



Center For Dental Implants Of South Florida

# Dr. Garg's SMILE REPORT



Produced to improve your dental health and awareness

Winter 2007/2008

## fromthedentist

### Holiday Greetings! *And all the best!*

The holiday season is here, and with it a chance for all of us to give all of you a heartfelt thanks for your loyalty and friendship during the past year.

As the New Year draws closer, many of us are inspired by our anticipation of everything a new beginning can offer. This is the time of year when each of us considers how we can make the coming year the best that it can be.

We intend to make this New Year our personal and professional best by continuing to provide you with leading-edge dental care in an atmosphere that is as warm, relaxed, and as welcoming as we can make it.

Our entire practice team hopes your holidays are happy, healthy, and filled with family and friends.

*Have a wonderful holiday,*

*Dr. Arun K. Garg*

## turnthepage

Little link ... BIG connection!

TMD? Take the bite out of reality!

When is age *not* the issue?





## Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches. *Temporomandibular Joint Disorder (TMD)* is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

# Uncommonly Adaptable

## Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

### Here are some of the ways that dentistry can improve your smile using dental implants.

Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

*One of today's many dental implant options could provide the dental solution you're looking for!*

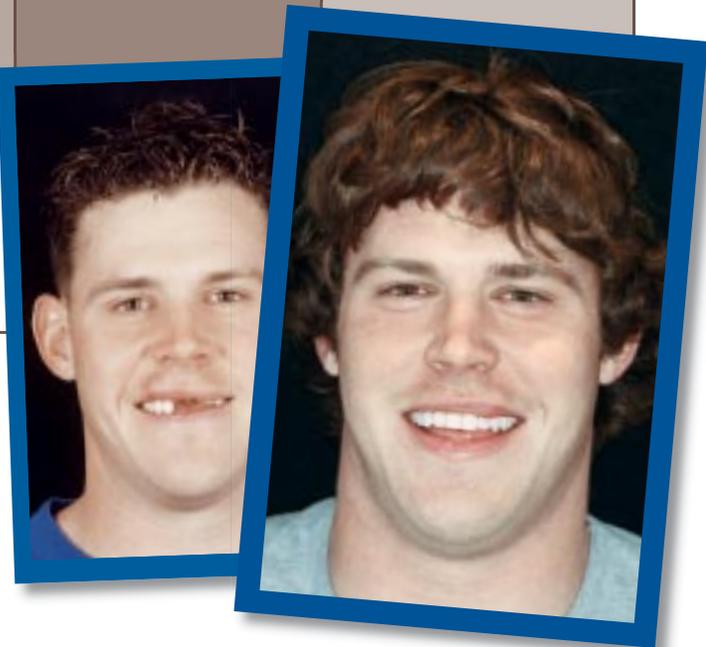
## Set A Great Example

### Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.



# MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

**Pulmonary Infection:** Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

**Osteoporosis:** Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

**Diabetes:** People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

**Heart Disease & Stroke:** People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

**Oral Cancer:** An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

**Pregnancy:** Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

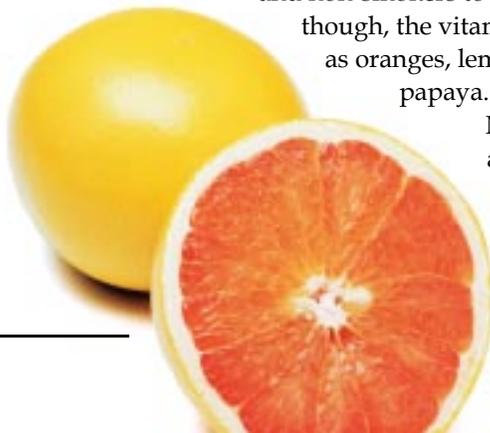
## Diverse & Abundant!

### Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



# Remember Your Recall

## The importance of regular examinations

Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months.

We refer to your checkup visit as a *recall appointment*. A recall dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities or other problems.

If there are no problems needing treatment, we probably won't see you again until your next recall appointment!

Giving your teeth regular checkups is the only way to keep them in tiptop shape. Recall visits help to catch dental problems like decay before they turn into painful cavities. Routine dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recall appointments a year. Insurance companies know from experience that regular recalls are a good long-term investment in your health.

We encourage you to book your recall appointment well in advance. If you aren't sure when you are due for the next one, don't delay - give us a call. Good dental habits will help your teeth last a lifetime.



### Seasonal Tooth Tips

Never use your teeth to open things.

Replace your brush about every three months.

Go for brushes with soft nylon bristles.

Choose healthy foods like cheese and vegetables.

Use a mouthguard if you play contact sports.

Brush after every meal or at least twice a day.

Floss every day. Use a fluoride toothpaste.

See your dentist regularly!

If you can't brush after every meal, try chewing sugarless gum.

## office information

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English, Spanish & Russian

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## Can We Make You Smile Today?

The same cosmetic procedures that beautify your smile could relieve symptoms like tenderness of the jaw muscles, limited jaw opening, facial or head pain, or joint noises. How? Cosmetic dentistry can correct your bite so that the muscles can function without extra strain and tension and leave you smiling - beautifully.

### A crown...

...is sometimes called a cap. The white enamel that you see when you smile forms the crown of your

tooth. When cracked or weakened by trauma, or by wear and tear, it can be strengthened by a porcelain crown which is translucent like real tooth enamel. With a custom-fitted crown, your smile will look, feel, and work exactly as nature designed it to.

### A bridge...

...is a combination of crowns and artificial teeth. Bridges can close the gap left by one or more missing teeth, restoring the look of your smile and redistributing the workload more evenly.

### A filling...

...replaces tooth material that is damaged by decay. Say "goodbye" to old silver-colored fillings and "hello" to enamel-colored materials that look completely natural and can save your tooth, your bite, and your appearance!

