



CENTER FOR  
DENTAL IMPLANTS  
*of South Florida*

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



Produced to improve your dental health and awareness

Spring 2010

## fromthedentist

### Think Spring *It's in the air!*

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

*Yours in good dental health,*

*Dr. Arun K. Garg*

## turnthepage

What do you expect out of life?

Fruity fighters you want on your side!

Are you the *best* you can be?

## Some Implant Trivia

**Because a smile is never trivial**

In 1952, a Swedish Professor Per-Ingvar Brånemark had a lucky accident. He discovered that titanium bonded irreversibly to living bone tissue. The first practical application of *osseointegration* was the implantation of new titanium roots in 1965. Here are some more dental implant facts...

■ A dental implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it.

■ Dental implants can anchor dentures or replace the form and

function of only one tooth up to an entire jaw of teeth.

■ The oldest known implant patient is 88; the youngest 15.

■ Implant-supported dentures behave more like natural teeth, overcoming problems associated with bone loss, gum soreness, and difficulty with chewing and speaking.

■ In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten – second only to natural teeth, and far above the two out of ten for their prosthetics!



### Dental implants are minimally invasive:

- ❖ Dental implants require only normal brushing and flossing to maintain oral health.
- ❖ Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. This avoids the bone loss which is otherwise inevitable with tooth loss.
- ❖ There is no need to shape or reduce healthy teeth enamel from adjacent teeth.



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

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

### Here are five fruit-friendly tips...

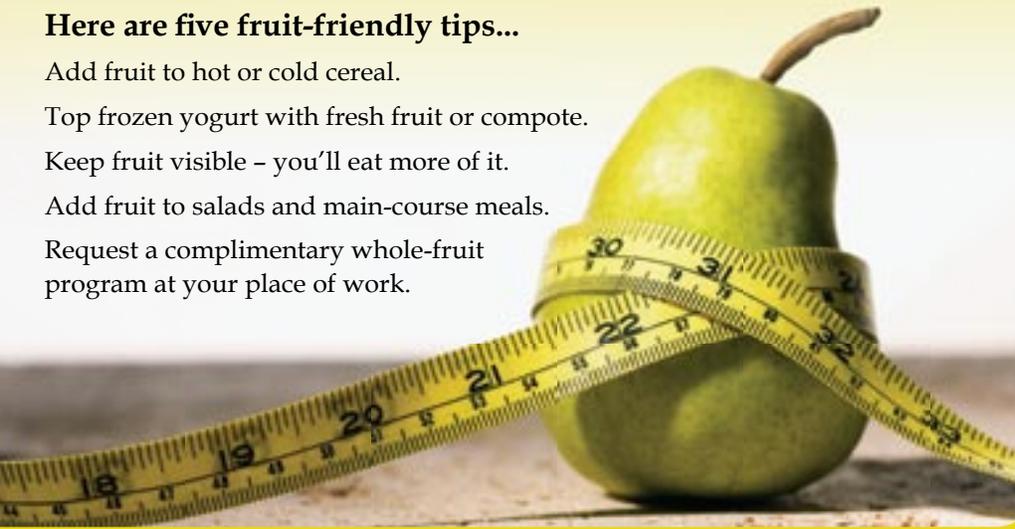
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

## What's Precious To You?

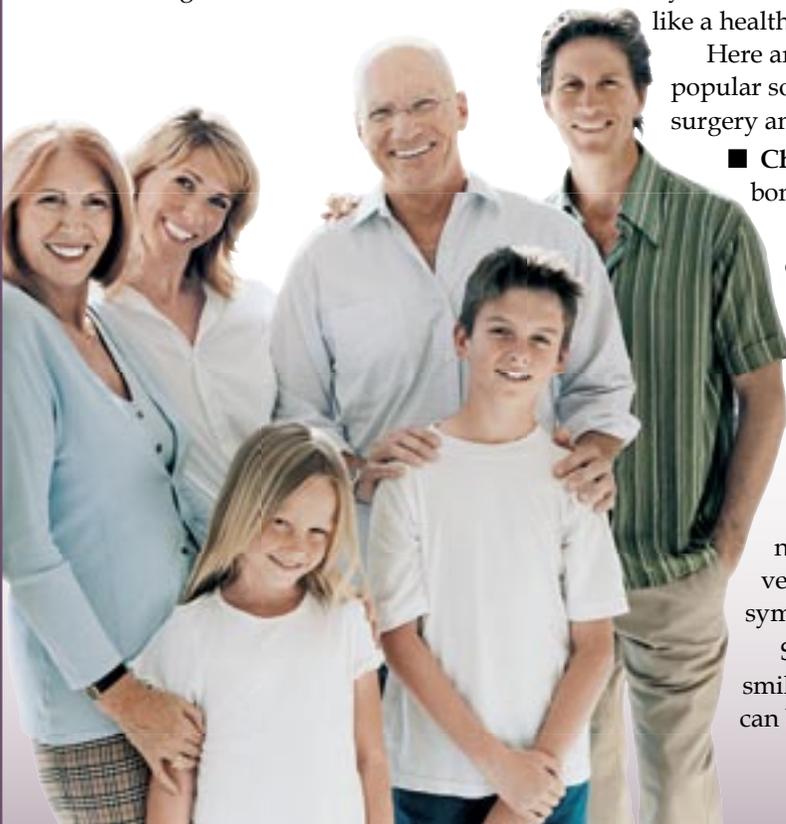
**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



# What Do You Expect?

## Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

### Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



# Crown And Bridge

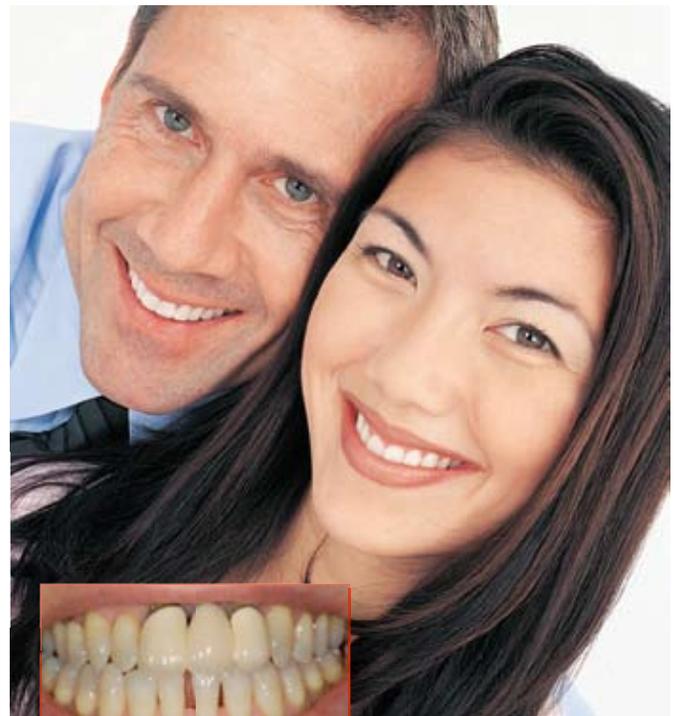
## Restoring your smile's natural beauty

Each of our 32 natural teeth was designed and positioned to share the task of chewing and smiling with incredible beauty and efficiency. Crowns and bridges were developed to restore badly damaged or missing teeth to their natural beauty and performance.

A crown is sometimes called a cap. It's usually made of gold, porcelain or special plastic material. We prepare the tooth for an impression and plaster model so our dental laboratory can craft a custom-fitted crown that looks and functions like your real tooth. Once we permanently cement the new crown into place, 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. Some bridges are temporary and removable; others are permanently bonded to your healthy teeth. In some cases we might suggest an artificial tooth implanted right into your jawbone.

Sometimes we can use crowns and bridges to prevent damage along with more extensive and costly dental work. For example, if we wait until a large filling falls apart, we risk weakening the nerve of the tooth or fracturing the root. Early, preventive treatment on a *high-risk* tooth not only saves time and money, but it may also save your tooth.



## Restore!

Crowns and bridges are excellent for covering poorly shaped or stained teeth.

## officeinformation

### Center For Dental Implants Of South Florida

Arun K. Garg, DMD  
Rocio Montoya, DMD  
Victoria Herrera, DDS  
Maria Cook, DDS

### Aventura Office

2999 NE 191st Street, Suite 210  
Aventura, FL 33180-3115

Primary phone (305) 935-4991

Other phone (305) 935-4105

Fax (305) 935-4997

### 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

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## The Cavity Fighter

### Say cheese!

Here's one food that's good for your teeth. It's cheese. If you have a nibble on a nice aged Cheddar or Monterey Jack within the first few minutes of a sugary snack, it can actually protect your teeth from cavities. After you eat sweets, the acidity in your mouth begins to rise, making your tooth enamel dissolve faster than your body can replenish it. Eventually you would end up with a hole in your tooth.

When you eat cheese, you can slow this cavity-making process. The cheese causes your mouth to water. Your saliva contains special buffers that neutralize acids to protect your teeth from attack. The calcium in a cheesy snack may also help keep tooth enamel strong. So next time you snack ... say "cheese!"



## Floss! Floss! Floss!

### Never forget!

Some reports suggest that daily flossing can actually add seven years to your life! If you're not flossing, you're missing about 35% of your tooth surfaces. Research has shown that flossing, along with brushing, is the only way to prevent the buildup of plaque and tartar that cause periodontal disease. To encourage a regular flossing regimen, it's important to find the flossing device that works best for you. Some people find that waxed floss is easier to use than unwaxed. You can try different floss thicknesses, or even dental tape – a wider floss that works wonders for people who've had bone loss and gum recession. Floss holders can also make a big difference, and threaders are designed for use with bridges. Ask us for a flossing refresher and product recommendations!