

stDental Times

February 6, 2012



Happy New Year!

2012 is finally here! The year started off really cold and dry. It is beginning to rain now. Birds are chirping. Flowers are blooming. 2012 is going to be the best year ever!

For this year, our focus is you, our patients. We want to make your visit with us the **best** ever. Coffee, tea, cocoa or just plain water are available while you wait. Feel free to request massage, music, movie, teddy bear, aromatherapy candles, blanket, ear plug, memory foam chair pad during your treatment. We have hot towels for you after your visit. Hair brush, hair spray, and aromatherapy lotion are also available upon request.

Things to look forward to are patient forms on iPad, online registration as well as a patient login feature via our website. You can now fill out your update forms before your visit. Patients can also view their upcoming appointments, account balance, and make payment via our website!

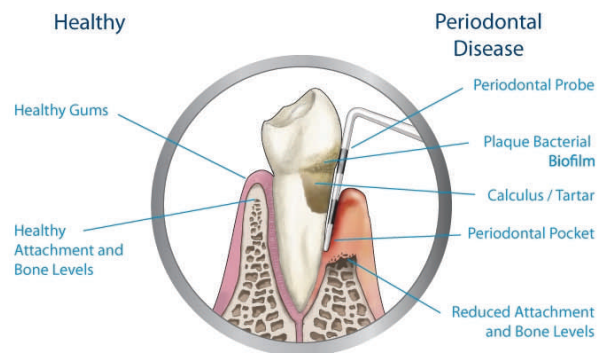
We are committed in providing the best experience with the latest technology. We look forward to your visit with us in 2012!

Sincerely,
Dr. Andrew Huang &
Dr. Ann Lien

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

Gum Disease and its Latest Treatment Options

What is gum disease?



Gum disease, or periodontitis, is a serious infections that, if left untreated, can lead to tooth loss. It is the primary cause of tooth loss in adults 35 and over.

Periodontal disease is a **chronic bacterial infection** that affects the gums and bone supporting the teeth. Gum disease can affect one tooth or many teeth.

It begins when the bacteria in plaque (the sticky, colorless **Biofilm** that constantly forms on your teeth) causes the gums to become inflamed.

What is Biofilm?

We come into contact with Biofilm every day. The plaque that forms on your teeth is a type of Biofilm.

Turn to [Gum Disease](#), pg 3

Green Dentistry

As of January 1, 2012 San Jose is banning plastic carryout bags. Grocery stores, pharmacies and retailers will no longer be allowed to provide plastic bags to their customers. Stores may still provide paper bags but must charge the customer a minimum of 10 cents per bag. This amount will increase to a minimum of 25 cents per bag in 2014.

A high quality reusable bag has the potential to replace 600 single use bags in its lifetime, so "Make It A Habit and Grab It!"

Morgan Hill makes recycling easy. Each household receives a brown and a green recycling container. Cardboard, mixed paper, plastics coded 1 through 7, glass and metal go in the brown recycling container. Yard waste, food waste and food soiled paper go in the green recycling container.

Turn to [Green Dentistry](#), pg 2

Green Dentistry

Continued from *Page 1*

Santa Teresa dental is dedicated to keeping you healthy through environmentally sustainable practices.

Our use of digital x-rays reduces your radiation exposure by 75% compared to traditional x-rays and there are no toxic chemicals used. The x-rays are available instantly for quick diagnoses. Our autoclave uses steam sterilization. This reduces water use and further eliminates the need for harsh chemicals in our office.

Santa Teresa Dental provides white composite fillings which prevent mercury exposure, and our night guards, mouth guards and Invisalign trays are all BPA free.

We are nearly paperless. Patients can fill out their registration forms via our website before their appointment or on an iPad in our office. Our computerized chart system allows immediate access to any needed information so that we may provide our patients optimum care. Our protective gowns are washable, further reducing paper waste.

Yes, we recycle and make earth-friendly purchase choices!

Kid's Corner

Teach your youngster what it means to reuse, reduce, and recycle. Here are everyday ways she can help protect the environment.



Reuse. Suggest that your child plant seeds in an egg carton or use shoe boxes to organize her dresser drawers.

Reduce. Ask her to make "Turn it off!" signs to post near light switches and electronics and to turn off water while she brushes her teeth.

Recycle. Encourage your youngster to use both sides of computer paper and to use newspaper comics for wrapping papers.

Tip: Each day your child does something to help the Earth, have her color that day's calendar square green. How many green days can she have in a month?

Smile Show Case

Patient, Stella Cavazos, received a smile makeover. Porcelain veneers are utilized here to change the shape and color of her teeth.



Gum Disease

Continued from *Page 1*

Clogged drains are caused by Biofilm, and one may have encountered biofilm-coated rocks when walking into a river or stream. Biofilm forms when bacteria adhere to surfaces in some form of watery environment and begin to excrete a slimy, glue-like substance that can stick to surfaces.

Biofilm can be formed by a single bacterial species. More often it consists of many species of bacteria, as well as fungi, algae, protozoa, debris, and corrosion products. Essentially, a biofilm may form on any surface exposed to bacteria and some amount of water.

In our mouth, Biofilm contains communities of disease-causing bacteria and their uncontrolled accumulation has been associated with gum disease.

Professional dental cleanings are critical in proper Biofilm removal.

Professional dental cleanings, as well as thorough brushing and flossing, are critical in ensuring that Biofilm is removed properly and regularly.

While some may minimize the importance of keeping that appointment with the hygienist, it is the essential building block in maintaining a healthy and beautiful smile.

At Santa Teresa Dental, our goal is to do everything in our power to ensure that you maintain healthy teeth and gums throughout your life. The cornerstone of this commitment is what we call soft tissue management.

What is soft tissue management?

Soft tissue management is a **non-surgical approach** to address and manage the progression of early to moderate stages of the gum disease. Its goal is to control disease, and restore the gum tissue to a healthy state. Hopefully, the patient will avoid the invasive surgical phase of the treatment.

Since we know that gum disease is a Biofilm bacterial infection, we use a two-tiered treatment strategy.

- removal of the Biofilm and calculus (tartar) from the teeth and gums
- followed by antibiotic treatment

At Santa Teresa Dental, removal of the Biofilm includes mechanical debridement with hand and a high-power ultrasonic scaler, as well as the elimination of the diseased gum layer with the precision of a laser. Once the diseased layer of tissue is removed, a topical antibiotic is applied to the area and a prescription strength mouth rinse is provided to the patient.

Turn to [Gum Disease](#), pg 4

**Hello! from
Becky Wallingford,
RDH**



Hello! I am Becky Wallingford, and I am a registered dental hygienist for Santa Teresa Dental.

I have lived in Morgan Hill for almost 9 years and can't imagine a better place to be.

I am married to a wonderful man, Dan Medeiros, and we have one son, Alex, who is 13 and in eighth grade at Martin Murphy Middle School.

After working at Lockheed for ten years in Research and Development I decided to become a Dental Hygienist.

I have been a Dental Hygienist for over 15 years now and am very happy with my career change.

I look forward to providing the best dental care with the most advanced technology such as laser gum therapy to you and your family.

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

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Office Hours

Mon, Tue, Thu, Fri 9am - 5:30pm
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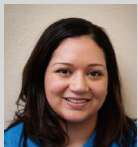
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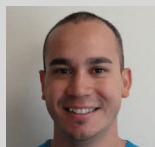
Becky Wallingford
Registered Dental Hygienist



Sarah H.
Treatment Coordinator



Vanessa N.
Patient Coordinator



Luis M.
Dental Assistant



Pang V.
Dental Assistant

Gum Disease

Continued from *Page 3*

Once we have the gum disease under control, laser gum re-contouring will be performed in an effort to permanently reduce the gum pocket.

The oral environment of a human body is unique.

The oral environment is unique in that disease causing bacteria can never be fully eliminated. The bacteria return every time you eat and drink. For this reason, oral infections are **chronic diseases** that require ongoing treatment and daily care with proper oral hygiene.

The dental hygiene appointment

Our dental hygiene appointments are anything but “routine.” It is during these appointments that we conduct a detailed assessment of the health of your teeth and gums. We provide a thorough examination for early detection, diagnosis, treatment, and maintenance of periodontal disease and for the early detection of oral cancer.

During the exam process, we measure the gums with a little round ruler. You will hear the clinician or hygienist call out numbers; these are gum measurements, which are documented in your patient record. Measurements of 0, 1, 2, or 3 are acceptable. Measurements of 4 and higher may be areas of concern. Additionally, the presence of bleeding gums is always a concern.

What to Expect if gum disease is found?

Depending on the severity of the disease, two to five treatment sessions are to be expected. Each appointment is one to two hours. Initial treatment include debridement, laser therapy, home care instruction, and a hygiene regiment designed exclusively for you. The last session will be to evaluate your homecare efforts to ensure that they are adequate to avoid a recurrence of the disease. The need for localized antimicrobial treatment such as Atridox, which is a topical antibiotic, would be evaluated and may be recommended.

Your next professional dental hygiene appointment will then be scheduled 3-6 months from that time.

Any more questions, do not hesitate to ask Dr. Huang, Dr. Ann or Becky at your next visit with us!