



CENTER FOR  
DENTAL IMPLANTS  
*of South Florida*



Arun K. Garg, D.M.D. & Associates

Produced to improve your dental health and awareness

Winter 2009

## fromthedentist

### Time For Reflection

*Remember what matters during holidays*

The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special *holiday thank you!*

*Yours in good dental health,*

*Dr. Arun K. Garg*

## turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!



*To A Joyful Present &  
A Well-Remembered Past*

*From all of us at  
Center For Dental Implants  
Of South Florida*

***Thank you for all your referrals. We appreciate them!***



## Not For Women Only

### 6 perio facts

**1** Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

**2** Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

**3** Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

**4** Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

**5** Tobacco and alcohol should be avoided, especially in combination.

**6** Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

# Healthy You

## Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

### *Did you know...?*

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



## Wish No Longer

### Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

### **Cosmetic veneers could give you your dream smile if...**

**You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.**

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

**You are unhappy with the shape and proportion of your teeth.**

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

**You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.**

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

# A Little Or A Lot

## You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

### Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

### Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

### Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

### Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

## TEMPT YOUR TASTEBUDS

### TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

# An Ounce Of Prevention

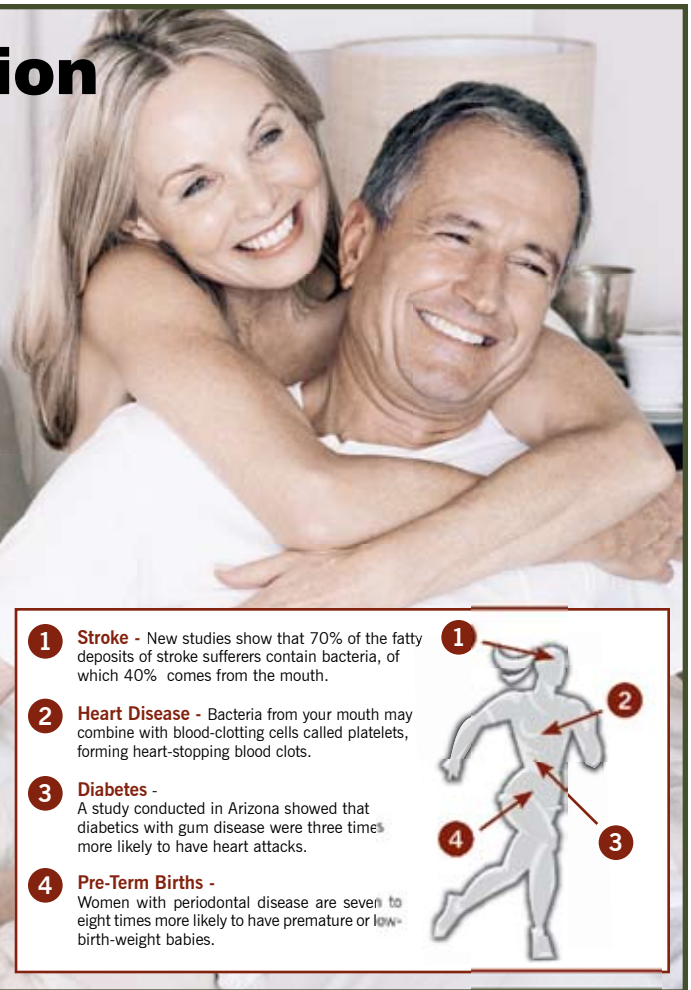
## Good oral health will save you money

There's an old adage that a penny saved is a penny earned and in the current economy, that saying is truer than ever. Saving money *is* hard work and it does happen one penny at a time. But like most apparently simple observations, this one has its complications. Sometimes cutting back to save money just means paying out more of your hard-earned dollars down the road.

Concern about potential costs creates an extra layer of worry, especially if you already avoid dental visits because of anxiety. Millions of people postpone dental visits, but waiting until the harm is done doesn't save money. Quite the contrary. Dental disease is progressive, so if you delay, there's a good chance you'll incur even more costly repairs.

Gum disease, for example, can lead to tooth extractions and a bridge, partial denture, crowns, or implants. Yet caught early, it is easy to treat, reversible, and definitely more affordable. Not only that, but the links to gum disease and systemic illnesses are strong and may include heart disease, diabetes, respiratory diseases, cancers, and a host of inflammatory disorders including arthritis.

Whether you're thinking about putting off your dental appointment because of the economy or because you're fearful about visiting the dentist, we're here to listen and to help you. The choices you make today will save your money, your smile, and more importantly, your health.



- 1 Stroke** - New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.
- 2 Heart Disease** - Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.
- 3 Diabetes** - A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.
- 4 Pre-Term Births** - Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

## office information

### Center For Dental Implants Of South Florida

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### Office hours

Monday	8:30 am – 5:00 pm
Tuesday	8:30 am – 5:00 pm
Wednesday	8:30 am – 6:00 pm
Thursday	8:30 am – 5:00 pm
Friday	8:30 am – 5:00 pm

Languages Spoken Fluently:  
**English & Spanish**

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

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## Toothbrush Decisions

### Ask your Dentist!

What kind of toothbrush should I use? How often should I change it? Should I use an electric or a manual? Which brush do you recommend?

The ideal manual brush: soft, rounded tip and nylon bristles. Replace it when bristles become frayed or at least every three months. And keep your toothbrush to yourself.

Electric toothbrushes: Effective in preventing and even reversing gum disease. We recommend the Braun Oral-B™. It's great for many conditions, including braces, bridges, crowns, and other dental appliances. Most patients who switch to electric have considerable improvement in oral hygiene. Get a model that has a 2- to 3-minute timer. Electric brushes don't reach between your teeth - keep flossing!

Please call us if you have any other questions about brushing.

## Inspired

### By your referrals

*Thanks!*

This is the perfect time to look around and appreciate all that we have received. We think it's important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment - and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

We hope that you will continue to benefit from our services and send your thoughtful referrals our way.

*We look forward to seeing you throughout the new year!*