



WESTLAKE
SMILE DESIGN

GENERAL COSMETIC & IMPLANT DENTISTRY

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Produced to improve your dental health and awareness

Fall 2013

from the dentists

Time To Give Thanks

To our valuable patients

No matter how busy we are, there's always time for the people who mean the most. In a dental practice, it's the patients who are number one. That's why in the spirit of the Thanksgiving season, we would like to take some time out to tip our hats and simply say thank you.

You may not think much of it, but your ongoing loyalty, cancellation notification, referrals and each and every kept appointment go a long way toward making this practice run smoothly and efficiently. That makes the dental office a more comfortable and rewarding place for everyone.

Yours in good dental health,

*Dr. David Hakimi
& Dr. Armon Eben*



Get The Most Your Dental Insurance

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before this year's dental insurance expires. ***So give us a call today!***

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

5

Most Common Oral Complaints

All preventable and treatable

Some of the most commonplace mouth problems can be prevented with proper home care and regular checkups. And the good news is that they're all treatable!

1-Bad Breath: Don't blame strong foods. Poor oral health is the major cause of chronic halitosis, and it can be a warning sign of gum disease, so if you have bad breath, we should take a look.

2-Tooth Decay: Plaque bacteria produce acids that attack tooth enamel, and if not removed from teeth through thorough brushing and flossing, cavities

will form. We can fill cavities, but they can severely compromise teeth, the only part of the body that cannot heal itself.

3-Canker Sores: Their cause is unknown, but stress, diet, and weakened immunity can all play a part. If they persist, visit us as they can warn of other oral and overall health issues.

4-Gum Disease: Gingivitis is often caused by poor oral hygiene, and if left untreated, it can progress to periodontitis. If you have red, swollen, or bleeding gums, bad breath, mouth infections, or loose teeth, see us immediately. Gum disease is treatable and sometimes it's even reversible!

5-Receding Gums or a Gummy Smile: Gum sculpting can fix a gummy smile, but if your gums are receding, you may have periodontitis. We can help stop further damage and make reparations.

If you have oral health concerns, don't wait for them to escalate. Come and see us!

Brush Before Reading

Plaque is bad news!

The word "plaque" is associated with many illnesses, but is the plaque found on teeth the type that clogs arteries? No.

Plaque that causes heart attacks and strokes is made up of cholesterol, fat, and inflammatory cells. This type is also linked to eye plaque.

Dental plaque is completely different. It's a deposit of bacteria that actually sticks to teeth and gums, which is why you need to manually brush it off. Plaque buildup leads to acid production, which can cause tooth decay, gum inflammation, and ultimately tooth loss.

It's believed that *inflammation*, not plaque, links poor oral health to heart disease, stroke, and other inflammatory diseases. A good oral maintenance regimen, including regular checkups and cleanings, can have great health benefits!

Permanent Implants

True smile savers!

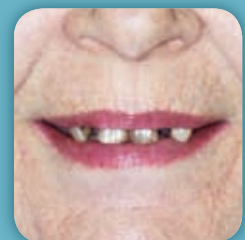
We all know that missing teeth affect our appearance, but they can also affect our eating habits, speech patterns, and self-esteem. Even one missing tooth can keep us from smiling. Dental implants can help!

Implants are artificial roots permanently planted into the jawbone to anchor natural-looking replacement teeth. They also retard bone loss in the jaw, thereby averting the inevitable sunken look that accompanies missing teeth which age you prematurely.

SOLUTIONS INCLUDE:

- single or multiple implants which hold crowns in place
- implant-supported bridges which don't compromise adjacent teeth
- mini implants which anchor full or partial dentures, making them secure and stable
- overdentures which are fastened to implants, yet are still removable.

Save your smile with implant solutions that look wonderful, feel comfortable, and function just like your own strong natural teeth!





Oral Cancer And HPV

Risk for men is on the rise

Rates of oral cancer are rising significantly among men in developing countries, and research is pointing to *Human Papilloma Virus* (HPV), the same sexually transmitted virus responsible for most cervical cancer cases. HPV infection increases male oral cancer risk by approximately 50%, and it's on the rise in women, as well. Currently, there is no HPV vaccine for adults, but some experts recommend a vaccination program for boys, similar to that of girls.

Oral cancer can take over a decade to develop, but early detection is crucial. It often begins as a tiny hard-to-detect white or red spot or sore that does not heal. Experts estimate a 5-year survival rate of over 80% when oral cancer is discovered early when it's at the localized stage.

Conduct self-exams, know the signs, and visit us regularly. We do an oral cancer check at every recall, so it's important to keep your regular appointments.

Answers To Your FAQs:

Mouth and body wellness

Poor oral health can put you at risk for many serious illnesses. Here are answers to frequent questions and concerns.

Q&A What causes gum disease?
Its mildest form, *gingivitis*, is often caused by inadequate oral hygiene. If left untreated, it can progress to *periodontitis*, a chronic inflammation of the gums. Gum disease can advance without symptoms, but warning signs include red, swollen, or bleeding gums, persistent bad breath, and loose teeth.

Q&A How can plaque bacteria harm the rest of my body?
Oral infections, like tooth decay and gum disease, are caused by plaque bacteria. If it enters the bloodstream, say through a mouth cut or scrape, it could cause infection in other parts of the body. However, the greatest health risk is the inflammation - caused by bacterial infection of the gums - which may put you in danger as it may exacerbate other chronic inflammatory diseases.

Q&A What other serious illnesses are associated with gum disease?
Potentially, periodontal disease is linked to 200+ health issues including heart disease, stroke, diabetes, cancer, respiratory disease, osteoporosis, arthritis, Alzheimer's, and pregnancy complications.

Q&A How can I prevent gum disease?
Brushing twice daily, flossing daily, and having regular checkups are the best preventive measures. Spending a little time on your oral health can truly promote good overall health!



Gum Disease & Your Health

Periodontal (Gum) disease is one of the most common ailments known to man. Many studies show that over 35% of all adults have gum disease (Periodontitis). Gum disease is a chronic, infectious, often painless infection that brings about the destruction of the gums and bone that hold our teeth in place, leading to tooth loss.

Perhaps even more importantly, scientists have discovered many links between gum disease and systemic medical diseases. So treatment of your gum disease is about more than just keeping your teeth ... it's about saving your life!

Mouth-Body Links



IMPORTANT POINTS:

- Gum disease has been linked to heart disease, stroke, diabetes, arthritis, lung disease and certain cancers. It is believed that the bacterium in the mouth travels through the blood stream, causing inflammation and disease in other areas of the body.
- It is almost always painless, but often expresses itself with bleeding gums and bad breath.
- It is highly treatable with gum disease therapy and then regular maintenance with a hygienist, and good oral hygiene.

office information



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Office Hours

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Friday 7:00 am – 5:00 pm

Office Staff

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

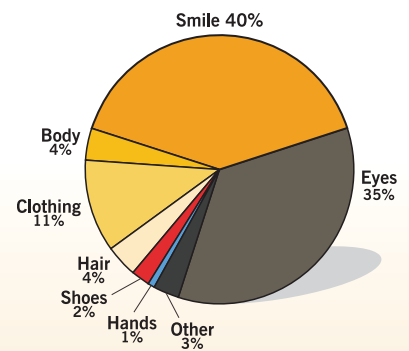
A Warm Welcome To Your Friends & Family!

The loyalty and friendship you show to our practice through the referrals you send us never ceases to inspire our entire professional team. We're always happy to accept new patients, but friends or family are always special. You can be sure they'll receive the very finest personal and compassionate dental care.

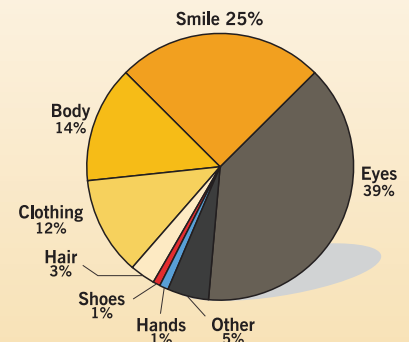
Please make sure that your friends or family let us know when they call that they've been referred by you! Again, thanks so much for your support.



What We NOTICE First



What WOMEN notice first



What MEN notice first