

fromthedentists

Ramp It UP

For 2011 socials!

There are a few upcoming events on our calendar that we're excited about, and I'm sure you also have something on your calendar that you're eagerly awaiting. In anticipation, we'd like you to make a mental shift. Here's how.

When you think "dentist," you probably think fillings and cleanings. We want you to take that one step further... How you feel can be greatly influenced by how you look. Your smile is the very first thing that people notice, and judge, when they meet you. So right now, go to the mirror and smile. What do you want to change before "the big event"? Whitening? Smoothing that chip? Masking a gap? If so, call us! We want to ensure you smile your brightest and feel your best ... and have a wonderful time!

*Drs. Claudio & Sharon Levato
& Dr. Gilbert Abadilla*

turnthepage

How can you make a difference?

What e/se we've learned from monkeys...

Blast that belly fat!

New Year, New Smile

Make 2011 your year for Invisalign!

As we start a brand new year, many people have made resolutions to change eating habits and vowed to exercise regularly, all in an effort to get their bodies into better shape and improve their overall health. Although this is an important goal, there is another that shouldn't be overlooked - getting a straight, healthy, and beautiful smile. Now, since Dr. Abadilla is certified to provide *Invisalign*®, we can help!

As with most dental procedures, the Invisalign process begins with a consultation. We assess the existing condition of teeth, listen carefully to your smile goals, and determine how Invisalign can help you.

Once we agree on your treatment, we will take an impression of your mouth. This replica will be used to create a 3D digital image, which we use with computer technology to develop a unique treatment plan. This software allows you to see what their smile will look like during each stage, including your final smile. From this information, a series of customized, medical-grade, plastic aligners will be created to fit snugly over your teeth and adjust alignment.

Invisalign appliances are virtually invisible and are completely removable to allow for eating, proper hygiene care, and all your photo opportunities!



*You can realize
your 2011 goals
of achieving a
healthier mind,
body, and smile.*

*Just call us
today, and get
your new smile
for this new
year!*

Thank you for all your referrals. We appreciate them!

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

Prestigious Recognition

Double ICOI Fellowship acknowledgements

Recently, Dr. Levato and Dr. Abadilla were deeply honored to receive their Fellowships with the *International Congress of Oral Implantologists (ICOI)*.

Founded in 1972, the ICOI has, since then, been devoted to its goal of advancing excellence in the art and science of implantology. The fundamental principle of the ICOI is, first and foremost, education for dental professionals to optimize patient care. In fact, not only is ICOI the world's largest implant organization – it is also the world's largest provider of

continuing education.

Fellowship in the ICOI is bestowed on dental professionals who are involved in dental implant treatment. This distinction is awarded to active members through the completion of 75 hours of continuing education, research, and a set number of successfully completed implant procedures – designated for those who have distinguished themselves in their professions.

It is a great honor for Dr. Levato and Dr. Abadilla to be inducted into

the Fellowship of the International Congress of Oral Implantologists and to be included among so many highly eminent professionals.

When it comes to restoring quality of life to our own patients, Dr. Levato and Dr. Abadilla do all that they can to ensure that the treatments we provide are as comfortable, effective, and efficient as possible. Now as they achieve their Fellowships in the ICOI, this dedication to maintaining top-notch care is evident – and is a pursuit they will continue.

Waste Not, Want Not **Benefit now!**

We just love it when we get to be the bearers of good tidings! This is our chance to remind you that for most people, January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the new year is an excellent time for an examination so that we can monitor your oral health and review your home care regime. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make this your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!



Overcome Fearfulness

Look & feel great

As many as 145 million North Americans avoid dental visits... but that's changing. According to the American Dental Association, there's been a relative decline in dental fear compared to an increase in people's general anxiety levels.

We are trained to help put people at ease with a welcoming atmosphere, relaxed environment, and comfortable non-surgical procedures. And it doesn't matter what your age or how long it's been since your last dental visit ... you can still experience a white, attractive smile; non-surgical cosmetic and restorative treatments; healthy gums and fresh breath; and comfortable dental appliances.

We know we can make dentistry less anxious for you. Please call us today for a consultation.

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