



# Center For Dental Implants *Of South Florida*



ARUN K. GARG, DMD

Produced to improve your dental health and awareness

Summer 2009



**from the  
dentist**

## Get Started Today *Look & feel great!*

If you are considering or planning cosmetic or restorative treatment, right now is the best time to get started. The first step, your consultation appointment, involves making an assessment and discussing your treatment options. Sometimes we need to create x-rays or photos for you and a diagnostic wax-up or temporary restoration.

We usually have a lot more flexibility around scheduling at this time of year – especially important when multiple appointments are required and/or when we need turnaround time for approvals from your insurer.

There is no one-procedure-fits-all recipe that we can provide, except to say that we can produce wonderful benefits for your oral health and for your appearance.

*Yours in good dental health,  
Dr. Arun K. Garg*

## turnthepage

Step into health!

Wake up your dream smile!

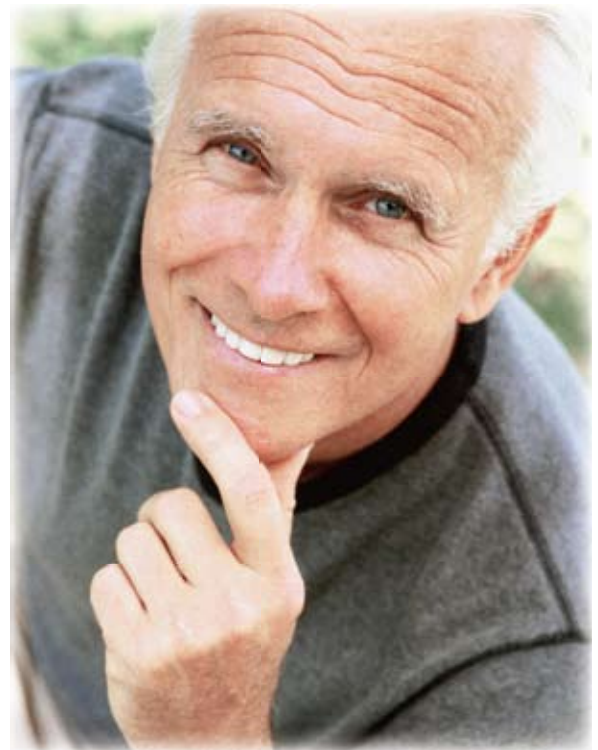
Tea for teeth!

## Why Implants?

### Why not a denture or bridge?

It's true that in most cases a denture or bridge brings back much of the form and function of missing teeth. But a natural tooth does a lot more than help you cut and grind food and make for nice smiles. It also plays an important role under the gumline where you can't see it ... something a denture simply doesn't do.

Natural teeth need the support of the bone in your jaw. When you lose a tooth, the bone has no more use and it shrinks and weakens. For most people, the amount of bone lost isn't too serious – there's still enough to make a good solid foundation for a denture. But unfortunately for some patients, shrinking bone can trigger a number of problems. It can cause dentures to fit more loosely, making it hard to bite and chew. Underlying gum becomes sore and painful, and speech is sometimes impaired, and along with it, self-image.



Dental implants are the closest cousin to natural teeth. They are permanent false teeth anchored right into your jawbone, just like your natural teeth. They're more stable than dentures, and eating is done with ease and comfort. Many patients find implants give them a more positive self-image and more confidence.

Dental implant treatment does require a greater investment of time and money, but in the long run, it's well worth it.



*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

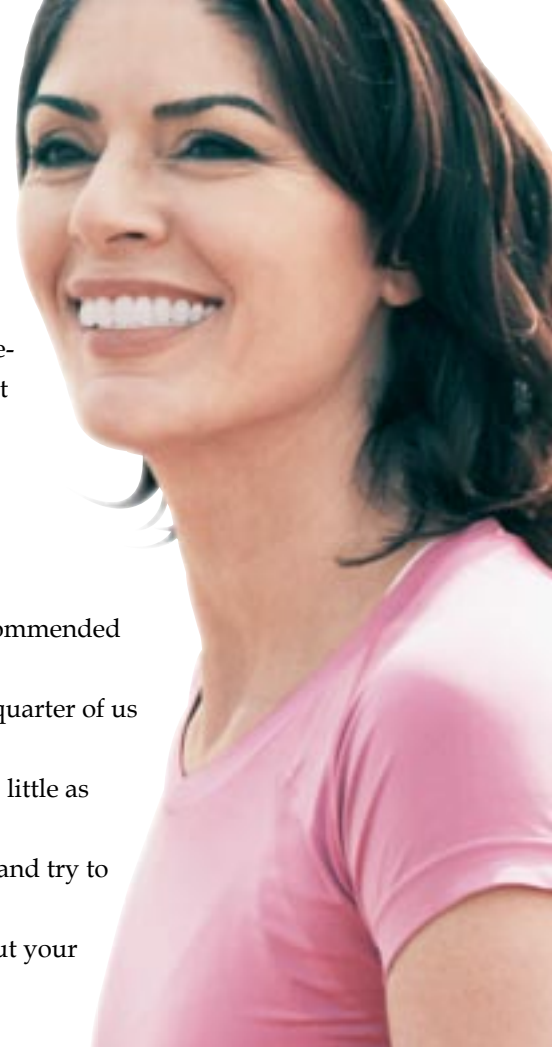
## Healthy environment

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.

# We Love Summer!

## Balance your schedule & your life

Don't you find that the slower pace of summer is very welcome? Like you, we find our schedules are very full and pretty structured from autumn right through spring. We've been busy with continuing education, volunteering, and let's not forget chauffeuring family to holiday, sport, and school events. Thankfully, summer provides some much-needed balance and way more flexibility both at home and here at the practice.

Now, with so many people traveling and pursuing summer pastimes, we can be more available to accommodate your family's schedule. This is a great time to book appointments you've been feeling too pressured to keep...

**Has it been more than six months since you've seen us? We'll clean and check your teeth for cavities, chips, cracked or worn fillings, and gum and bite issues.**

**Could your smile use brightening? We'll book you in plenty of time to look great at the beach or for that special wedding or other photo-filled event that's coming up.**

**Do you have a partial or other restoration that's getting worn or loose? We'll do an assessment to ensure your ability to speak or eat isn't affected.**

*Our doors are open to you now and all summer long. See you soon!*



## 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 33180-3115

**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)

*Brush • Floss • Smile*

Financing Available 0% interest  
Chase Health Advance



## Committed To You Now and always

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

## COOL CLEAR WATER

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

Water is essential to maintain your oral and overall health. On average, human body weight is 50-75% water – or about 10-12 gallons. The specific percentage varies for each individual.

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralizing tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents *xerostomia* (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.