

DR. ENOMA ALADE'S

WORD *of* MOUTH

Summer 2005

Amplify Your Smile

Let us show you whitening that works!

As dental professionals, helping people to look their best brings with it a responsibility to ensure that results are achieved in a safe, reliable, and effective way. It's remarkable how often we see that safe, simple procedures like the placement of attractive white fillings or supervised at-home teeth whitening can boost a patient's self-confidence.

Why the emphasis on dentist-supervised teeth whitening – even at home? We would say especially at home. There is no single reason for teeth staining. Every smile is unique and every whitening formula is best suited to a particular purpose. We can recommend safe teeth whitening products that over a few days or a few weeks can...

Whiten accumulated surface stains created by everyday eating and drinking. Meet the challenge of stains trapped

in microcracks in tooth surfaces.

Remove stains within the tooth structure caused by illness or medication – something only a dentist can do.

White, contemporary composite fillings are another option. They are long-lasting, durable, and – no contest – better looking than silver fillings! We'll be happy to discuss your best alternative.

If you are thinking about rejuvenating your smile, please call us. Let us save you the disappointment of store products that don't work for your smile or that offer only temporary results. We will discuss options with you, and then provide whitening solutions that are both safe and effective ... and which can amplify your unique smile.



Office Information

Buen Día!

*Usted esta invitado a una consulta como **obsequio**, para que conozca nuestra nueva clinica; y mire si somos los dentistas para su familia.*

Sí, nosotros hablamos español

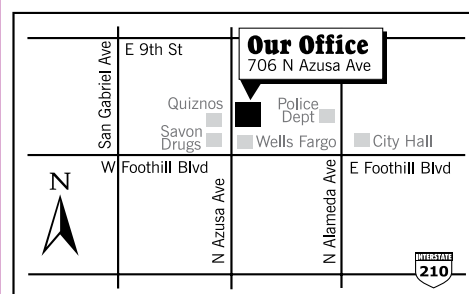
Gracias

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.

Call Today!
(626) 334-7310



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, Dental Fee Plan, and checks welcome





Striking A Balance

Healthy gums

Healthy gums help create balance and symmetry in the appearance of your smile. They draw our eyes to small areas of vibrant pink **color** of sufficient **intensity** to contrast against the whiteness of your teeth. They also provide contrast of **shape** and **scale** by creating a small, intricately shaped frame for each larger tooth shape. So why tip the balance with periodontal disease?

Red, swollen gums that bleed easily are caused by an imbalance in the bacterial levels in your mouth. When the good bacteria are overwhelmed by bad bacteria, inflammation, infection, gum and bone recession, and tooth loss can occur.

You have the power to restore your smile's equilibrium! Call for a consultation and bring back nature's symmetry to your smile.

Did you know?

- **75%** of adults over age 35 are affected by gum disease.
- **Up to 30%** of people may be genetically susceptible to gum disease.
- **Regular screening** by the dentist can detect periodontal disease in its earliest stage.
- **Tartar/calculus** are hard calcium deposits that infect your gums, spreading below the gumline, destroying your gums and the bone that support your teeth.
- **Only the dentist** or hygienist can remove tartar/calculus.
- **Brushing, flossing, and rinsing** at home can help you prevent gum disease. Only regular visits to the dentist can help you keep it completely at bay.

Smile Smarter

Music and exercise – a great combo

Turn on some tunes and take care of your teeth. Too much of a stretch? Not if you're physically fit. Music enhances reasoning, and exercise benefits your overall and dental health. What happens if you combine music and exercise?

Apparently, you get smarter. Volunteers who listened to Vivaldi's *Four Seasons* while on a treadmill performed twice as well on a test of verbal ability than when they exercised without music. The next step will be to test people using music they choose themselves.

Getting smarter is nice, but the volunteers said they felt better emotionally and mentally after working out – with or without the music.

Here's how exercise can benefit you.

- Increases bone density for stronger bones and teeth.
- Increases cardiovascular efficiency.
- Increases flexibility.
- Increases endorphins which make you feel like smiling.

You Do The Math!

A lifetime of oral health and great-looking smiles is a substantial return for investing three minutes a day. Only flossing can reach between your teeth where your toothbrush can't. Experiment with different types of floss until you find one that works best.

It's This Easy!

- ✦ Take about eighteen inches of floss and wrap securely around your middle fingers.
- ✦ Hold about a half-inch length between index fingers and thumbs.
- ✦ Gently ease the floss between teeth. Press tightly against each side of each tooth, forming a C shape.
- ✦ Ease floss up and down several times. Be sure to go below the gumline.
- ✦ Research shows this could add almost seven years to your life!

Real Men Really Care

Teeth whitening is a big priority

A magazine survey revealed that 83% of their male readers intended to get their teeth whitened before their wedding. That's twice as many as those getting into better physical shape. This mirrors the experience of many dentists who are seeing more men for teeth whitening procedures.

Dentist supervised teeth whitening is a safe, reliable, non-surgical way to make your smile dazzling. A dentist can provide a system that's right for your smile.

Grooms' Prep Plans

83% plan teeth whitening

46% plan getting into better physical shape

33% plan a self-tan

20% plan manicures

Why should men care about their smile?
Three words: courting, career, and competition.

People notice a smile first.

The opposite sex considers a smile to be number-one on the attraction scale.

A white smile can make you look younger and healthier.

A white smile makes an impression – before you even say a word!

Crown & Bridge

Will make all the difference

Improving your smile enhances more than appearance. True, repairing structural problems like missing teeth with crowns and bridges can only make you look better ... even your best. But when function is restored, so will your ability to chew, speak, and socialize freely.

Here are some crown and bridge facts.

- A **crown** is a cap that covers a damaged tooth. It helps restore its normal shape and size – and strengthens it.
- When a replacement tooth is required to fill a gap, it can be affixed permanently with a **bridge** attached to the teeth on either side of the space.
- If a space is left untended, the surrounding teeth will drift, alter your bite, encourage cavities, and

negatively affect your appearance – beyond the original gap.

- High-tech materials along with custom fitting result in a strong, natural-looking restoration.
- It takes only one or two visits to the dentist to restore your smile and prevent further problems.
- No one will know you have a crown and/or bridge unless you tell them.

Could you benefit from crown and bridge treatment? You may be an excellent candidate. Please consult with a dentist. A crown and bridge can make all the difference.

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Easy Livin' It's summertime!

For many of us, summertime is vacation time: a chance to spend real time with our spouse and children. Family reunions, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

Summer is also a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts! Kids off to summer camp? Make sure you impress on them the importance of daily oral care. Just a few weeks of lazy care can really affect your child's oral health.

Have a happy, safe, and healthy summer!

Tooth Whitening Special!

Regularly \$225

After oral exam & x-rays. Includes take home whitening kit.

now
\$175

Offer ends:
September 30th, 2005



Overcome Fearfulness

Look great and feel great with dentistry

As many as 145 million North Americans avoid dental visits ... but that's changing. According to the American Dental Association, there's been a relative decline in dental fear compared to an increase in people's general anxiety levels.

Our dental office is calm and exquisitely decorated to keep you at ease. We genuinely care. Our dental team is trained to help put people at ease with:

- A welcoming atmosphere and relaxed environment;
- Comfortable non-surgical procedures;

It doesn't matter what your age or how long it's been since your last dental visit ... You can still experience:

- A white, attractive smile;
- Non-surgical cosmetic and restorative treatments including composite (tooth-colored) fillings, teeth whitening, re-contouring, bonding, and veneers;
- Healthy gums and fresh breath;
- Comfortable dental appliances.

Research shows that:

- Wanting to look great and have a healthy smile can overcome fearfulness.
- Communicating with a dentist you trust is the first step towards getting the smile you want.

How will this benefit you? You will have the smile you've been dreaming of. You'll look and feel better, and you will socialize with confidence.

We'll be happy to share our practice philosophy and to explain how we make dentistry less anxious and more manageable for you. An informed patient is the best patient ... calm, comfortable, and confident.

Yours in good dental health,

Dr. Enoma Alade

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