

# stDental Times

July 12, 2010



Dear patients,

Our annual movie screening was a success. More than 100 people attended our "Alice In Wonderland 3D" party. We truly enjoy your company and hope that you had a good time.

We would also like to thank all our patients for voting us "BEST DENTIST IN MORGAN HILL" Morgan Hill Times 2010. We are sincerely humbled by this great honor and would like to let all our patients know that "YOU ARE NUMBER ONE ON OUR LIST" as well.

Best of  
**Morgan Hill**  
2010 Times  
readers' poll



We would like to celebrate this great compliment by raffling away a \$25 gift certificate of the winner's choice each week. The program will run from 07/05 to 09/24. One patient wins every week. Call the office for details.

Thank you again. You are what make practicing dentistry such a pleasure. Everyday.

Sincerely,

Dr. Andrew Huang &  
Dr. Ann Lien

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

## Laser Dentistry

### What is Laser?

LASER is an acronym for **L**ight **A**mplification by **S**timulated **E**mission of **R**adiation. A laser is a device that uses light energy to perform work. Lasers are an exciting technology, and they are widely used in medicine. Dental lasers have been commercially available for several decades. Applications for and research on lasers in dentistry continues to expand since their introduction to the dental profession.

Lasers are unique because they can treat targeted tissue while leaving surrounding tissue unaffected. It is this property among others that allows Dr. Huang to perform very precise procedures. In addition, lasers may seal off blood vessels and nerve endings during a

procedure lessening bleeding, postoperative pain and swelling. In many cases due to their gentle and precise capacity, lasers are used with little or no anesthesia.



By visiting Santa Teresa Dental, patient has the opportunity to experience a new and exciting technology.

### Benefits of Laser Dentistry

Here are some of the major benefits associated with laser dentistry:

- Procedures performed using soft tissue dental lasers may not require sutures (stitches)
- Certain laser dentistry procedures do not require anesthesia

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## Laser Assisted Periodontal Treatment (LAPT)

With many applications of laser dentistry, today we will focus on **Laser Assisted Periodontal Treatment (LAPT)**.

Periodontitis is also known as gum disease. It is a bacterial infection that causes destruction to the surrounding gums and bone structures.

In 2004, *Time Magazine* ran a cover story entitled "*The Secret Killer*." It addressed "the surprising link between inflammation and heart attacks, cancer, Alzheimer's, and other diseases, and what we can do to fight it." The article reported that simply "flossing your teeth combats gum disease, a source of chronic inflammation."

Describing "*The Fires Within*," *Time* reported that "hardly a week goes by without the publication of yet another study uncovering a new way that chronic inflammation does harm to the body. It destabilizes cholesterol deposits in the coronary arteries, leading to heart attacks and strokes. It chews up nerve cells in the brains of Alzheimer's victims. It may even facilitate the transformation of abnormal cells into cancer. Chronic inflammation maybe the engine that drives many of the most feared illnesses of middle and old age."

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## Job Hunting? Let Your Smile Open Up the Door!

Today's economic conditions have resulted in a rising number of workers looking for new employment. This means more job applicants are applying to the few companies that are hiring, and those applicants need to find a way to make themselves stand out from the competition. Why not start with a healthy, confident smile?

Both men and women need to be aware of the impressive impact a nice smile has. Studies have proven the right smile can make a person look more interesting, intelligent, successful and wealthy to others. Also a face with a whiter smile is equated with a more youthful look – always an advantage in today's competitive job environment.

So, what's the right smile improvement for you? Clean a spot on your calendar to come in and talk about your options with us. The first thing we will do is make sure your teeth, gums, and overall mouth are healthy. From there we can discuss cosmetic options, depending on if you need to straighten your teeth, fill gaps in-between teeth, even out your teeth or gums, or simply brighten and whiten your teeth. Allow us to explain bonding, crowns, veneers, dental implants, whitening and all the options today's dentistry has to offer.



When job hunting, it is common sense to present yourself in the most professional light. Put on a crisp, white shirt, and smile in the mirror. If your teeth look stained or yellow, have them whitened. It is a simple step, but one that could give you a subtle edge over another competitive candidate. Once you are in front of your potential employer in an interview situation, remember these important tips:

- Look your interviewer in the eye, flash your impressive smile, and shake his or her hand firmly.
- Do not smoke before the interview, and do not have gum or mints in your mouth during the interview.
- Smile occasionally during the interview: don't grin or frown.

## LAPT

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### The mouth/body connection

The founders of the Mayo clinic have declared: "A healthy mouth can add ten years to your life!" They were referring to a growing body of evidence that has linked serious gum disease, also known as periodontitis, to a number of "systemic" diseases that afflict the body. We do not yet understand the exact nature of the connection, but studies emphasize that the benefits of having a healthy mouth go far beyond personal appearance and no cavities.

The possibility that pathology within the mouth can influence systemic disease has been suggested by the U.S. Surgeon General and in numerous investigations exploring the relationship between periodontal disease and coronary heart disease, stroke, pregnancy complications, diabetes and bacterial pneumonia. What is clear is that treating periodontal disease by eliminating infection and its accompanying inflammation will help:

- Reduce or eliminate Bacteremias
  - Reduce or eliminate Cross Contamination
  - Kill Potential Periodontal infections before they cause loss of attachment
  - Boost immune system
  - Reduce the severity of other disease processes
  - And improve overall health
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# LAPT

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## A portal of entry for microbial infections

When compromised by inflammation, the gum tissue that surrounds the teeth is a vast portal of entry for microbes. Even inhaling bacterial and viruses that inhabit periodontal pockets have the potential to trigger respiratory infection.

Gum disease and tooth loss are related to deterioration of bone mass. Periodontitis disrupts disease management by diabetics and doubles their likelihood of heart problems and kidney failure. Pregnant women with periodontal infection are at risk of preterm delivery and low birth weight babies.

## How does that change oral health care?

Oral health has changed forever. Our

recognition of the oral-systemic disease connection has fundamentally changed our practice of dentistry. Simple "management" of disease is unacceptable. Our greater responsibility is to cure periodontal inflammation and infection.

Our multi-disciplinary approach is often coordinated with primary-care physicians. Together, we understand the physiology of the mouth, share patients with identifiable risk factors and have the means to address their needs.

We also use lasers to attack periodontal inflammation at the microscopic level of infection. The power of its focused light destroys otherwise inaccessible bacterial colonies while simultaneously creating an ideal environment for healing. Today, our practice offers our patient the hope of a better tomorrow by providing oral health care in ways that were science fiction only a few years ago.

Order Here!

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

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Custom Tray Take Home Teeth Whitening		\$250	
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Order total: \_\_\_\_\_

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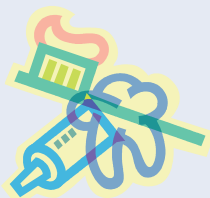
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## Baby Elizabeth is One Year Old!



## 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



### Office Information

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### **Office Hours**

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### **Contact Information**

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### **Office Staff**



**Sarah H.**  
Patient Coordinator



**Jessica V.**  
Office Assistant



**Luis M.**  
Dental Assistant

## Laser Dentistry

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- Laser dentistry minimizes bleeding because the high-energy light beam aids in the clotting (coagulation) of exposed blood vessels, thus inhibiting blood loss
- Bacterial infections are minimized because the high-energy beam sterilizes the area being worked on
- Damage to surrounding tissue is minimized
- Wounds heal faster and tissues can be regenerated

### Application of Laser Dentistry

The application of lasers in dentistry opens the door for dentists to perform a wide variety of dental procedures they otherwise may not be capable of performing. Dentists using lasers in dentistry have become adept at incorporating the state-of-the-art precision technology into a number of common and not-so-common procedures.

#### *Hard tissue (tooth) laser dentistry procedures*

- Cavity detector
- Dental fillings/tooth preparation
- Treatment of tooth sensitivity

#### *Soft tissue (gum) laser dentistry procedures*

- Dental lasers can reshape gum tissue and bone to expose healthier tooth structure. Referred to as crown lengthening, such reshaping provides a stronger foundation for the placement of restorations.
- Dental lasers can reshape gum tissue to expose healthy tooth structure and improve the appearance of a gummy smile.
- Shorten muscle attachment (frenula)
- Remove soft tissue folds, often caused by ill-fitting denture

#### *Other laser dentistry applications*

- Viewing tooth and gum tissue
- Removal of benign tumors
- Reduce pain associated with cold sores and minimize cold sores healing time
- Damaged nerves, blood vessels and scars regeneration
- Laser assisted uvuloplasty or laser assisted uvula palatoplasty procedure can be performed to reshape the throat and often time, helps sleep apnea patients
- Laser assisted teeth whitening
- To reduce pain and inflammation of the temporomandibular jaw joint

Dr. Andrew Huang has made a financial and educational investment by purchasing a 810nm AMD diode laser. We strive to provide our patients the very best dental care possible. For any Laser Dentistry question, please contact our office.