated response to plaque and is caused by an increased level of progesterone in your system.

See *Pregnancy, Page 3*



## What causes stained teeth?

Our teeth start off naturally bright, unless we were exposed to certain illnesses, medications or a dental trauma at an early age.

Over time though, our daily habits affect our teeth to fade and dull our pearly whites. The whiteness of your teeth have probably been affected by at least one of these culprits:

Food and drinks that stain, such as coffee, tea, red wine, soy sauce, curry and berries.

Extremely hot or cold foods or liquids, which cause teeth to expand and contract, allowing stains to penetrate your teeth.

Acidic foods, which open up the pores in

your tooth enamel and allow stains to move more easily into your teeth.

Thinning enamel, due to age.

Tobacco, which stains teeth yellow.

Luckily, your choice of professional teeth whitening or veneers provides easy and effective opportunities for you to recapture your bright, white, youthful smile.

Please call us today for advice on which method would be most effective for you.

## Pregnancy

Continued from page 2

Dr. Huang may recommend more frequent cleanings during your second trimester or early third trimester to help you avoid problems.

### What are "pregnancy tumors"?

Occasionally overgrowths of gum tissue, called "pregnancy tumors," appear on the gums during the second trimester. These localized growths or swellings are usually found between the teeth and are believed to be related to excess plaque. They bleed easily and are characterized by a red, raw-looking mulberry-like surface. They are often surgically removed after the baby is born. If you experience pregnancy tumors, see your dentist.

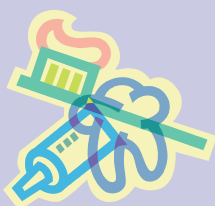
It's especially important, then, to maintain good oral health during pregnancy. Studies indicate that pregnant women who have severe periodontal (gum) disease may be at increased risk for pre-term delivery, which in turn increases the risk of having a low-birthweight baby. If you notice any changes in your mouth during pregnancy, call us right away.

### What can I do to keep my mouth healthy during pregnancy?

To help prevent tooth decay and periodontal disease, brush your teeth thoroughly twice a day with a fluoride toothpaste to remove plaque. Be sure to clean between your teeth daily with floss or interdental cleaners. Ask anybody in our office to show you how to brush and floss correctly. And congratulations again! We look forward to welcoming your new addition into the Santa Teresa Dental family as well!

Order Here!

**Great News! We have gift certificates available for the special occasion!**



### Gift Certificates Order Form

Description	Qty.	Price per each	Subtotal
Gift Certificate in any dollar amount		Your Choice	
Custom Tray Take Home Teeth Whitening System		\$250	
Zoom! Power Teeth Whitening System		\$550	
Oral-B Triumph Electronic Toothbrush w/ Wireless Monitor		\$124	
Oral B Floss Action Brush Head		\$8	
Order total:			_____
Tax:			Zero _____
Free Shipping*			Zero _____
Total:			_____

Method of Payment

Check

Visa

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Credit Card # \_\_\_\_\_ Security Code \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

\*Stop by the office to purchase a gift certificate or pick up products today or try our new online system through PayPal!

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**Santa Teresa Dental would like to remind you the New California cell phone law.**



**Effective July 1, 2008, the legislation prohibits drivers from using a cellular telephone while operating a motor vehicle unless the driver uses a hands-free device. Drivers under the age of 18 may NOT use a wireless telephone or hands-free device while operating a motor vehicle. Drivers who violate the law will face a base fine of \$20 for a first offense and \$50 for each subsequent offense.**



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### Share a Smile

**New Patients Are  
Always  
Welcome!**



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

*Thank you.*

*We couldn't have grown without your support.*

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!

## Smile Enhancements

*Continued from page 1*

Here are some common in-office solutions to some cosmetic dental concerns you may have.

Problem: Stained, discolored or dull-looking teeth

Solution: Whitening

Teeth whitening is one of the easiest, safest and most satisfying procedures you can undergo to improve your smile. Whether your teeth are discolored due to tobacco use, staining foods or drinks, or simply as a result of the natural aging process, we have simple options that will whiten and brighten your smile.

Problem: Gaps, chips or slightly crooked teeth

Solutions: Veneers

Porcelain veneers are contact-lens-thin porcelain shells that are bonded onto the front side of individual teeth to cosmetically correct a number of different tooth imperfections. They can smooth over most smile flaws in just two or three visits.

Problem: Gummy smile

Solution: Gum reshaping

Maybe you have an excess of gum covering your front teeth, making them look short and your smile too "gummy." Or perhaps your gums are uneven, making your teeth look like they are different lengths. In these cases you will be happy to know how easily this common problem can be solved.

These are just some of the smile solutions we can provide for you. Let us help you reveal your perfect smile!

## Announcements!

**Santa Teresa Dental** would like to congratulate Class of 2008! Best wishes to our 2008 graduates, Nicholas Gaeta, Steven Rodriguez, Minor Andy Gonzalez, Juan Sepulveda and Terence Murphy. We are so proud of you!

Welcome back to Morgan Hill Community from the United Kingdom, Robert Whitelaw. He has been involved in real estate since 1988, when he was first licensed as a real estate agent. Since then, he has attained his real estate brokers license in the state of California. His first priority in all his business dealings is to represent the needs of his clients to the best of his abilities. Contact him at 408-852-0525 or visit his website at [www.SoldbyRobert.com](http://www.SoldbyRobert.com).

Congratulations to Rosana Almeida for opening her own business. Her business is called Almeida's Pet Care. She provides "lived in look" while owners are away. Personalized pet care and home sitting services so that clients can leave their pets in familiar surroundings. Contact her at 408-313-7698 or [petcareservices@verizon.net](mailto:petcareservices@verizon.net).