

# Something To Smile About with Dr. Enoma Alade

Spring 2006

## Making Connections

### Obesity & oral health

Researchers have found that obesity could be a potential risk factor for periodontal disease, especially among younger individuals between 18 and 34. Waist circumference and body mass index were used to indicate obesity. Both obesity and gum disease have the potential to take away a person's confidence, smile, and good health.

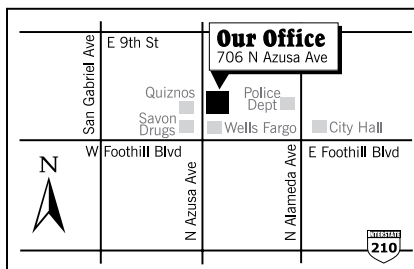
Here are some statistics to ponder:

- The prevalence of periodontal disease among obese individuals aged 18-34 years was found to be 76% higher than for normal weight individuals in this age group.
- For middle and older age groups, researchers found no significant association between body weight and periodontal disease.
- Dietary trends towards less raw fruit and vegetables (sources of vitamin C)

and decreased calcium consumption, along with increased intake of fast foods and high-caloric-low-food-value beverages, may provide part of the answer.

You can have periodontal disease without symptoms – that's why we check for it during every dental exam. If you answer "yes" to any of the following questions, you may have, or be at risk for, periodontal disease.

- ☐ Do your gums bleed when brushing?
- ☐ Do you have red, swollen gums?
- ☐ Do you regularly have bad breath?
- ☐ Is your gumline receding?
- ☐ Do you have missing teeth?
- ☐ Have you new spaces between teeth?
- ☐ Do you have diabetes?
- ☐ Do you have heart disease?
- ☐ Are your partial dentures now loose?
- ☐ Do you smoke or chew tobacco?



**New Patients  
Welcome!  
Call Today!  
(626) 334-7310**

**Canyon City Dental Care**  
**Dr. Enoma Alade**  
706 North Azusa Ave  
Azusa, CA 91702-2507

### Office Hours

Mon – Fri 9:00 am – 5:00 pm  
Saturday 10:00 am – 2:00 pm  
*Early morning and late evening  
appointments available on request.*

### Our Services Include:

- ❖ Family dentistry
- ❖ Crowns & bridges
- ❖ Children of all ages welcome
- ❖ Modern, state-of-the-art facility
- ❖ TVs, videos, & music in treatment rooms
- ❖ Gentle dentistry
- ❖ Most insurance plans accepted
- ❖ Languages spoken: *Spanish*
- ❖ Visa, MasterCard, CareCredit, Capital One Healthcare Finance, Medical and checks welcome



*Buen Día!*  
*Usted esta invitado a una consulta para que conosca nuestra nueva  
clinica; y mire si somos los dentistas para su familia.*  
*Sí, nosotros hablamos español*  
*Gracias*

# Top This!

## Crown & bridge restorations rate number one

Did you know that crown and bridge restorations are placed more often than any other? If you have a gap in your smile or restorations that have worn down or faded with time, this procedure could be for you. That's because crowns and bridges are beautiful, natural-looking, and long-lasting.

### Crowns are recommended to...

- support a large filling when there's more restoration than tooth;
- protect a weak tooth from fracturing;
- reinforce a fractured tooth;
- cover discolored, poorly shaped teeth;

- support a tooth that has had root canal treatment, and;

- permanently affix a bridge.

### Bridges are commonly used to...

- permanently replace one or more missing teeth, and;
- span the space where the teeth are missing because gaps left by missing teeth eventually cause the remaining teeth to shift into the empty spaces, resulting in a bad bite.

Crowns and bridges are tops for more than great looks. Restore your oral health with a cosmetic solution!

## WHAT'S AT RISK?

The research just keeps coming in. Gum disease, a chronic oral bacterial infection, is now linked to kidney disease which is linked to diabetes... which is linked to gum disease. You see how it works! What else is linked? Cardiovascular diseases, oral cancers, premature births, osteoarthritis, osteoporosis, Alzheimer's, and inflammatory infections.

In the early stage called *gingivitis*, only gum tissue is affected. Symptoms include redness or puffiness, a bad odor, and bleeding during brushing. *Periodontitis* is more advanced, and now involves the underlying bone. Without treatment, periodontitis will eventually lead to tooth loss.

Your best defense is a healthy diet and regular brushing, flossing, and checkups. Uncertain about home care techniques? Let us demonstrate!

## Can A Bandage Do The Job?

Would you stick a bandage on your tooth and then expect your mouth to stay healthy? Yuck – we didn't think so. Like bandages, fillings have their place to protect your tooth after the damage has been done. For sure, a filling is no cure for cavities. That's one of the reasons we encourage you to visit the dentist regularly.

***Streptococcus mutans, the major cavity-causing bacterium, uses sugar to produce acids that dissolve dental enamel. Everyone is at risk for cavities and other bacterially based problems like gum disease. Your risks increase if you eat a lot of carbohydrates and if you suffer from dry mouth (xerostomia) because saliva is your natural buffer against acid.***

Thanks to minimally invasive technology and procedures, we can remove less healthy tooth enamel than in the past, but prevention is still your number-one cure!

## Who Needs To See A Dentist





# How Bright Is Your World?

## Teeth whitening at its best!

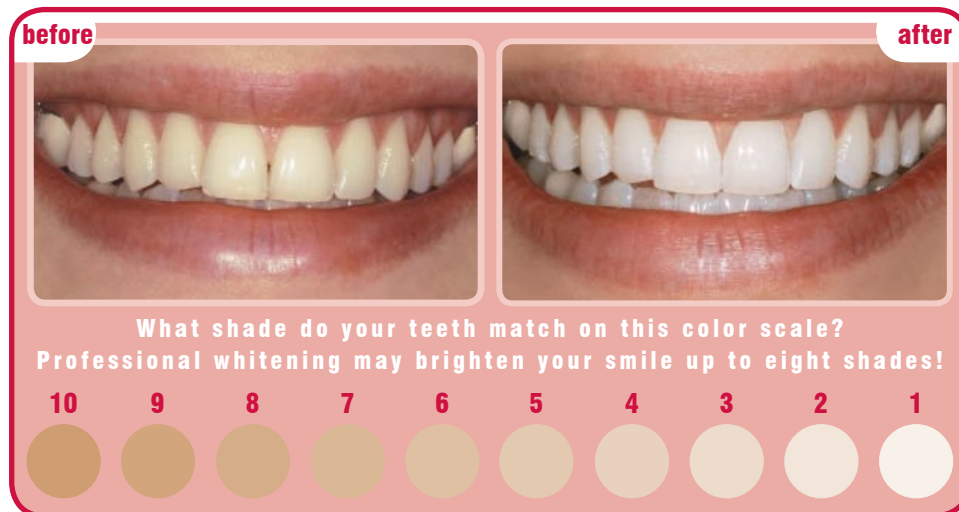
Confused about teeth whitening? Don't be. We can help you to decide whether an off-the-shelf toothpaste, floss, rinse, or any other product will help you between treatments. But take our word for it, supervised teeth whitening is by far the safest and most reliable method for your precious smile.

Consider this. If you select an inappropriate product or if you overuse it, you risk damaging irreplaceable tooth enamel and making your teeth appear even more yellow. How could this be? The outside enamel shell on your teeth is almost clear. The dentin

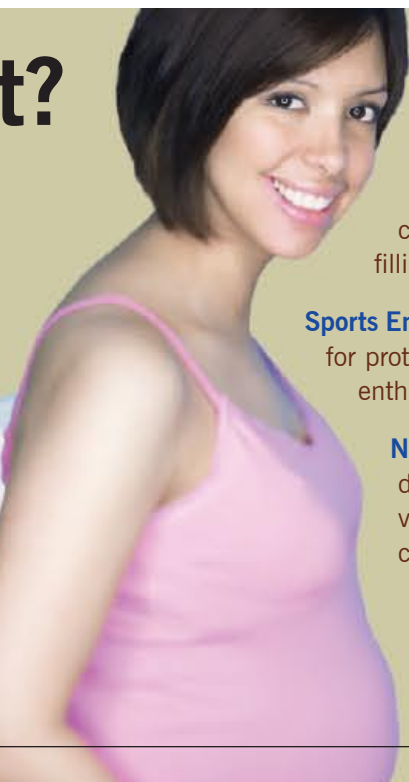
that lies just beneath is yellow, and so it shows through. Whiteners can remove stains, but without dentist supervision and quality control, some whiteners can encourage thinning of enamel... revealing yellow dentin.

Dentists have ways to eliminate the potentially harmful effects, and can do the job faster and more effectively. We know that you don't want to take any risks!

Let dentistry take the confusion out of whitening – and ensure the health and beauty of your smile! Give us a call today!



t?



**Whether your age is 1 or 100**, every life stage presents its own oral health challenges, and for modern health-conscious individuals, lifestyle can sometimes require its own checklist...

**Baby Boomers** – Whether you are male or female, hormonal changes can increase your risk of periodontal disease which can lead to tooth loss and has been linked to diabetes, osteoarthritis, oral cancer, cardiovascular, and other diseases. Xerostomia (dry mouth) can create problems and worn-out fillings or restorations should be replaced before they negatively impact your bite and appearance.

**Sports Enthusiasts** – Whether for a child or just the precious child in you, sports enthusiasts need a mouthguard for protection from injury which can increase the risk of an abscessed tooth or expensive restoration. Sports enthusiasts are also at risk for enamel erosion from sports drinks.

**New Parents** – Expectant mom's hormonal fluctuations put them at increased risk of gum disease and double their risk of premature birth. "New-mom gums" also need special attention. New dads are also vulnerable to oral health problems as they share the stress and fatigue of interrupted sleep and home care routines including irregular meals and nutrition.

## Dentistry provides crucial complementary care to your at-home oral hygiene regimen!

## Think Spring!

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, cold temperatures, rain 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 at **626-334-7310** to arrange your appointment!

## For A Brighter, Healthier Smile Call Today! (626) 334-7310



## Myths & Your Mouth

### The truth is revealed!

Most adults have plenty of opinions about oral health care. A surprising number of them are based on myths and outdated facts that have been disproved!

**Myth: It doesn't matter what type of brush you use.**

Soft brushes are better. Hard bristles can damage both teeth and gums. Always use a light touch with a rolling or circular motion so that you won't hurt the gum tissue and damage the tooth structure.

**Myth: If you brush, you don't need to floss.**

Brushing only removes plaque from the surface of the tooth. To prevent decay and gum disease, bacteria must be removed from between the teeth and below the gumline, something only floss can do.

**Myth: If you bleed when you floss, you have gum disease.**

If you floss regularly, bleeding may mean you're being too aggressive, or have skipped a few days. Bleeding that continues despite regular flossing may indicate gum disease, and should be checked.

**Myth: Cosmetic dentistry is only for the rich and famous.**

Modern cosmetic dentistry is more accessible and more effective than ever before. Teeth whitening is the most popular procedure across the generations. The results can bring amazing transformations!

**Myth: Only go to the dentist if you have a problem.**

Damage to your oral and overall health can escalate as simple problems become more complex. Regular checkups and preventive dentistry are the best strategy.



Canyon City Dental Care  
Dr. Enoma Alade  
706 North Azusa Ave  
Azusa, CA 91702-2507

PRSRT STD  
U.S. POSTAGE  
**PAID**  
PNP 14304