

Something To Smile About with Elite Dental



Summer 2009

Did You Know...

Virtual reality is in your dental office

It's hard to pin down exactly what first impressions are made of. It could be the way a person dresses, speaks, or a barely noticeable mannerism. Teeth also have a lot to do with the way people judge us and form opinions about our character.

Studies have shown, for example, that the amount of tooth you show when you smile has a great impact on how old you look. In a more youthful smile, the front teeth are longer and help create a line that comes slightly downward in the middle and up at the corners. In an older smile the front teeth are worn, so the teeth appear straight across. Chips, discoloration, and stains

can also age a smile.

Thanks to modern dentistry, there are now ways to turn back the clock on your smile. We offer a number of simple cosmetic smile-enhancing techniques that can actually make you look years younger. Cosmetic veneers, bonding, and recontouring are painless, effective, and lasting ways of redrawing your smileline without moving your teeth. They can correct overcrowding, close spaces, mask stains, hide chips and fractures, and even make a smile look more feminine or masculine.

There are a number of visual cues that contribute to first impressions, and many come from your smile.



Cosmetic dentistry can help you project the image you want people to see every time you flash those pearly whites.

**We're in your
neighborhood!**



Call Today!
(408) 564-5581

Elite Dental
Dr. Liza Fartash
670 East Santa Clara Street
San Jose, CA 95112-1931

**Call and make an
appointment today!**

**Saturday & Evening
appointments are available as well.**

Email office@elitedentalteam.com
Web site www.elitedentalteam.com
Fax (408) 564-0467

Our Services Include:

- ❖ Cosmetic & Family Dentistry
- ❖ Eco Dentistry
- ❖ Dental Implants
- ❖ Teeth Whitening
- ❖ Children of all ages welcome
- ❖ Crowns & Bridges
- ❖ Dentures
- ❖ Intraoral camera
- ❖ Nitrous oxide sedation
- ❖ TV, videos, & music in treatment rooms
- ❖ Payment plans available
- ❖ Most insurance plans accepted
- ❖ MasterCard, CareCredit, Visa and Checks welcome



WE WELCOME NEW SMILES!

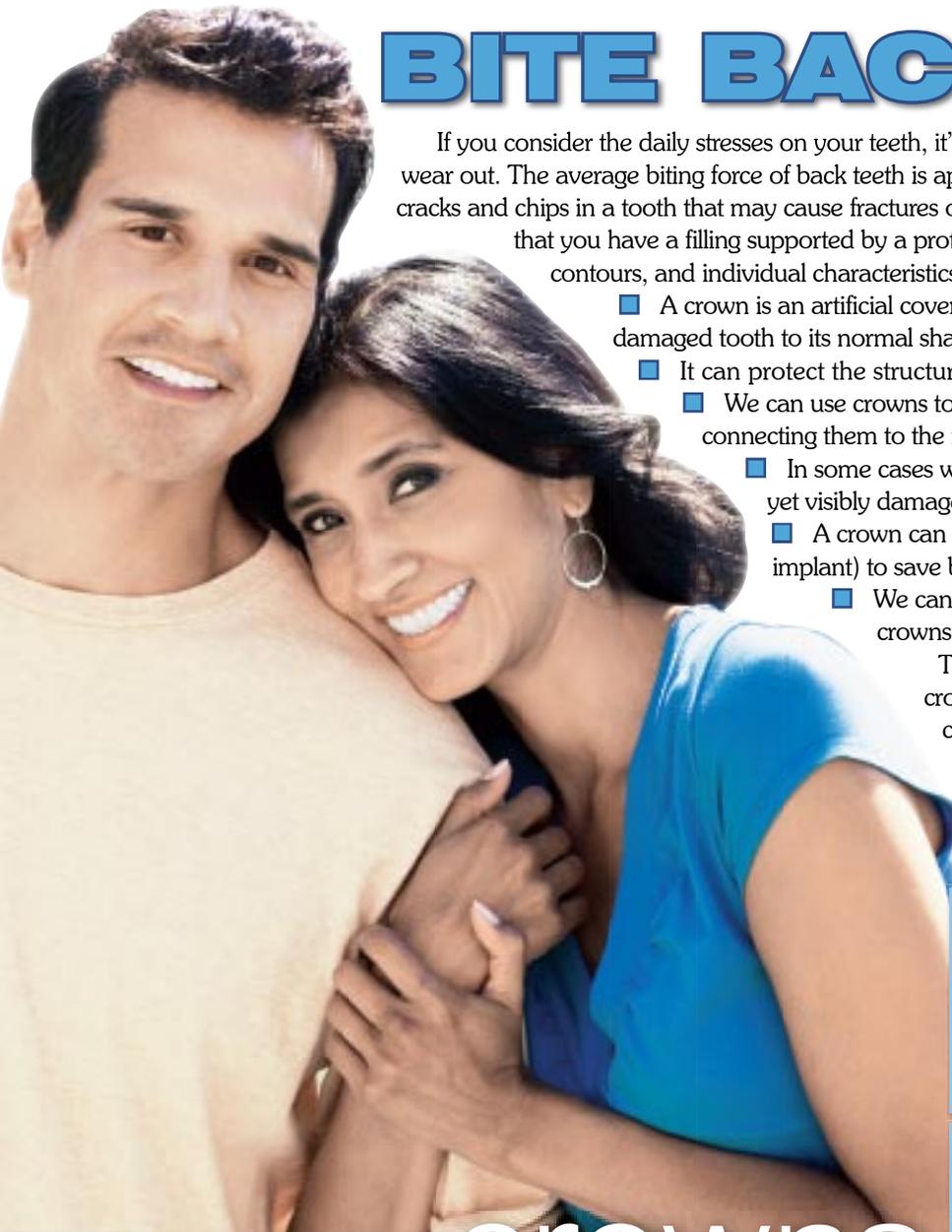
If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

BITE BACK! **Strong beautiful crowns will restore your smile**

If you consider the daily stresses on your teeth, it's not surprising that both natural teeth and fillings wear out. The average biting force of back teeth is approximately 170 lbs. of pressure which can put tiny cracks and chips in a tooth that may cause fractures over time. When that time comes, we may suggest that you have a filling supported by a protective porcelain crown that will match the shade, contours, and individual characteristics of your other teeth.

- A crown is an artificial cover for a tooth and is used to restore a decayed or damaged tooth to its normal shape and size.
- It can protect the structure of a tooth that is cracked or broken.
- We can use crowns to stabilize teeth loosened by gum disease by connecting them to the neighboring teeth.
- In some cases we may even suggest a crown for a tooth that is not yet visibly damaged, to keep it from harm.
- A crown can be attached to an artificial root (permanent dental implant) to save bone and prevent other teeth from drifting.
- We can replace old matte-finish crowns with new porcelain crowns for ultimate esthetic improvement.

The esthetic and oral health benefits of crowns, crowns and bridges, and dental implants are considerable, and include stability and security, durability and longevity, and teeth that look and feel completely natural. To explore how we can help your smile, please ask for a consultation!



crowns

stability ... security ... durability ... longevity



Sweet
Magnolia

Fight bad breath & tooth decay

Sometimes you can't tell if you have bad breath. But then again ... sometimes you – or others – can. That's why there's such a wealth of aromatic therapies on the market. Mints and florals are especially popular.

So you'd think scientists would focus on the fragrant blossoms of the sweet magnolia for their effects on bad breath. Uh uh. It's the bark extract. Apparently, within thirty minutes, it can kill most oral bacteria that cause bad breath and tooth decay!

Unlike flavored chewing gum and mints that can only mask the odor of bad breath for a limited time, mints and chewing gum containing magnolia bark extract offer more promise. In fact, they're so effective against bacteria you might want to keep them handy for when you just can't brush.

Healthy Mouth, Healthy Body

Run towards your healthy future

Did you know that science has linked gum disease with heart disease and stroke, kidney disease, respiratory diseases, cancers, diabetes, arthritis, and complications of pregnancy?

You can protect yourself with good home care. Brush twice a day and floss once a day at home to remove oral bacteria. An invisible microbial film called plaque builds up on your teeth 24/7. If allowed to proliferate, it will alter the bacterial balance in your mouth and allow harmful bacteria to cause caries and gum disease.

Keep regular dental appointments. Once plaque hardens into a yellowish substance called tartar, professional cleaning in the dental office is the only way to remove these damaging hard deposits from your teeth. Left untreated, chances are it will lead to gum disease.

The US Surgeon General said: The mouth is the gateway to the body ... and provides health care providers and individuals with an invaluable window to their general health status. You cannot be healthy without oral health. We must recognize that oral and general health are inseparable.

The connection between oral and overall health, particularly the potential for links with systemic and inflammatory diseases has been demonstrated, although study must continue. Let us help you to make choices that will keep you and your family healthy and happy. Our practice is always pleased to welcome new patients.

the *mouthbody* link



Oral Cancer
An association may exist between gum disease and pre-cancerous lesions and oral tumors.

Heart & Stroke
People with gum disease are more likely to suffer from coronary artery disease, and gum disease may aggravate existing conditions such as endocarditis.

Respiratory
Gum disease may be linked to pneumonia, bronchitis, emphysema, and chronic obstructive pulmonary disease, particularly in the elderly.

Bones
Women with osteoporosis may be at higher risk for gum disease, and people with gum disease may be at a higher risk of underlying osteoporosis.

Keep This Newsletter

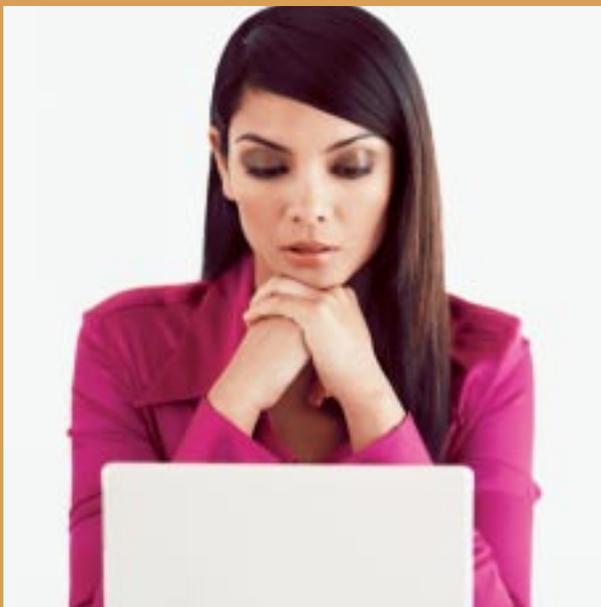
Be prepared

The most common type of dental emergencies usually involve a chipped or broken tooth, or a knocked-out tooth. Immediate treatment is vital to reduce discomfort and to save the tooth, if possible. Bring the patient to our dental practice or go to a hospital for an evaluation and treatment. It's always wise to be ready ahead of time for the unforeseen.

Here are our suggestions for an emergency dental care kit:

- Emergency phone numbers
- Saline solution and small container with lid to transport a knocked-out tooth
- Handkerchief or tea towel
- Gauze
- Tweezers
- Sterile cotton
- Small mirror
- Ibuprofen – *not Aspirin®*, acetylsalicylic acid, ASA.

Many mouth injuries can be prevented. Feel free to ask us about custom-fitted mouthguards that we can make for you right here at our practice. Yours could save your smile!



Cyberchondria

Or cyber smart?

Eight out of ten Internet users have looked online for health information on various topics, and more than seven million Americans go online every day to research health or medical information. No wonder *cyberchondria* has entered the lexicon.

Originally coined exclusively for a group of individuals totally focused on checking their symptoms on the Internet, many of us generalize the term to describe most self-directed health research.

What's the trick to staying cyber-informed without feeling overwhelmed by incendiary headlines and unconfirmed data? No trick. No unnecessary anxiety. You can rely on us – your personal smile-consulting team.

The Internet is a valuable tool, but it's not your only resource. We will be happy to answer your questions and discuss your oral care options with you. Call our practice today.

Take Advantage Of These Specials!

FREE TEETH WHITENING

With completed adult new
patient exam, cleaning & x-rays.

Offers can not be combined

\$99 New Patient Offer! (regularly \$300)

Exam, cleaning, oral cancer
screening & necessary x-rays

For A Brighter, Healthier Smile Call Today! (408) 564-5581



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San Jose, CA 95112-1931



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Dear Neighbor,

I think I'm safe in saying that a major part of every dentist's philosophy of care is to share information that promotes health. I hope you enjoy receiving my newsletter – as a member of your community, it's my way of extending a neighborly smile and fulfilling my commitment to dental education.

For this issue, I've chosen articles that will keep you abreast of the latest procedures, treatments, and technologies. After all, it's important that you know about all of the support we can provide to insure that you are well taken care of now and in the future. It's also nice to share good news – to let you know about the positive transformation in my patients' lives from techniques like:

**whitening • recontouring • implants
composite restoration placement • porcelain crowns
bonding • veneers**

All of these procedures – and more – have brightened smiles ... improved symmetry ... restored function... And above all, they've restored confidence with winning smiles!

It is my personal commitment to provide my patients with all the information they need to ensure excellent oral health in addition to providing dentistry that will help them smile for a lifetime.

We welcome you to join our practice, but first, why don't you come for a FREE smile consultation? Let us help you. Call us today and get to know us, to feel comfortable, to know you're making the right decision.

Thank you!

Dr. Liza Fartash

P.S. Schedule your FREE consultation today. Absolutely no charge. Absolutely no obligation. Call us today at (408) 564-5581 to schedule your FREE consultation. Let's discuss what we can do to make your smile brighter.



Mixed Sources
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