



WESTLAKE
SMILE DESIGN

GENERAL COSMETIC & IMPLANT DENTISTRY

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Produced to improve your dental health and awareness

Winter 2013

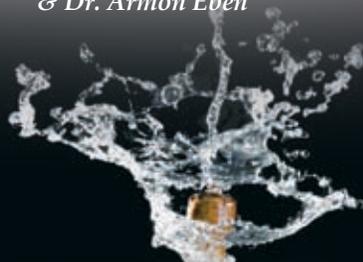
from the dentists

The beginning of the new year is about taking the time to reflect on what has passed, what we're grateful for, our new and continuing goals and ambitions, and putting as much in place as possible to make them happen. We have our lists underway, and over the years, these four things are always prominent...

- continue to provide highly skilled top-of-the-line dentistry to our patients
- continue to educate and encourage all our patients to participate in preventive dentistry
- continue to recognize and value our excellent team of skilled professionals
- and most importantly, continue to thank you, our patients, for your commitment and loyalty to our team and practice.

It's been such a pleasure serving you, and all of us here are grateful that you are a part of our practice. Thank you for making the past year a great one for us, and we wish you all best for a great new year!

- Dr. David Hakimi
& Dr. Armon Eben



WISHING YOU A HAPPY
2013

Straight Teeth = Health

The added benefits of Invisalign

We seek the maximum benefits from *everything*. Look at cell phones. They're not just for calls anymore - they're for email, web surfing, and entertainment. Talk about multi-beneficial! Why should your orthodontic treatment be any different? You *can* have more than just straight teeth. With *Invisalign*®, not only can you improve aesthetics, but more importantly, occlusion (bite), periodontal health, and overall health.

When teeth are misaligned they can be difficult to clean. Gaps and crowding can exacerbate the buildup of bacteria, making the development of periodontal problems likely. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and a host of other systemic troubles. This illustrates the need for straighter teeth - not just for looks, but *for your health*.

You can even begin to reap the benefits *during* treatment, because with Invisalign, unlike braces that cannot be removed, aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal, and overall, health problems. You *can* better maintain effective oral care.

Once Invisalign treatment is complete, your bite will be correct, and chewing and possibly even speech improved. Realignment also relieves stress on the supporting bones and jaw joints, preventing future problems. And of course, your proud smile will be bright and beautiful.



Improve your overall health. Ask us about Invisalign today.

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

From Flaw To Flawless

This could be you!

There are some excellent orthodontic choices available today, but for those who have minor smile irregularities and no significant bite or TMD (jaw joint) issues, there are other cosmetic options that take only a visit or two.

We can create the appearance of...

- straight even teeth
- an even gumline
- a gap-free smile
- a more symmetrical smile.

Believe it or not, these involve the same reliable techniques and enamel-colored materials used to disguise flaws like stains, chips, fractures, and old silver-colored fillings. Some people elect a whitening spruce-up in advance of their makeover.

Bottom line? You could be a great candidate for a “no orthodontics” makeover!



Jeopardy: It's No Game

Don't put your future at risk

Scientists now believe that the common *streptococcus* bacteria, the type responsible for causing gum disease and tooth plaque, may increase the risk of heart attacks, plaque growth on your heart valves, and inflammation of blood vessels that can block the blood supply to your heart and brain.

The link between gum disease and cardiovascular disease has been known for some time, but now scientists believe they finally understand how...

Once bacteria has entered your bloodstream through wounded gums, it creates a protein which causes the platelets in the blood to clump and stick together.

The platelets encase the bacteria, forming a kind of armor that protects the bacteria from both the immune system and antibiotics that might be used to try and treat the infection.

Previous studies have suggested that other oral bacteria, *Prevotella intermedia* and *Tannerella forsythensis*, are also likely to increase the risk of heart attacks – by 35% and 53% respectively.

Systemic links have also been made between gum disease and diabetes, arthritis, Alzheimer's, complications of pregnancy, kidney disease, and cancers.

Don't take unnecessary risks. Please, please brush and floss ... and please, please, keep your family's regular recare appointments.

5 Facts About Apples **Good clean fun!**

If you and your family are living life on the run – or on the freeway – try a low-cal affordable nutritious apple snack. It's an ideal way to get a quick energy pickup without spills or container cleanup.

Here's what apples offer...

- **Pectin** is a soluble fiber that helps maintain your digestive system and lowers blood pressure, glucose levels, and LDL (bad cholesterol).
- **Quercetin** is a flavonoid which may reduce the risk of cancers and free radical damage implicated in age-related health problems.
- **Phytonutrients** including vitamins A and E and beta carotene can help reduce the risk of heart disease, diabetes, asthma, and cancers.
- **Boron** supports a healthy brain and strong teeth and bones.
- **Vitamin C** boosts immunity and keeps gums healthy.



WANT TO SHINE? You can, and here's how!

This could be your time to gain entry into that luminous league whose smiles spark up every room they enter. If you have questions about safe, quick, and predictable professionally supervised whitening, look no further!

What is whitening?

It is a process that removes stains and discoloration to brighten your teeth enamel. After childhood, most people can benefit because their teeth tend to darken and yellow, particularly if they...

- drink coffee, tea, or red wine
- have experienced a root canal procedure
- chew or smoke tobacco
- take certain medications
- experience natural ageing.

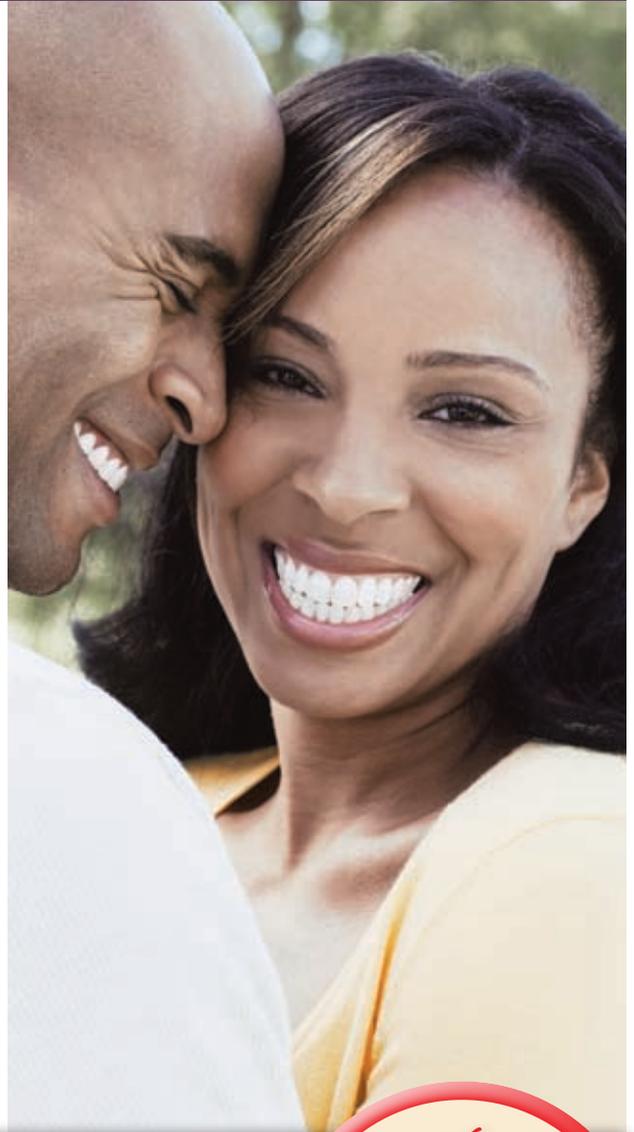
What are the benefits to me? *Patients have experienced...*

- teeth that have brightened up to 8 shades
- greater self-confidence in social and business settings
- improved appearance
- the freedom to smile more often.

Why should I get supervised teeth whitening?

Two reasons. Without supervision, ingredients found in some off-the-shelf kits could injure your gums and other soft tissue in the mouth and throat, or make you ill if ingested. Secondly, unless appropriate for your teeth enamel and degree of staining, results are unpredictable.

We make absolutely certain that the whitening ingredients and the system we prescribe for you suit your individual teeth and gums, smile goals, and budget!



3 WAYS TO TAKE FLIGHT & STAY FIT

Experts agree that as little as 20 minutes of activity a day can keep energy levels up and fight fatigue in adults - but what to do when you're traveling?

1. Check It Out Research shows that a nicer gym will increase your motivation. Ask what's available in advance of your reservation. Through the concierge, reserve sports items that are awkward to travel with (e.g. rackets).

2. Pack Fittingly Leaving gear behind is asking for trouble. Take light-weight gear like running shoes and resistance bands that suit your program.

3. Get Creative If there is no facility available, look for other options: walk to meetings... up stairwells and down hallways ... and around the tradeshow floor. Take a running or walking tour. Ask the front desk for a map or sign up for a guided tour of the local sights.

*Just
get a
move
on!*



Cosmetic Veneers Can

...Reveal a different side of you

Nobody knows your smile flaws better than you. You can't help it – it's human nature. But have you ever really appreciated the natural beauty of your teeth? Exquisitely crafted and strong porcelain veneers can restore natural beauty and transform your smile.

How? Cosmetic veneers can:

- make your teeth stronger;
- resist plaque-causing bacteria;
- cover smile imperfections.

And still look natural? Yes. Each hand-made custom-sculpted paper-thin veneer is layered like a pearl and fired by hand, ensuring translucency, opalescence, and fluorescence, all inherent in natural teeth. Translucency allows light to pass through. Opalescence is the reflection of a lustrous light from a tooth's interior. Like an opal, natural tooth enamel glimmers with subtle iridescent colors. Fluorescence refers to the natural light emitted by your teeth.

The result? Veneers look vibrant and completely natural. Get re-acquainted with the natural vibrancy of your smile.



office information



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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, Renée, Angela
..... Office Administrators
Karla, Joanne Hygienists
Wendy, Alisha, Lanny Assistants

Simple Solutions

Cold-weather health

Now that we have moved indoors for the colder-weather season, germs spread more readily as we're all in closer proximity. Stay healthy and prevent germs from spreading with these simple precautions.

- Avoid coughing into your hand – use your sleeve or elbow.
- Wash your hands frequently, scrubbing well with soap and water, and dry your hands thoroughly.
- After a bout of stomach flu or a head cold, replace your toothbrush to prevent recurring illness.
- Keep your family's toothbrushes separated so bristles don't touch.
- To keep airborne bacteria from settling on your brush, close the toilet lid before flushing and keep your brush in a cupboard or drawer.
- Consider investing in a UV toothbrush cleaner.

New Patients Welcome

We pride ourselves on the high quality of care we provide, and there's no better sign that we are serving you well than the number of new patients who walk through our door. Referrals and word of mouth are our #1 source of new patients, and a vibrant patient base helps us grow so that we can continue to offer the very best. When you give us a good reference, we won't let you down! So, if you're wondering whether or not we accept new patients, the answer is YES! There's no higher compliment for us than the privilege of welcoming a new patient.

