

stDental Times

August 19, 2013

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



I always wanted to be a writer. English literature always fascinates me. Yep, in addition to dentistry, I love to read, write, work on computers, and research the latest technologies. In today's world, anybody can publish, anybody can blog. You don't have to submit your manuscript to a publisher anymore. You can format your book into an eBook and sell it on Amazon.com. You can blog about just about anything. I saw on CNBC the other day that there's a blogger who writes about how crazy she is about Costco shopping!

Dentistry and writing are passions of mine, and now I get to combine them both. I get to publish my own newsletter and write my own blog entries at www.stdental.com/news.

I hope you enjoy the content; I strive to provide the latest and the greatest dentistry-related information. If you follow my blogs, you may get an insight into my day-to-day life.

Thank you for being such loyal patients. I really do appreciate it.

Sincerely,

Dr. Andrew Huang

Smile Design

We at Santa Teresa Dental know that you want and deserve that perfect smile. Dr. Huang is dedicated to perfecting your smile so that you can look great and feel confident. One of Dr. Huang's specialties is the smile makeover, a safe and effective procedure that will give you the custom-made smile you've always wanted. So, what can you expect when you get a smile makeover? Let's take a look at the process that will transform your smile in a surprisingly short time frame.

When we do a smile makeover, the first thing we do is take study models and diagnostic casts of your teeth.



Turn to **Smile Design**, pg 3

CAMBRA

Santa Teresa Dental is introducing an evidence-based disease management protocol called Caries Management by Risk Assessment, a.k.a. CAMBRA. With the use of CAMBRA, there is scientific evidence that early damage to teeth from dental caries (cavities) may be reversed. The manifestations of cavities as a disease can perhaps be prevented altogether. CAMBRA procedures provide a framework for management of caries by risk assessment for the benefit and improved dental health of the patient. The CAMBRA questionnaire takes only a couple minutes to fill out but provides critical information to evaluate your risk for developing cavities.

Although the overall prevalence and severity of dental caries have been notably reduced in several Western countries over the past couple of decades, dental caries continue to be a major health issue in the United States.

Because dental infections are common and usually non-life-threatening in nature, the significance of dental caries in overall health has historically been minimized until recently. Traditionally, the term "prevention" has become a common language term that has been construed to simply mean "brush and floss" and "don't eat sugar."

Rather than treating all patients exactly the same, with the CAMBRA method the clinician identifies the cause of disease by assessing risk factors for each individual patient.

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Santa Teresa Dental says, "Thank You, Morgan Hill!"

Santa Teresa Dental would like to thank Morgan Hill for naming our practice "Best Dentist" for 2013. "We take great pride in providing truly excellent dentistry for you and your family. It is that commitment to excellence that our patients appreciate and our community has come to expect," noted Dr. Andrew Huang. Dr. Huang and his wife Dr. Ann Lien, along with their dental team, are dedicated to building a true sense of family and community both inside and outside the office.

Santa Teresa Dental offers dental care for the entire family, starting with dentistry for children. "Our goal is to ensure that a visit to the dentist is an experience that every child not only enjoys but looks forward to," emphasized Dr. Lien.

The practice also offers a full array of cosmetic services, including veneers, Zoom whitening, Invisalign – the invisible braces – and dental implants. "We are committed to incorporating the very best technology and techniques that dentistry has to offer into the practice in order to provide patients with a truly excellent dental experience," explained Dr. Huang.

Additionally, the entire staff at Santa Teresa Dental is highly sensitive to the needs of fearful patients, which is why we offer sedation dentistry, a technique that can be used when a patient suffers from dental anxiety or phobia.

Learn more at www.stDental.com or call 408-782-6568 to schedule an appointment and discover for yourself why Santa Teresa Dental was voted "Best Dentist."



Smile Show Case

Patient, Heather Wirth, received a smile makeover. Porcelain veneers and crowns are utilized here to restore her dentition.



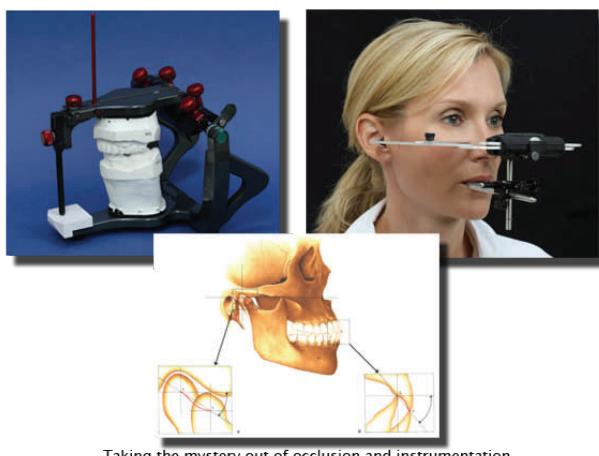
Smile Design

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We then document the midline of your face compared to the middle of your teeth, how your teeth come together in respect to the ground, how you are holding your head when you are standing straight, and the angulation of your head. We also take 12 high-resolution digital photographs with a specialized DSLR camera and lens with color corrected lighting.

All the measurements taken are translated into an articulator, with which we can study how your face and teeth come together. With those high-resolution photographs, we study the color, shape and shading of your teeth - we can even see how translucent your individual teeth are.

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Photos from our 5th Annual Patient Appreciation Movie Showing - Monsters University



CAMBRA

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Risk factors may include bacteria type and count, absence of healthy saliva, and poor dietary habits. Based on the evidence presented, the clinician then corrects the problems by managing the risk factors through the use of specific treatment recommendations such as sealants, antibacterials, fluoride, and dietary adjustments.

We are hoping that with the use of CAMBRA, we can be more proactive in cavity management. We also use CAMBRA to determine the frequency of dental radiographs that is right for you. This is just another example of how the doctors and hygienists of Santa Teresa Dental take your oral health seriously. The following is a sample of what the CAMBRA survey might look like. As always, please do not hesitate to contact us if you have any questions. We look forward to your next dental visit!

ADA American Dental Association® America's leading advocate for oral health			
Caries Risk Assessment Form (Age >6)			
Patient Name:	Date:		
Birth Date:			
Age:	Initials:		
Contributing Conditions			
Check or Circle the conditions that apply			
<input type="checkbox"/> Fluoride Exposures (topical, systemic, supplements, professional applications, toothpaste)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
<input type="checkbox"/> Sugary Foods or Drinks (including juice, carbonated or non-carbonated soft drinks, energy drinks, medicinal syrup)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
No caries lesions in last 24 months	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Caries lesions in last 2-27 months	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Dental Home established patient of record, receiving regular dental care in a dental office	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Check or Circle the conditions that apply			
<input type="checkbox"/> Special Health Care Needs (developmental, physical, medical, social, emotional, behavioral, cognitive, or functional limitation that requires special health care services for themselves or caregivers)	<input type="checkbox"/> Yes (Cervi age 14)	<input type="checkbox"/> Yes (Logie 6-14)	
<input type="checkbox"/> Chemotherapy	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
<input type="checkbox"/> Radiation Therapy	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
<input type="checkbox"/> Medications that Reduce Salivary Flow	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
<input type="checkbox"/> Drug-Abusing Abuse	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Check or Circle the conditions that apply			
<input type="checkbox"/> Carious or Non-Carious (cavitated) Lesions	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Carries Lesions or Restorations (visually or radiographically evident)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
2. Teeth Missing Due to Caries in past 36 months	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Visible Plaque	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Homecare Habits that Compromises Oral Hygiene	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Restorative Assessments = 1 or more	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Exposed Root Surfaces Present	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Restorations with Overhangs and/or Open Margins, Open Contact Points	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
<input type="checkbox"/> Dental/Orthodontic Appliances (fixed or removable)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
<input type="checkbox"/> Severe Dry Mouth (xerostomia)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Overall assessment of dental caries risk:	<input type="checkbox"/> Low	<input type="checkbox"/> Moderate	<input type="checkbox"/> High
Patient Instructions:			

ADA American Dental Association® America's leading advocate for oral health			
Caries Risk Assessment Form (Age 6-)			
Patient Name:	Date:		
Birth Date:			
Age:	Initials:		
Contributing Conditions			
Check or Circle the conditions that apply			
<input type="checkbox"/> Fluoride Exposures (topical, systemic, supplements, professional applications, toothpaste)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
<input type="checkbox"/> Sugary Foods or Drinks (including juice, carbonated or non-carbonated soft drinks, energy drinks, medicinal syrup)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Eligible for Government Programs (Medicaid, SNAP, WIC, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Caries Experience of Mother, Caregiver and/or other Siblings	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Dental History (including patient of record and dental office)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
General Health Conditions			
Check or Circle for conditions that apply			
<input type="checkbox"/> Special Health Care Needs (developmental, physical, medical, social, emotional, behavioral, cognitive, or functional limitation that requires special health care services for themselves or caregivers)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Clinical Conditions			
Check or Circle the conditions that apply			
<input type="checkbox"/> Visual or Radiographically Evident Restorations/Completed Endodontic Cases	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
No new caries lesions or restorations in last 24 months	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
1. Non-cavitated (incipient) Caries Lesions	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Teeth Missing Due to Caries	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Visible Plaque	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Dental Orthodontic Appliances Present	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Salivary Flow	<input type="checkbox"/> Visually adequate	<input type="checkbox"/> Visually inadequate	
Overall assessment of dental caries risk:	<input type="checkbox"/> Low	<input type="checkbox"/> Moderate	<input type="checkbox"/> High
Instructions for Caregiver:			

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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.



Family • Cosmetic • Sedation • Invisalign

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Dental Assistant



Brielle C.
Dental Assistant

Smile Design

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Now that we have a blueprint of your mouth's condition, we can then devise a treatment plan as to how we are going to restore your bite and give you the smile that you have always wanted. The mounted diagnostic casts and photos also serve as great communication tools between Dr. Huang and the laboratory technician. We personally hand-pick our laboratory technician. The technician and the lab have to belong to the California Dental Laboratory Association and are certified by a National Board.

We then sit down with you to discuss our findings and propose some treatment options. This is a free 40-minute consultation with Dr. Huang. It is a good opportunity for patients to look at their oral condition objectively. Once a treatment direction is decided, we will send the mounted diagnostic casts to our laboratory for a wax-up, which is a mockup of your proposed restorations in wax. Dr. Huang will go through the smile book with you and decide on the shape and length of the teeth. He pays special attention to the characterizations, markings (a.k.a. calcification), stippling, and grooving, all of which contribute to the beauty of your final smile. These all give unique characteristics to your teeth so that not just one shape fits all. Color and translucency are also very important. We use a 39-color wheel instead of the traditional 16. We pay special attention to the hues and values of the color. You may also visit the lab in person so the shade can be perfectly matched. When picking the shades of the teeth in the office, we may have you look up and down and go outside to get the right lighting and reflections.



Once the wax-up is approved, we will start the actual preparation of the teeth. Dr. Huang will personally fabricate your temporary restorations using a matrix from the wax-up. The patient now has one week to test-drive their new smile. We encourage patients to look in the mirror and ask their significant other, siblings, friends, etc., for any feedback. We then schedule a one-week follow-up appointment. We make any necessary adjustments to the temporary restorations and take another mold. Then our laboratory technician will duplicate your new smile according to the new mold.

As you can see, having a winning smile is a cinch with a smile makeover at Santa Teresa Dental. You can trust Dr. Andrew Huang to listen and work with you every step of the way. With a smile makeover from Santa Teresa Dental, you'll have a whole lot to smile about!