

COMPREHENSIVE  
DENTISTRY

# Smile Symposium

with Drs. Levato & Abadilla

Produced for the Patients of Dr. Claudio Levato, Dr. Sharon Levato & Dr. Gilbert Abadilla

Fall 2010

## fromthedentists

### Referrals Inspire Us

*... To raise the bar*

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational - from the time you arrive, to the attention, care, and support you are given while you're here - to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

So, please keep the referrals coming. Your inspiration benefits everyone - you, as well as your family and friends.

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

**turnthepage**

Let your smile speak for itself!  
Don't whine over your wine!  
Bad breath? Busted again!

Christine  
& Gil



Congratulations!

Dr. Gil Abadilla & Christine were married at the end of July  
and Ameer & Kelly were married on September 3rd.



Kelly &  
Ameer

*Thank you for all your referrals. We appreciate them!*



## White Wine

### Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

## About Bad Breath

### Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

## Your Wordless Smile Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

**Whitening** is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

#### We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

**Bonding and veneers** are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

**White fillings** can strengthen your teeth – and they'll look like you've never had a cavity.

**Crowns** can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

# Your Crowning Achievement

## Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

## Crowns are versatile as well...

**1** **Protect your damaged tooth** by capping it with a crown.

**2** **Close a gap** due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

**3** **Create a new tooth** with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

**Crowns**

## WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

### Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



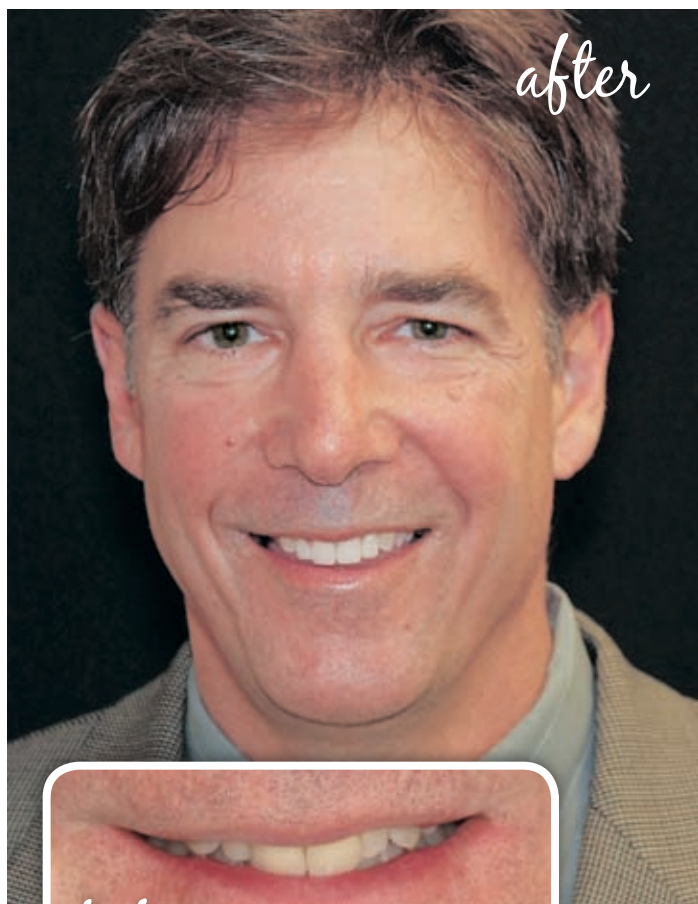
**BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.**

## Always Here For You *Emergency care!*

Our entire team is dedicated to your care. In fact, we are so committed to helping meet your dental needs that even on weekends and holidays we can make ourselves available to provide you with treatment for emergency dental issues.

In the event of a dental emergency, we encourage you to call our office, as soon as possible. Even if you need us when our team is away from the office, like on holidays or the weekend, we have an emergency mailbox set up on our voicemail that will page the doctor on call as soon as you leave a message. Then we will get back to you right away to set up treatment.

So don't hesitate to call us if you are having a problem during non-business hours ... we are always here for you!



"When I was in college I had a bad experience with a dentist. He hurt my gums - scraped too hard I guess but they hurt so bad I couldn't eat without pain. Since then I've tried to avoid the dentist office. My best friend Ted found Dr. Claudio and told me here's an expert dentist - highly qualified and respected and he's right in our backyard. So I finally decided I really needed to go - and that was the best decision I could have made. Dr. Claudio is a blessing. As if you don't know, he's been given a great gift. He treats his patient as if he's treating himself - with great care. And great people attract great people - that's why his whole team is awesome. Really - I could not have had a better experience. I've recommended my friends now and they've had the same experiences.

Thanks again for everything you guys have done. I truly am grateful."

- Jim McKenzie

COMPREHENSIVE  
DENTISTRY

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