



Center For Dental Implants *Of South Florida*



ARUN K. GARG, DMD

Produced to improve your dental health and awareness

Fall 2009



from the dentist

Autumn Again *It's checkup time*

The seasons have rolled around and fall, the season of reflection, has returned. Holidays are wonderful, but regular habits like brushing and flossing can get neglected. Because we usually consume more sugary snacks and beverages, we put even more stress on our oral health. Your whole family will need their after-summer dental checkup.

Are your children playing any contact sports this fall? They'll need to be fitted for proper mouthguards if they play football, soccer, hockey, basketball, or even track and field. We can custom fit and supply the safest mouthguards available right here in our office.

So when the autumn leaves swirl, look forward ... to your healthy smile! With proper home care, regular visits to our office, and mouthguard protection, you'll be flashing those pearly whites every season!

Yours in good dental health,

Dr. Arun K. Garg

Our New Team Members

We're excited for you to meet them all

There are some new faces around our office. So in an effort to maintain your comfort with our team, we'd like to tell you about them.

Dr. Victoria Herrera is member of the *American Dental Association* and the *Florida Dental Association*. Dr. Herrera graduated at the top of her class from the International Educated Dentist Program at the University of Florida. She has taken many training programs on Cosmetic Dentistry and Dental Implants. While enjoying General Dentistry, Dr. Herrera specializes in smile designs and is also a certified *Invisalign*® provider. Victoria and her husband spend free time doting on their seven-month-old baby!

Rusty Kemp, our new office administrator, shares our dedication to patient care and comfort, providing a positive experience for every patient. He appreciates the opportunity to interact with everyone at the practice.

In his spare time, Rusty enjoys biking, concerts, and spending time with his new wife.

Adriana Herrera has been with our practice for two months as a patient coordinator. She is driven to provide the best service to our patients and helping with all needs, including questions on implants, general dentistry, and insurances. Adriana likes watching movies, reading, and visiting family and friends.

Daniela Vargas, after two years of extensive training, has joined our practice as a dental assistant. She is driven to learn and enjoys working with our patients to ensure their comfort.

Daniela is a dancer, spends time with her family, and studies.

Kattia Luna values the ability to communicate with patients, as our dental assistant. Her goal is to provide excellent care to our patients, while learning all that she can. Kattia is married with two children, and enjoys volunteering in the community.

Thank you for all your referrals. We appreciate them!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

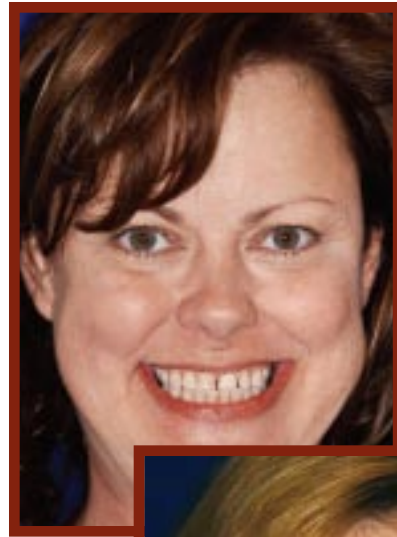
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

The Facts About...

TMD

Do you experience pain in your face, ears, below or in front of your ears, or headaches for which your medical doctor has not found a cause? Do your jaw joints, located in front of your ears, hurt when you chew or do they make clicking or crackling noises? If so, you may be suffering from Temporomandibular disorder – often called *TMD*.

The temporomandibular joints – or TMJs – are located on both sides of the face in front of the ears, connecting the jawbone to the skull. They're the most complicated joints in the human body, and they allow us to open our mouths wide and move our jaws side to side.

Symptoms of TMD affect millions of North Americans and can appear with no apparent cause. They can also appear after a trauma, such as a traffic accident or a blow to the face. Teeth clenching, excessive gum chewing, a bad bite, nail biting, or cradling a

phone between your shoulder and head can cause or exacerbate TMD. Stress and tension may awaken or aggravate an existing TMD condition. However, stress alone does not cause this disorder if a patient enjoys good oral health.

To diagnose TMD, a thorough exam is essential. Let us help you determine if the cause of your discomfort is your jaw joint, and from there, if necessary, determine a treatment plan that will give you relief.



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.

office information

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Thursday	8:30 am – 5:00 pm
Friday	8:30 am – 5:00 pm

Languages Spoken Fluently:
English & Spanish

www.GargDMD.com

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Dental Implants

Improving smiles

In the best of all worlds, our natural teeth should last for a lifetime. Unfortunately, most of us will lose teeth over the years due to periodontal disease, decay, trauma, or simple ageing.

Until recently, tooth replacement meant a fixed bridge or removable dentures. Now dental implants can provide permanent, stable, attractive replacement teeth for your lifelong smile. Dental implants consist of three parts: an anchor implanted into your jawbone; a post to attach the replacement tooth; and the replacement tooth itself.

Studies show that almost 90% of denture wearers who switch to implants find their confidence and smile quota improves! It's no wonder that implants are an attractive, effective treatment choice for many patients!

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!