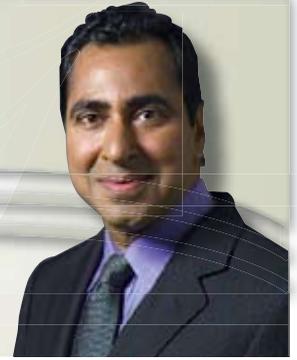


# Center For Dental Implants Of South Florida



ARUN K. GARG, DMD

Produced to improve your dental health and awareness

Fall 2008

## fromthedentist

### Following Through...

#### *It's up to you!*

Our goal is to help you have the best possible oral health for a lifetime. This requires a commitment from you to follow through with our treatment recommendations and home care program.

Some people are motivated by the knowledge that the longer they wait, the more dental repairs will cost. Untreated decay in one tooth will spread. Instead of one filling, you'll likely need a crown (increasing the cost by more than six times) or an eventual root canal (even more expense)! The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, tooth loss can result.

Whether you are motivated most by dollar savings or by a lifetime of attractive smiles, let us help you to follow through!

*Yours in good dental health,*

*Dr. Arun K. Garg*

## turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

WELCOME!

### Rocio Montoya, DMD



A member of South Dade Study Club, West Dade Study Club, Greater Miami Dental Society and President of Riviera Study Club, Dr. Montoya graduated in the top of her dental class. She subsequently did an extra year of residency training at Miami Veterans Administration Hospital, has taken numerous further training programs, including the advanced post-graduate dental training at the premier Las Vegas Institute (LVI), and the prestigious Implant Dentistry Continuum from Implant Seminars, Inc. to deliver the highest quality of aesthetic and implant dentistry to patients and to change their lives.

Dr. Montoya is thrilled to join the *Center For Dental Implants of South Florida's* state-of-the-art facility. With the advanced technology and concern for patients, it also follows the same passion, dedication and high standards that she has dedicated herself to.

## Be Anxiety Free

### Oral conscious sedation brings relief

We are pleased to be able to offer our patients what's called *oral conscious sedation*, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain fully conscious and able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are very apprehensive about dental care and who even may avoid care due to these fears. You must be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Drowsy and dozey, as if you'd had a few glasses of wine, for example. After you've been driven home, you'll feel like a nap, and you should probably organize a friend or spouse to stay with you for a few hours.

Please contact us if you feel that oral conscious sedation might be right for you.

*Creating a lifetime of beautiful healthy smiles...*



You'll like it!

### Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

### Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

### For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

## Prevention Is Better

### Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

#### ■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

#### ■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

#### ■ Preventable

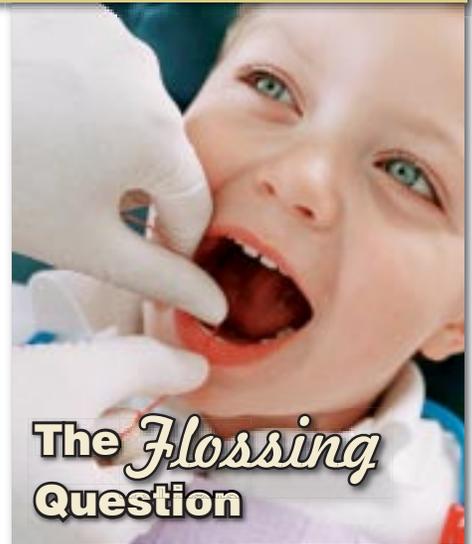
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

#### ■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

**Gum disease** can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



## The Flossing Question

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



# Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

## LIFE STAGE

## FOCUS

## HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults  
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults  
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

## 8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

### What can affect your whitening outcome?

#### Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

#### Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

#### Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



# Leading Edge Technologies

## CT Scanner

With any surgery, you need to feel confident in the surgeon, as well as the technology and tools he employs. Our office uses a CT (computed tomography) scanner to take a facial image scan. With this detailed information, Dr. Garg can diagnose problems and recommend treatment the same day. By studying the image, Dr. Garg can also place implants with precision, minimal discomfort, and reduced treatment time. The Center for Dental Implants of South Florida is one of the few offices in the country to have a Cone Beam Scanner in the office.

## CO2 Laser

The laser offers the ultimate in soft tissue therapies and treatments in all areas of General Dentistry, Oral/Maxillofacial Surgery, Periodontics, Endodontics, and Implantology. The benefits and safety of the CO2 10,600 nm wavelength have been well documented in research over many years. Due to its minimal absorption depth of 1/10 mm, underlying or surrounding tissue structures cannot be damaged or compromised. Most surgical procedures can be performed with less anesthetics and perfect coagulation, resulting in minimal post-operative pain and swelling.



These leading-edge technologies are just one more way that we're making your visits more comfortable while increasing the level of care we provide.

## office information

Center For Dental Implants  
Of South Florida

Arun K. Garg, DMD

Aventura Office

2999 NE 191st Street, Suite 210  
Concorde Center II Building  
Aventura, FL 33180

Primary phone (305) 935-4991

Other phone (305) 733-7436

Office hours

Monday	8:30 am – 6:00 pm
Tuesday	8:30 am – 6:00 pm
Wednesday	8:30 am – 8:00 pm
Thursday	8:30 am – 6:00 pm
Friday	closed

Languages Spoken Fluently:

English, Spanish & Russian

[www.GargDMD.com](http://www.GargDMD.com)

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## Attractive Solutions

CareCredit®

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend CareCredit®, an affordable payment program that has a unique no-interest payment plan. CareCredit enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With CareCredit, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. CareCredit offers monthly payment plans to meet almost every need so that you can focus on what's most important – ensuring good dental care.

Ask for a CareCredit application... and begin treatment today!

Your Referrals Matter  
*Thank you!*

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!