



WESTLAKE
SMILE DESIGN

GENERAL COSMETIC & IMPLANT DENTISTRY

DR. DAVID HAKIMI & DR. ARMON EBEN

805-497-9585



Produced to improve your dental health and awareness

Summer 2013

from the dentists

Don't Fall Behind!

Use your benefits

Dental insurances have a yearly limit for each patient that if gone unused goes to waste. The yearly allowance usually expires on December 31st of each year, so we advise all our patients with outstanding treatment to take advantage of these funds.

As professionals we deal with all types of patients. While most take advantage of this allowance and use it every year to maintain their teeth, the procrastinators hold off year after year, forfeiting their allowance. They, too, eventually fix their teeth, except that by the time they are ready to take care of the problems, they have multiple teeth that need urgent treatment, and they only have the minimal benefits for that year. In other words, they end up paying a lot more out of their own pockets.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st.

We urge you to take a moment to check your insurance benefits... then book an appointment to make the most of them.

Yours in good dental health,

*Dr. David Hakimi &
Dr. Armon Eben*

Get'em Out!

Remove wisdom teeth before issues start

Most teenagers will see the emergence of their wisdom teeth between 16 and 18 years of age. If the wisdom teeth are impacted, the need for extraction is usually obvious. But what about those cases that are not impacted? It may surprise you, but we still recommend their removal - ideally between 16-21 years of age when the treatment will be easier and recovery time shorter.

Until now, if wisdom teeth were not impacted it was assumed that it was safe to leave them as they are. However, studies have shown that retained wisdom teeth...

- can be hard to clean, leading to cavities and periodontal disease
- require continual monitoring and maintenance
- may end up costing more than early extraction
- could unexpectedly shift or erupt
- are likely to experience issues within seven years of development
- and will often need to be removed later in life.

Our team is kind and gentle, with many years of experience in removing wisdom teeth. We incorporate sedation to make it pain-free and anxiety-free, and recommend that you save time, money, and discomfort by having wisdom teeth removed ... before problems start.

**Our team
is kind and
gentle, with
many years
of experience
in removing
wisdom
teeth.**



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



The Top 8 Links...

How poor oral health impacts overall health

At any age, poor oral health can eventually lead to periodontal (gum) disease, a chronic inflammatory disease which has been linked to a long list of inflammatory conditions including...

- diabetes
- heart disease
- stroke
- cancer
- respiratory disease
- Alzheimer's
- rheumatoid arthritis
- osteoporosis.

Approximately 75% of adults have some form of gum disease. Research suggests that it can be transferred to others through saliva, so a simple kiss or just sharing a snack or even blowing on food to cool it down can put children and couples at risk of transmission. Gum disease is often silent – progressing without symptoms – but warning signs may include swollen, red, or bleeding gums, mouth infections and tenderness, bad breath, and loose teeth. But the good news is that gum disease can almost always be prevented. If it starts, it can be treated, and sometimes even reversed.

It's important for the whole family to commit to a good oral healthcare regimen, including regular dental checkups. Together, we can work to help keep you and your family healthy!

Want Clean Healthy Teeth?

Floss is the boss!

The next time you think, "I'll floss tomorrow," or the kids say, "We promise to floss in the morning," you might want to revisit your oral healthcare strategy.

While brushing removes surface plaque, it misses up to 40% hiding between teeth! This is worrisome because plaque buildup cannot only lead to tooth decay, but also to gum disease which is linked to over 200 other diseases.

Flossing isn't difficult, but kids may need a refresher and seniors who belong to a generation that never learned how to floss might need a lesson. Call today to ensure your family's regular checkups are scheduled, and we'll give everyone a flossing refresher.

Call TODAY
to book your family's
regular checkups.

With "know how," a touch of motivation, and a little self-discipline, excellent home care goes a long way to ensure a healthy smile for life.



Safety Is Priceless!

Use custom mouthguards

Play is the new word of the day. Whether you're enjoying family fun time or your favorite sport, just getting out and *playing* should always make you smile. Just make sure you protect that smile with the best mouthguard.

Custom-made personalized mouthguards:

- Offer top-notch protection
- Fit comfortably & stay in place
- Allow you to talk & breathe easily
- Growing jaws & new teeth can be accommodated regularly

Mouthguards protect more than just the teeth and face. There is also evidence that they reduce the incidence and severity of concussions. Everyone, including grownups, should wear a mouthguard during activities that put them at risk for injury, for example, hockey, football, basketball, and even mountain biking.

Like any sports gear, a mouthguard will wear out. Bring yours along to every checkup to confirm that it's providing optimum protection.



Combat Sugar Cravings...

FOLLOW THESE 3 TIPS!

If you think your family has "sugar on the brain," you would be right. The brain uses nearly 80% of your daily sugar intake. It's programmed to crave sugar's energy-rich sweetness, and it sends out a nice pleasurable sensation when satisfied. How do you control sugar intake? **TRY THESE 3 TIPS!**

- 1 Keep blood-sugar levels steady. Eat 3 meals and 2 snacks daily.
- 2 Keep mind and body occupied. Enjoy physical activities away from the cookie jar.
- 3 Refuel the reserves. Get enough sleep and daily nutrients to fight fatigue-induced cravings.

Sugar-related obesity and type-2 diabetes are on the rise, and sugar can cause irreversible damage to teeth and gums, along with hours of missed school and work due to discomfort and the need for repair. For a healthy future, use sugar sparingly, and always brush and floss afterward.

Smile Whitening 101

Answers to the most frequently asked questions

Everyone wants a healthy white smile, but how do you decide which treatment is best for you?

Q. What's the difference between dentist-supervised whitening and drugstore kits?

A. Dentist-prescribed home systems and in-office treatments are customized to your unique needs.

We can determine the most effective whitening procedure for you based on the type and extent of the staining and the location and number of restorations you have.

Q. Will whitening brighten my restorations too?

A. No, but let's discuss options so that older restorations don't sabotage your new bright smile.

Q. At what age is it safe to start whitening?

A. Sensitive pulp is closer to the surface in younger teeth, so age 18 is usually considered the youngest age to avoid irritation. Our guidance is important!

Q. What options do I have if I need to repair damaged or discolored teeth?

A. There are many ways to repair teeth, and even improve their shape, while making them look whiter. Beautiful white bonding or porcelain veneers can correct damage and imperfections, and old silver-colored fillings can be replaced by attractive tooth-colored ones.

If you want a bright dazzling smile, there are many options to suit your needs and budget! Ask us about them!



Dental Implants

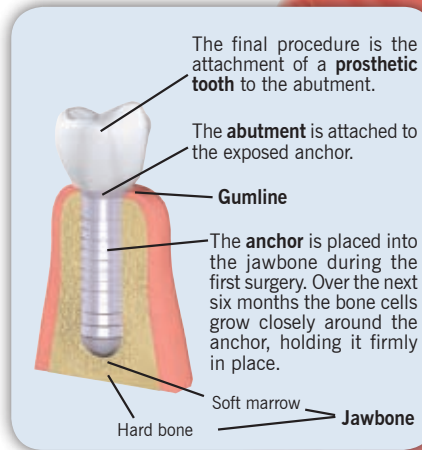
Give us a new reason to smile

When we lose teeth as adults, our primary concern is the annoyance of having to contend with a gap in our bite. We do not realize that there are far greater concerns than difficulties biting and chewing. Bone, like all living tissue, must work to remain healthy and strong. When teeth are removed the bone that held them in becomes weak and begins to erode away. Bridges and dentures do fill the gaps, but they do nothing to stop bone erosion. Once again science has provided the answer - dental implants.

A dental implant is a tiny threaded post made from titanium alloy, a strong, biocompatible metal. Through a tiny incision the implant is placed in the jaw, actually becoming fused with the bone. Once fused, this durable, permanent post is ready to receive your ceramic replacement tooth. Not only is the restored tooth stable and ready for use, the bone below the gum is regularly exercised, stopping bone erosion in its tracks!

We are eager to offer this breakthrough procedure to you. Whether you require a single implant or a full-mouth restoration, we are available at your convenience.

Please let family and friends know that they have a whole new reason to smile.



office information



WESTLAKE
SMILE DESIGN

General, Cosmetic & Implant Dentistry

Dr. David Hakimi
Dr. Armon Eben

911 Hampshire Road, Suite 7
Westlake Village, CA 91361-2838

Contact Information

Office (805) 497-9585
Fax (805) 497-8185

Office Hours

Mon & Tue 8:30 am – 6:00 pm
Wed & Thu 7:00 am – 6:00 pm
Friday 7:00 am – 5:00 pm

Office Staff

Beth, Reneé, Angela.....
..... Office Administrators
Karla, Joanne Hygienists
Wendy, Alisha, Francine..... Assistants

Don't Forget... That last piece of equipment!

The next time you outfit your kids for soccer, baseball, skateboarding, inline skating, or a football game, don't forget their mouthguard. Studies show that athletes who wear mouthguards have 60% fewer injuries to their teeth, and your child is no exception!

Mouthguards work in much the same way a helmet protects the head - by spreading a hard impact over the entire mouth and jaw. They stop the upper and lower teeth from bumping into each other, and make sure teeth don't injure the gums or lips. Mouthguards can even reduce the risk of concussion or neck injury.

We can make you a custom-fitted guard that provides the best protection and comfort. A properly fitted mouthguard is comfortable and should not interfere with breathing or talking. Beware of the commercial boil-and-bite mouthguards available in sporting goods stores. They're less effective and more likely to interfere with breathing, thereby reducing an athletes performance.

Even though it's tough and can handle a lot of abuse, a mouthguard does require a little care. It should be thoroughly cleaned and rinsed with cool water before it is used. Don't forget that kids' mouths change as they grow and that their mouthguards need to be replaced to keep pace. We'll keep an eye out for any problems or changes during regular checkups, and tell you when it's time for a new one.

