



# Center For Dental Implants *Of South Florida*



ARUN K. GARG, DMD

Produced to improve your dental health and awareness

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## **fromthedentist**

### **Sedation Dentistry**

*Helping you relax*

Are you fearful about coming in for treatment? Do you avoid appointments which can put your oral health into jeopardy? Oral sedation may be the simple answer!

We can prescribe a small pill for you to take one hour prior to your appointment. Have a companion accompany you to our office as by the time you arrive, you'll be very drowsy. We'll escort you to our comfort room and cover you with a warm blanket. While you're relaxed and comfortable, *Dr. Arun K. Garg* and our experienced team will take care of your dental needs and monitor your vital signs. Oral sedation is very safe, and as its benefits are effective for several hours, your companion will accompany you home.

The only thing standing between you and the dental care you need is a couple of tablets.

*Yours in good dental health,*

*Dr. Arun K. Garg*

## **turnthepage**

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

## The Magic Of Spring

**...Celebrate your smile!**

Mother Nature in all her glory casts the greatest magic of all ... spring! The blossoming of trees and flowers... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations - weddings, graduations, sports, and social events - wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks - a natural part of socializing. Grandma's chocolate-covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You can almost feel a cavity coming on just thinking about it! Now is a great time to make sure those off-diet times weren't also teeth-damaging times. Come in to us so we can nip any tooth decay in the bud - whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it - give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home so you can avoid repairs.

Get ready for outdoor activities you want to share and social gatherings you're sure to remember. Spring is a magical time. Make sure *your smile* is magical too!



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

## 4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

*Floss each tooth thoroughly with a clean section of floss...*

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



## Are You Progressing?

Why the answer just might surprise you!

**Periodontal disease.** The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

### Periodontal disease is progressive...

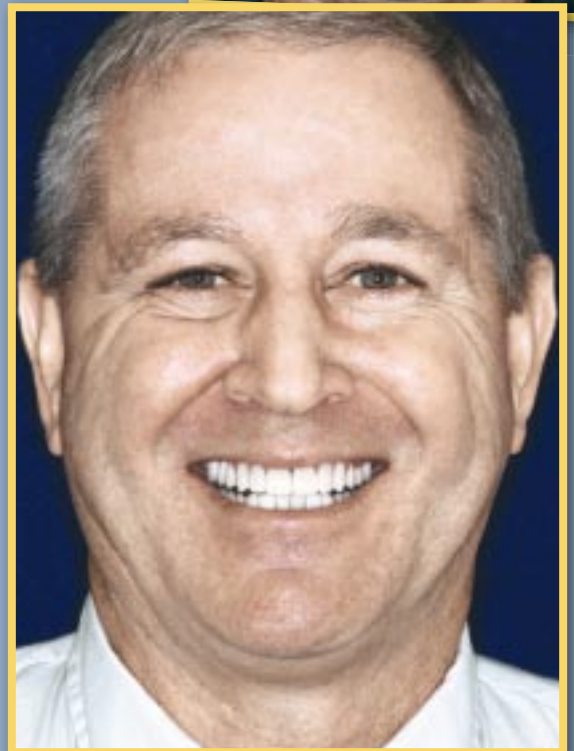
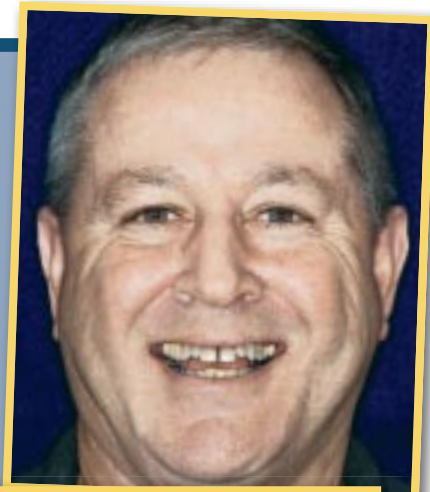
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

**Periodontitis:** This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

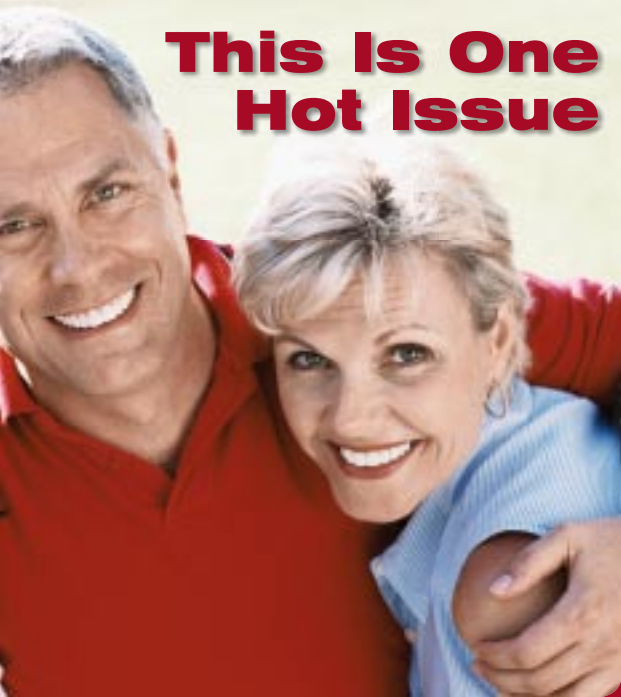
### There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

**Call us for an appointment – any time!**



# This Is One Hot Issue



## Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

*Gum disease has been associated with inflammatory diseases that include...*

**Osteoarthritis** and **rheumatoid arthritis**

**Diabetes**

**Cardiovascular diseases**

**Lung infections**

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

## Practice Makes Perfect

### Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

## Live Life Well

### Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



# 10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.



before



after

Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.

Implants ... require only normal brushing and flossing for maintenance;

...are anchored permanently in your jawbone;

...preserve and strengthen the underlying bone just like the roots of your natural teeth;

...do not alter or compromise adjacent healthy teeth;

...require no plates that can affect comfort and fit;

...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;

...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;

...are without any age barrier;

...are safe & reliable (hundreds of thousands are placed every year - all over the world);

...look completely natural so that no one will know you have them ... unless you tell!

Call for a consultation.  
Safe, reliable, & natural-looking dental implants may be your solution.

## office information

Center For Dental Implants  
Of South Florida

Arun K. Garg, DMD  
Rocio Montoya, DMD

### Aventura Office

2999 NE 191st Street, Suite 210  
Aventura, FL 33180

Primary phone (305) 935-4991

Other phone (305) 935-4105

Fax (305) 935-4997

### 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	8:00 am – 6:00 pm

Languages Spoken Fluently:

English & Spanish

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

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Financing Available 0% interest  
Chase Health Advance



**WE WELCOME**

## New patients

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care.

From implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments and offering supportive payment options. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and thank you in advance for spreading the word!

## We Can Help In uncertain times

These are difficult times filled with much uncertainty about the future. But there are a few certainties that you can count on. Winters will come and springtimes will follow, and we will be here for you. We are willing to work together with you to ensure that your good oral health continues uninterrupted.

As you know, it is also a certainty that oral health is linked to our overall health and wellbeing, so regular recare and follow-up visits are very important. Let us explore creative ways to finance your dental care, including *CareCredit*<sup>®</sup>, the "no interest" plan that works just like a credit card, and monthly payment options tailored to your circumstances.

The tonic for difficult times is confidence, and you can be confident in our continued commitment to your good oral health.