



DR. ENOMA ALADE'S

WORD *of* MOUTH

Winter 2005

Women's Oral Health

Keeping you well at every stage in life

It has been established that hormones can affect your oral health, triggering dental problems that require special care. That's why your home hygiene regimen and dental visits are so important.

No matter what you hear, it's *not* a mistake to visit the dentist while you're pregnant! Sometimes vigilance about exposure to x-rays is confused with a need to avoid the dentist. Often we suggest additional professional cleanings during pregnancy since gingivitis is common as gums are more susceptible to bacteria. Most pregnancy-related oral problems are preventable or controlled with good oral hygiene.

After your baby arrives, an increase in progesterone can cause gums to bleed when brushing or flossing. If you have *new mom gums*, be careful about bacterial infection.

Oral contraceptives can intensify existing oral problems, encourage gingivitis, or reduce saliva flow. Standard cleaning should prevent or solve most problems.

New research suggests a link between female hormones during childbearing years and *Temporomandibular* (jaw) *Joint Disorder* (TMD).

Hormonal imbalances during menopause may cause dry mouth, jaw pain, or a burning sensation in your mouth. Treatments range from oral lubricants to hormone replacement therapy.

No matter what your stage in life, we want to keep you well. We welcome questions about hormones and their effects on oral health.



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

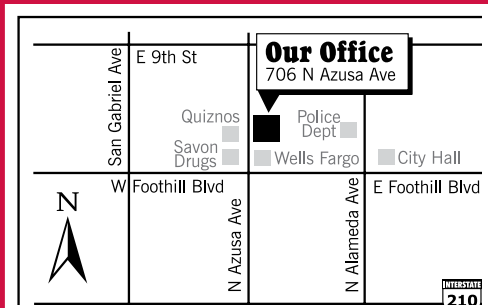
Gracias

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



Creating The Perfect Frame

With all the buzz about cosmetic surgery, you might be surprised to learn that in one study, respondents elected periodontal smile enhancements five times more often than eyelid surgeries!

And who could blame them? Esthetic crown lengthening is only one procedure that can create striking and immediate results without surgery. Also known as gum recontouring or a “gum lift,” it’s used by dentists to reveal the beautiful tooth structure hidden beneath too much gum tissue.

How do you know if you’re a candidate for crown lengthening? You’re self-conscious because your teeth look too short ... because too much of your gums show ... because your teeth look different lengths ... and you avoid smiling for any of these reasons.

Don’t let your insecurities keep you from smiling. Your smile is one of your most important social and business assets and one of

your most effective communication tools. Your gumline can be sculpted to correct any of these problems. The same simple, effective procedure can be used to balance an uneven gumline and teeth of different lengths, and create the perfect frame for the smile you really want.

Dentists can combine several procedures like whitening treatments, replacing existing silver restorations with white composite fillings, and custom-made porcelain veneers to fashion your new and improved smile. So let your imagination flow ... and get ready to say hello to your stunning smile!



Striking and immediate results ... without surgery.

Dentists can reveal the beautiful tooth structure hidden beneath too much gum, balance an uneven gumline and teeth of different lengths, and create the perfect frame for your smile.

The information included in this newsletter is not intended as dental advice.

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Lipstick

Lipstick is an important accessory that can enhance your healthy gums and attractive smile. Some people believe that how you apply your lipstick says a lot about you! Here's a fun personality profile based on your lipstick's shape.



ROUND TOP

You whirl the tube to make the tip round, suggesting an inner mischievousness that you usually hide.



DEEP CURVE

You push hard for what you want. Intense and dramatic, you flourish under fire.



SMOOTH SLANT

You like everything to be clean, consistent, simple, and straightforward – how you enjoy being seen by the world.

Reading Between The Lines

There's more to the oral cancer story

Reading Between The Lines

Great news just keeps on rolling off the presses. The incidence of cancers is on the decline in Europe, and exciting new breakthroughs in cancer treatments – including those for oral cancer – hit the headlines with regularity. This is great news because if

untreated, oral cancer can lead to chronic pain, facial disfigurement, and even death. Thousands die from oral cancer every year, and research indicates that patients with gum disease may be at significantly greater risk than those with healthy gums. In its earliest,

most treatable stages, oral cancer usually causes no pain or discomfort. Early detection is essential for an 80-90% cure rate. That's why *every* patient we have receives a free oral cancer exam. Screening only takes minutes, but it can save a lifetime!

No Pain. No Problem. Not True! A dangerous misconception

People with high blood pressure often don't know about it. The same can be said of periodontal (gum) disease, a near-painless condition that has been linked to heart and stroke disease, diabetes, osteoarthritis, cancer, pregnancy, and other health issues.

It has been estimated that three quarters of adults over age 35 have some degree of gum disease. Called *gingivitis* in its early stages, the warning signs are swollen and tender gums, bad breath, gums that may bleed when you floss, and gums that are red, not pink.

Bacteria and debris in the gum area will cause a buildup of plaque and tartar that can lead to inflammation and

chronic infection if not removed by proper and regular cleaning and flossing. If allowed to spread and grow below the gumline, this buildup will create pockets of bacteria that can destroy your gums and the bones that support your teeth.

The best prevention against periodontal disease is regular dental care and thorough daily brushing and flossing. Dentists screen for periodontal disease every time you visit the office. You *can* stop infection before this silent disease has a chance to sneak up on your smile. And that's no misconception!



You may be at an increased risk for gum disease if you...

- Use tobacco, e.g. cigarettes, cigars, chewing tobacco;
- Have a family history of periodontal disease;
- Have a medical condition such as diabetes, osteoarthritis, or any condition that weakens the immune system;
- Are stressed, clench or grind your teeth, and have poor nutrition;
- Use common medications, including anti-depressants, oral contraceptives, and some heart medications;
- Have partners who have gum disease. They may transfer bacteria by kissing.

CENTER POINT

You apply focused pressure to keep the tip this balanced! With your focused concentration, you stay on target.

FLAT TOP

You are constant, even when applying lipstick. You're loyal and dependable, & you give people unwavering attention.

Digital X-Rays

What are they?

The 100th anniversary of the use of dental radiographs, or x-rays, has already come and gone! And in this century, digital technology is quickly changing the way we use x-rays.

While digital x-rays still require a patient to "pose" for a picture, the process and result are dramatically different. Instead of film, a highly sensitive electronic receptor is inserted into your mouth. An electronic image is captured instantaneously and stored on a computer's database. These digital x-rays give us a clear, high-resolution view of teeth, bone, root, and tissue, all while using up to 90% less radiation than traditional x-rays.

This new technology is just one more tool we can use to provide you with the best and most efficient dental care possible.

Tooth Whitening Special!

Regularly \$225

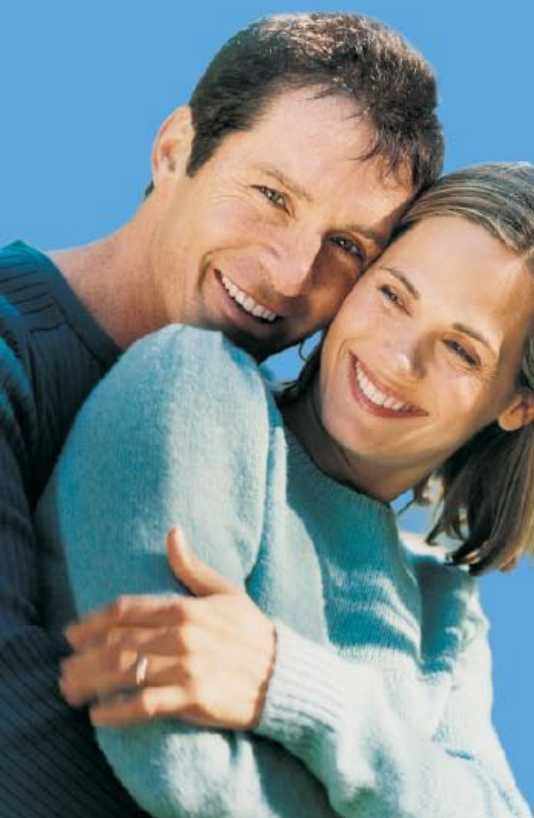
now

\$175

After oral exam, x-rays and cleaning

Includes:
Take home whitening kit.

Offer ends:
April 30th, 2005



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Ten Dental Problems

What about you?

■ Worn down teeth

- n Partial dentures that don't fit snugly
- n Receding gums
- n Gums that bleed when brushed
- n Bad breath
- n A tooth that is mostly filling
- n Missing teeth
- n Teeth sensitive to hot or cold
- n Loose teeth
- n Teeth that do not align properly

It would make good sense to have them checked out soon. Why?

Because like most dental problems, the damage being done (or that may occur) usually isn't visible or fully apparent until it's developed into a major problem with major pain. Besides ... *These problems can usually be taken care of quickly and easily if dealt with early enough.*

But if left untreated, they can result in a variety of potentially SEVERE problems ...from pain to periodontal disease to lost teeth to infections to uncomfortable surgery.

If you are experiencing any of these potentially serious but usually-easy-to-correct problems, please call today to arrange appointment.

Dr. Alade will personally meet with you to conduct your exam, answer all of your questions and detail all of your treatment options.

But, don't wait...

Call (626) 334-7310 now to set it up.

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