

stDental Times

September 1, 2009



Dear patients,

We would like to announce the birth of our daughter, Elizabeth Jane Huang, on May 07, 2009. She was born at 10:03 am, and weighed 5 lbs and 11 oz. She was 3 weeks and 1 day early. She had trouble maintaining temperature, feeding and breathing. On top of that, she had jaundice, twice! She stayed in the neonatal intensive care unit (NICU) for 10 days. But she is a fighter. She is now a healthy baby. By 3 months of age, she was almost 13 pounds.

She is a gift from above, a true miracle. She reminds us the purpose of our existence. She teaches us patience and appreciation.

We want to thank all patients who have given us prayer, love, advice, and gifts! We are especially thankful for all of your understanding towards our decision to cut down our work schedule, in an effort to spend more time as a family.

We can't wait to share our joy with you. We look forward to bringing her to the annual **stDental** movie screen. Yes, we are still having it! Date and Time are to be announced.

Sincerely,

Dr. Andrew Huang &
Dr. Ann Lien

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

Information for Moms and Moms-to-be!

The key to a child's good dental health begins before his or her teeth become visible. Here are some answers to some of the most frequently asked dental health questions relating to pregnancy, infants, toddlers and children.

1. Does being pregnant affect my oral health?

Yes... hormonal changes exaggerate the way gum tissues react to the irritants in plaque. Thorough brushing and flossing of your teeth twice daily to remove the plaque and eating a balanced diet will help to keep your gums healthy.

2. Should I visit Dr. Huang during my pregnancy?

Yes... you should continue regular dental visits. However, it is very important to let Dr. Huang know that you are preg-

nant.

3. Are x-rays safe during pregnancy?

Yes... x-rays are safe during pregnancy and are a vital tool used in helping to detect dental and other oral health problems. Only the x-rays that are necessary for treatment will be taken. You will be asked to wear a lead apron for extra protection.

4. When will my infant begin to get teeth?

Tooth eruption varies from infant to infant. However, most infants will start to get teeth around six to 12 months of age.

5. When should I begin to brush my infant's teeth?

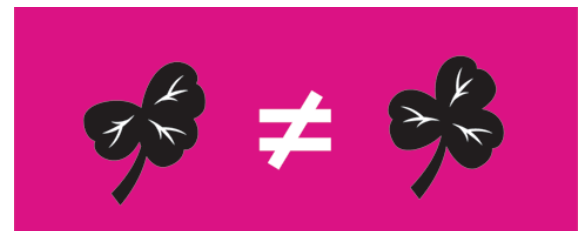
See *Information for Moms*, Pg 4



Not All Dental Offices are Created Equal

Are all dentists created equal?

I guess the answer would be "yes" from a standpoint that every state has a board exam that must be passed by a dentist candidate before the state will issue a license allowing him/her to provide dental treatment to the general public. However, we all know that not all dentists are equally talented as far as their natural abilities are concerned. Although there is a wide variety of options for continuing education in dentistry, not all dentists strive to excel!



Dr. Andrew Huang continues to provide the most up to date dental techniques to his patients. He constantly hones his dental skills by attending local as well as national study clubs. He is one of the few dentists that are licensed by Dental Board of California to provide adult oral conscious sedation.

See *Equal*, Pg 3

Nitrous Oxide – Warning

Many patients ask us why don't we use Nitrous Oxide, commonly known as "laughing gas" as a sedative agent. Why does Dr. Andrew Huang go through all the trouble to obtain a license from Dental Board of California to administer Adult Oral Conscious Sedation (OCS)? The answer is because OCS is safe and effective. One of the reasons for that is Dr. Huang monitor patients' vital signs using a pulse oximeter/blood pressure monitor. This monitor is easy to use yet sophisticated enough to measure blood pressure every five minutes and continuously measure pulse rate and blood oxygen before, during and after a sedation procedure.

Nitrous Oxide has been added to the Proposition 65 lists of chemicals known to cause cancer, birth defects or other reproductive harm.

Proposition 65 is also known as the Safe Drinking Water and Toxic Enforcement Act of 1986. Under Prop 65, the Governor is required to publish a list of Chemicals known to be carcinogens and/or reproductive toxicants, as determined by the State of California. Nitrous Oxide was added to the list in 2008.

If you have more questions regarding either Adult Oral Conscious Sedation or toxicity of Nitrous Oxide, please contact the office.



Color Me Healthy

Super-foods and your oral health

At a time when your oral health has been linked to systemic diseases like diabetes, some cancers, osteoporosis and cardiovascular diseases, healthy eating is an important component of a healthy mouth ... and body. Experts recommend super-foods that range from beans to nuts and yogurts Beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, tea (green or black), tomatoes, turkey, walnuts, yogurt....

We have presented these foods alphabetically, but here's a hint. Think color! The nutrients in foods that are deep blue, purple, red, green, or orange can protect against heart disease and cancer. They also boost our ability to recall, our reasoning skills, and our sense of balance.

With regular checkups to support your healthy diet, and a regular home routine of brushing, flossing, and rinsing, dentistry can keep your mouth and your whole body healthy!



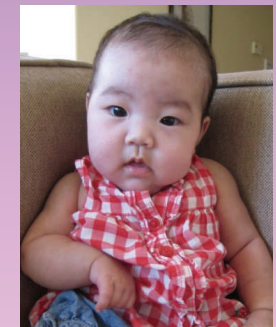
Our Daughter: Baby Elizabeth



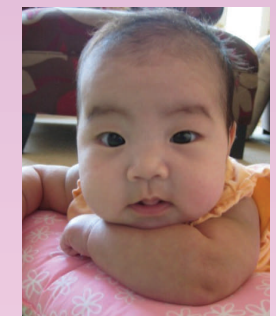
0 month



1 month



2 month



3 month

Equal

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Dr. Huang is an active member of the American Dental Association, American Academy of Cosmetic Dentistry, Dental Organization for Conscious Sedation, Seattle Study Club, Gilroy Study Club, and California Dental Association.

Santa Teresa Dental is equipped with the latest technology. We utilize digital x-ray which reduces harmful radiation by as much as 75%. We high-heat autoclave our instruments after each patient use. We adhere to the strictest infection control protocols mandated by Center of Disease Control (CDC). Our treatment chairs are not connected to city water, hence no chance of cross contamination. Flat screen monitors, intra oral camera, built-in massages in our treatment chairs, music during treatment are some of the amenities that we offer to make your dental visits more comfortable.

In case of emergency, in addition to standard emergency equipment and protocols, the office is equipped with a pulse oximeter and an Automated External Defibrillator (AED). Study has shown that the presence of an AED in the dental office could significantly increase the likelihood of survival from cardiac arrest.

We know there are good quality painters and bad quality painters. We know there are good quality plumbers and bad quality plumbers. We know there are good quality carpenters and bad quality carpenters.

If you happen to choose a poor quality tradesman, it could cost a lot of money in repairs. But, if you happen to choose a poor quality dentist, the repair may not be quite as easy.

Thank you for choosing us for your dental needs. Rest assured that you are choosing the best dental team for your oral health.

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

Gift Certificates Order Form

Description	Qty.	Price per each	Subtotal
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Signature _____

*Stop by the office to purchase a gift certificate or pick up products today. Try our new online system through PayPal at www.stDental.com/products



Patient Appreciation Raffle



Congratulations to Curren Krishnan, Deborah McAllister, Augustine Rios, Em Sadunn, Michelle Francis, Doug Cotterall, Nery Peralta, Nicky Humphrey, & Maria Edgar for being the winners of our patient appreciation raffles, which went on from February to April.

They all won \$25 gift certificate to the store of their choice.

The program was terminated early due to the unanticipated early arrival of our daughter, Elizabeth Huang.

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 with-
out your support.*

Santa Teresa
DENTAL

Family • Cosmetic • Sedation • Invisalign



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Information for Moms

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Starting at birth, clean your infant's gums with a soft infant toothbrush, cotton gauze, or cloth and cool water. For infants under two years of age, consult Dr. Huang before introducing a fluoride toothpaste.

6. How much fluoridated toothpaste should I use when brushing my child's teeth?

Beginning at 2 years of age, a pea-sized amount of fluoridated toothpaste should be used during brushing. Children should be encouraged to spit, not swallow, toothpaste, and the amount of toothpaste used can be increased after five or six years of age when the child can reliably do this.

7. When should I take my baby in for his/her first dental visit?

The American Academy of Pediatric Dentistry and most other health organizations encourage parents and care providers to schedule an appointment when your child's first tooth erupts, usually between six and twelve months of age.

8. How can I prevent my infant from getting early decay, know as *early childhood caries* or *baby bottle tooth decay*?

When placing your infant down to sleep (nap or nighttime), place only water in the bottle. Sugary liquids like formula, breast milk, juice and soda can pool around the infant's teeth and cause decay. Don't forget to clean or brush your infant's gums/teeth twice daily to remove food and plaque.

9. What else can I do to keep my child's teeth healthy?

Children are not born with the bacteria that cause decay. They are exposed to these bacteria from their caregivers, especially their mothers. By keeping your teeth healthy and free from decay, you can help reduce your child's exposure to these bacteria and reduce the chances of early decay.

10. What can I do to help my baby through teething?

Many babies like a teething ring, cool spoon, or cold wet washcloth. Some parents/care providers rub their infant's gums with a clean finger.

11. Should I be giving my child a fluoride supplement?

Some infants should be receiving some form of fluoride supplement. However, it is very important to talk to Dr. Huang to determine the proper dosage based upon the community in which you live. Some communities have naturally fluoridated water or have fluoride added to their drinking water. Children living in these communities should not receive additional supplementation.

12. What are sealants?

A sealant is a clear, plastic material that is placed on the chewing surfaces of your child's back teeth. The sealant forms a coating to protect the tooth from bacteria and bits of food. Sealants can dramatically reduce the risk of decay for children and teens. Dr. Huang will evaluate your child's teeth as they erupt and recommend sealants as needed.

If you need more information, feel free to contact us!