

**DR. ENOMA ALADE'S**

# WORD *of* MOUTH

Fall 2005

## Maximize Your Benefit

If you've wondered why we encourage you to come and see us every three to six months, it's because we believe that cavities and oral diseases are not inevitable. Our team is committed to minimally invasive (MI) dentistry. This means that we are dedicated to using the least invasive procedures to create the maximum oral health benefits for you.

Of course that means using today's superior technology to remove less healthy tooth enamel than in generations past, but it means much, much more. Our team is committed to providing leading-edge dental care through ensuring:

- Adequate consultation time so that we can discuss your hopes and desires for your smile and oral health;

- Education and home care guidance to prevent gum disease and cavities;

- Regular recall examinations for the prevention of caries (decay), periodontal

diseases, and other oral diseases;

- State-of-the-art diagnostic tools, restorative materials, and precision equipment for earlier diagnosis and effective treatment plans which save more natural teeth and tooth enamel when intervention is required or desired.

Most insurance companies base compensation on a calendar year, therefore fall means you have less than three months to use 2005 benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

Your quality of life can be improved through optimal oral health. Research has linked gum disease to respiratory and cardiovascular diseases, cancers, and diabetes. With MI dentistry, many oral health concerns can someday be a thing of the past. In other words, our commitment to MI dentistry is a commitment to your healthy future!



## Office Information

*Buen Día!*

*Usted esta invitado a una consulta como **obsequio**, para que conozca nuestra nueva clinica; y mire si somos los dentistas para su familia.*

*Sí, nosotros hablamos español*

*Gracias*

### Canyon City Dental Care

**Dr. Enoma Alade**

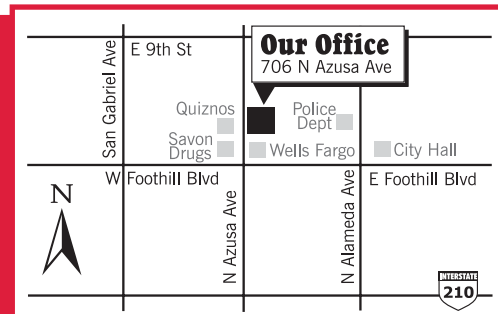
706 North Azusa Ave  
Azusa, CA 91702-2507

### Office Hours

Mon – Fri 9:00 am – 5:00 pm  
Saturday 10:00 am – 2:00 pm

*Early morning and late evening appointments available on request.*

**Call Today!**  
**(626) 334-7310**



### Our Services Include:

- ❖ Family dentistry
- ❖ Crowns & bridges
- ❖ Children of all ages welcome
- ❖ Modern, state-of-the-art facility
- ❖ TVs, videos, & music in treatment rooms
- ❖ Gentle dentistry
- ❖ Most insurance plans accepted
- ❖ Languages spoken: *Spanish*
- ❖ Visa, MasterCard, CareCredit, Dental Fee Plan, Medical and checks welcome





# Re-Invent Your Smile

**Go-ahead boomers choose dynamic cosmetic solutions**

**B**oomers don't drive slowly in the fast lane. And if their smile needs restoring, it's just as likely due to a sports injury. Cosmetic dentistry has dynamic solutions for go-ahead people. You can revamp your smile ... or completely reinvent it!

Simple procedures like **teeth whitening** and **tooth-colored fillings** can invigorate any smile. And if you want more of a boost, here are some other smile solutions.

**Veneers** are sculpted by hand to conceal gaps, crooked, chipped, or discolored teeth. They are strong, paper-thin, and as translucent as natural enamel. Beautiful, custom-made porcelain veneers adhere to the front surface of the original tooth and can be crafted to make your teeth look longer or wider to restore the balance of your smile.

**Crowns** – Porcelain or resin crowns can restore severely damaged

or broken teeth – without metal! They look absolutely natural and the ceramist can match the crown to the color of your teeth.

**Bridges** and **implants** are excellent options for missing teeth. You can replace one tooth or the teeth in an entire jaw. Not only do bridges and implants look natural, they will prevent further damage to your smile.

With dental technology and materials you can restore ... or re-invent ... your smile. It's up to you how fast you want to go.

Please come and see us for a convenient smile consultation.

## The Alzheimer's Link

**Gum disease has been linked to systemic disease**

According to research, people with diabetes have a significantly increased risk of developing Alzheimer's disease later in life. What does this have to do with dentistry? Well, diabetes has been linked with periodontitis, or gum disease, a bacterial infection that affects the soft tissues and the bone that anchors teeth.

Diabetics are vulnerable to these bacteria, and high blood-sugar levels slow down healing and accelerate gum disease. As well, diabetics who have periodontal disease have more difficulty controlling blood sugar levels. This increases the risk of other diabetic complications ... including Alzheimer's.

Gum disease has been linked to systemic diseases other than diabetes. These include cardiovascular diseases, osteoarthritis, and oral cancer. *Anyone* with untreated gum disease risks the loss of teeth and the supporting bone in the jaw.

You may be one of the three quarters of adults over age 35 who have some degree of gum disease. Bacteria and debris in the gum area that are not removed by proper and regular brushing and flossing will cause inflammation and infection, resulting in these symptoms:

- Red, swollen gums;
- Bleeding when you brush or floss;
- Persistent bad breath;
- A bad taste in your mouth.

If you have any of these symptoms, call for a consultation. We can help to restore your oral health and your smile ... then we can show you how to keep your smile at its healthiest.

## Every Which Way You Win

**Good news for people whose teeth have shifted as a result of gum disease!**

Studies show that spontaneous repositioning can take place after periodontal treatment. Looking at it another way ... maintaining the health of your gums can keep teeth from migrating.



If you're diving under water, a sensitive gag reflex can be a serious problem ... but not if you're visiting the dentist.

# It's No Gag

Dental teams are trained for the sensitive

Nature intended the gag reflex to be a good thing. It's a contraction of the back of the throat designed to prevent choking. Just touching the soft palate at the back of the mouth triggers this reflex in most people, but some individuals are extremely sensitive.

Dental teams know that anxiety can contribute to this sensitivity, and that embarrassment can lead to a lot of missed dental appointments. Avoidance of the dentist can turn minor oral health problems into major ones.

If you're apprehensive about the dental office, the first step is to call. We can work with you to eliminate the discomfort and fear that create barriers to better oral health.



## Grow Healthy

Gardening has dental benefits

Thirty minutes of moderate daily exercise such as gardening can help your oral health! How? Exercise lowers blood pressure and cholesterol levels, helps prevent diabetes and heart disease, and prevents or slows osteoporosis. These diseases have all been linked to periodontal (gum) disease.

### Here are some great benefits of gardening

- ☼ **Sunlight** helps the body manufacture vitamin D, essential for healthy bones.
- ☼ **Weight-bearing exercise** protects against osteoporosis and can increase flexibility, strengthen joints, and reduce stress.
- ☼ **Burning calories** helps maintain weight. On average, half an hour of raking leaves burns approximately 160 calories ... power-mowing burns approximately 180 calories ... turning a compost pile is good for about 250 calories ... and double-digging soil nets about 350 calories!
- ☼ **Learning new skills** helps you to stay mentally alert and build your self-esteem.
- ☼ **Experiencing tranquility** from working outside in the sunlight amidst the colors, sounds, smells of your garden reduces stress.
- ☼ **Enjoying other people** and sharing your hobby with friends and family is enjoyable and rewarding.

# Consider Implants

Ask about this tried, tested, and true alternative

Dental implants look, feel, and function like natural teeth. They will improve your appearance, comfort, and self-confidence. Consider:

- Implants have been available for more than thirty years.
- Implants provide safe, reliable, and predictable results.
- The current market for dental implants is estimated to be more than \$1 billion globally.
- More than 700,000 dental implants are placed every year in North America.
- It has been estimated that another 40 million North Americans could benefit from dental implants.

- Implants can replace one tooth or two ... or even replace all the teeth in an entire jaw.
- 85% of the estimated 32 million people with dentures experience some discomfort and difficulty.
- Implants can be used to anchor dentures to prevent soreness and clicking, or as replacements for dentures and bridgework.

**If you feel self-conscious about your smile, dental implants could be the solution.**

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# Whitening Savvy

## Let us help you choose!

Does the number of in-store teeth whitening products provide genuine consumer choice? In reality, many patients experience a bewildering jumble of products that don't necessarily address your specific need – your unique smile. We can provide you with a whitening treatment that is both safe and effective, and which is the best fit for your smile.

We can...

- Whiten accumulated surface stains created by everyday eating and drinking.

- Meet the challenge of stains

trapped in microcracks in tooth surfaces.

- Remove stains in tooth structure caused by illness or medication – something only a dentist can do.

And now there's even more reason to smile! For a limited time, we're offering a Whitening Special!

### Tooth Whitening Special!

Regularly \$225

now

**\$99**

**You can have a whiter, brighter smile!**

**Call Today!**

**(626) 334-7310**

Offer ends:  
December 31st, 2005



# Go Ahead & Ask Us!

## Six questions we encourage you to ask

We encourage every new patient to ask questions. Here are the Top 6...

Will you schedule appointments that are convenient to me?

☒ Yes. We offer flexible, patient-friendly office hours and have an established, successful plan for emergency procedures.

Are you easily accessible to me?

☒ Yes. We're only minutes away. We're already part of your neighborhood!

Will you take time to provide personal attention to me?

☒ Yes. We pride ourselves in creating a warm, welcoming, and supportive atmosphere, and building trusting relationships.

Will you provide instruction and explain preventive and home care techniques?

☒ Yes. We are committed to preventive dental care, and believe that the best patient is an informed patient.

Will you record my medical and dental history in a permanent file?

☒ Yes. We know that once you've met our team, you'll want to come back. Our record-keeping is electronic for ease of access and authorized transfer.

Will you provide fee and payment plan information before scheduling treatment?

☒ Yes. We'll also help you prioritize treatment that's essential, can be phased over time, or is elective.

If you'd like to visit our office – or if you currently have a dental problem or concern call (626) 334-7310 to schedule an appointment

Thank you.

*Dr. Enoma Alade*

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