

## from the dentists

### We're Here For You!

#### Keep smiling

If we haven't told you lately – you are valued, you are important to us, and as smile experts, our goal is to make sure your smile is bright, healthy, and happy! That's why we encourage you to come in for your exams and to follow through with treatment plans – even in this very difficult economy.

Actually, keeping up with your appointments is an excellent money-saving strategy. The longer small problems are left untreated, the more serious the consequences to your oral health, appearance, and wallet.

No one is more aware than we are that to you, the oral health care of your family is a necessity – not a luxury. We will do everything we can to provide as many treatment plan, scheduling, and payment options as possible for you.

Please call with any questions.

Sincerely,

The Team of Comprehensive  
Dentistry

Committed to providing  
exceptional care in  
a warm, caring, and  
nurturing environment.

## Weddings & Engagements in 2009!

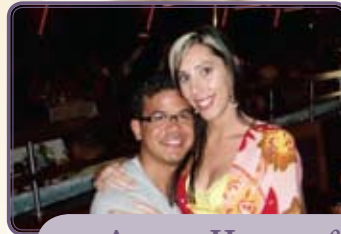


Stephanie & Ernesto Nava  
Married - June 20th

Erika & Kelly Stillson  
Married - August 22nd



### Engaged to be married...



Ameer Harvey &  
Kelly Clark



Gilbert Abadilla &  
Christine Ong

Congratulations Everyone!

# 50% Off

COMPREHENSIVE  
DENTISTRY

We'll put a smile on your face.

## Are you dreaming of a White Christmas?

Whitening Special for November & December  
on In-Office & Take-Home Procedures



We'll put a smile on your face

# PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

**Restore** gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

**Prevent** or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

**Sculpt** your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



## Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

# STEP UP TO THE WINNER'S CIRCLE!



## Winner Takes All!

### Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

**Brighten your teeth** by up to eight shades quickly, reliably, and safely.

**Camouflage** more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

**Say goodbye to old silver fillings** with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

## Set Your Sights On Health

### Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.



# Now Read This!

## New periodontal science could save your life

Some things we can't say often enough. Your oral health can affect and be affected by your overall health. How? Let's start at the beginning.

**Biofilm:** Plaque, the soft thin film you feel on your teeth is a biofilm. Scientists once thought plaque was a collection of separate identifiable types of bacteria. Instead, it's an ecosystem. Plaque contains varied interdependent bacterial environments and communication systems. Multiple resistances to antibiotics and antimicrobials, and your

body's immune system, add to the treatment challenges. This is why you need to remove it.

**Inflammation:** When plaque builds up, it hardens into tartar which causes gum inflammation. Tartar also breaks the natural seal that your gums provide against the migration of oral bacteria into your bloodstream, much like an infected splinter under the skin. Regular flossing can prevent tartar buildup.

**The Mouth/Body Connection:** It could be that an infection like gum



disease releases toxins into your bloodstream. Or it could keep your immune system chronically engaged. Or it could send the wrong signals to the wrong cells. Gum disease has been definitely linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, oral cancer, lung disease, and Alzheimer's disease.

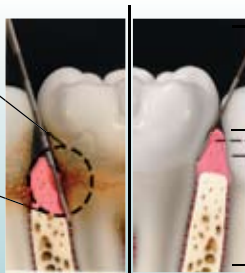
There's another thing we can't say often enough. We know the best defense against gum disease... Brush at least twice a day, floss once a day, and keep your regular dental appointments.

### Periodontal Disease vs Healthy Tooth & Gums

**Gingival pockets** are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



Tartar



Periodontal disease

Healthy tooth

The crown is the visible part of each tooth.

The gums are the soft pink tissues that cover your tooth and bone.

The root of each tooth is lodged in your supporting jawbone.

*Dental insurance does not usually cover CT Scans, however if you have medical insurance we can file it for you for your reimbursement.*

## Comprehensive Dentistry And Dental Education

Comprehensive Dentistry, Ltd. has been a pivotal force in introducing, implementing and teaching technology integration for dental practices. You may have realized that there is always some new technology or application that is being incorporated into your care. Dr. Claudio has been lecturing and published in numerous dental journals on these applications for almost twenty years.

One of the newest and most exciting technologies is our SkyView® Cone Beam Computed Tomography unit, or CT scan. This particular unit was just approved by the FDA in December of 2008 and the first two units in North America were placed at the University of Louisville School of Dentistry and at Comprehensive Dentistry, Ltd. Dr. Claudio has worked with two professors (oral and maxilla facial radiologists) from

the University of Louisville, Dr. Allan Farman and Dr. William Scarfe, in lecture programs and in publishing articles concerning CBCT applications.

What this means for our patients is that when necessary, we have the appropriate technology in our office to get a CT scan of the head and neck area. The most common indication would be for our patients that may need implants as part of their care. This technology allows us to see a three dimensional view of your jaw, so that we can plan our care more precisely and avoid possible complications that may arise from the inability of regular x-rays to show us the complete 3D oral anatomy. This CT scan can also be exported into special software programs that will allow us to plan your implant surgery and your restorations, and then create special surgical guides that will place the

implants into the planned sites and allow us to place a provisional restoration the same time as surgery. This is called Computer Guided Implant therapy.

There are other reasons for taking a CT scan, within the first six months we found several lesions in the jaw bone that required biopsies, numerous sinus infections and teeth that were not where they needed to be. When we take a CT scan, the fee also includes a radiologist report to rule out any abnormalities within the anatomy scanned.

We are committed to providing the best technologies and applications that will allow you to choose the kind of dentistry you want for yourself and your family.

— Claudio M. Levato, DDS

COMPREHENSIVE  
DENTISTRY

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