

# Dr. Enoma Alade's *House Call*

Winter 2006

## The Modern Standard

Start smiling with *white teeth*

Ever notice how the bad guys in movies always have stained, yellow teeth while the heroes have a glamorous, gleaming set? White teeth have long symbolized youth, vitality, wealth, and power – on screen and in real life.

*Imagine ... your smile  
could be the brightest and  
whitest it has ever been*

Why are we so conscious of other people's smiles as well as our own? Perhaps because it's so easy to have an esthetically pleasing, beautiful smile, it has become the modern standard. Teeth whitening is one of the simplest, most convenient, and most affordable cosmetic dental treatments.

All teeth naturally dim somewhat over time. Normal wear and tear, staining agents like coffee, tea, and

tobacco, medications, and even genetics can all contribute to dulling your smile. Whitening involves the lightening of dental discoloration by the application of a whitening agent. Dentist-supervised tooth whitening is the safest and most reliable solution that yields excellent results.

A dentist-supervised at-home whitening kit offers excellent results in the privacy of your own home. You control your time investment by choosing whether to go a little whiter... or a lot whiter. This system usually takes about two weeks to create your personal best effect. Of course, we're always available to answer your questions.

Be sure to let us know if you're interested in tooth whitening. Imagine...within two weeks, your smile could be the brightest and whitest it has ever been!



## Office Information

*Buen Día!*

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

*Sí, nosotros  
hablamos español*

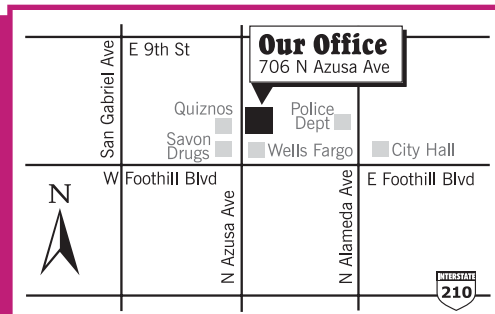
*Gracias*

**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, Medical and checks welcome





# Are You For Real?

Smiles can communicate who you *really* are

Sometimes we override our natural impulse to smile because we're ... well ...embarrassed about how it looks.

In surveys, virtually everyone rates the smile as the first thing they notice when they meet someone new. Is it any wonder that cosmetic dentistry is a growing industry? That's because people know that their smiles communicate who they are.

It's also because there are many non-surgical, non-intrusive procedures that can resurrect your smile – many in as little as one visit...

**Whitening can lighten discolored teeth.**

**Tooth-colored composite can replace dark, silver-colored fillings.**

**Crowns can restore damaged teeth.**

**Veneers and bonding correct gaps, crooked, stained, or chipped teeth.**

**Bridges and implants replace missing teeth.**

**Gum sculpting makes teeth look longer and re-proportions your smile.**

**Orthodontics straightens teeth and closes gaps.**

With cosmetic dentistry, you won't have to hide your smile, and you can benefit your health by improving function as well as appearance. But by far, the most transformative effect is bringing back your smile and communicating what you mean.

Giving a smile can feel every bit as good as getting one. We welcome a consultation to discuss your smile with you!

## Did you know that...

- Hiding your teeth doesn't just cancel your smile – it sends out a totally different message.
- A smile with compressed or downturned lips can communicate anger, dislike, grief, or sadness.

## About Oral Cancer...

### 7 Things You Need To Know

1. sixth most common cancer;
2. oral cancer kills;
3. the worst five-year survival rate of all major cancers;
4. can be cured with early diagnosis;
5. often goes unnoticed;
6. it is usually painless;
7. it can be observed, if you know what to look for.

### SMOKE SIGNALS

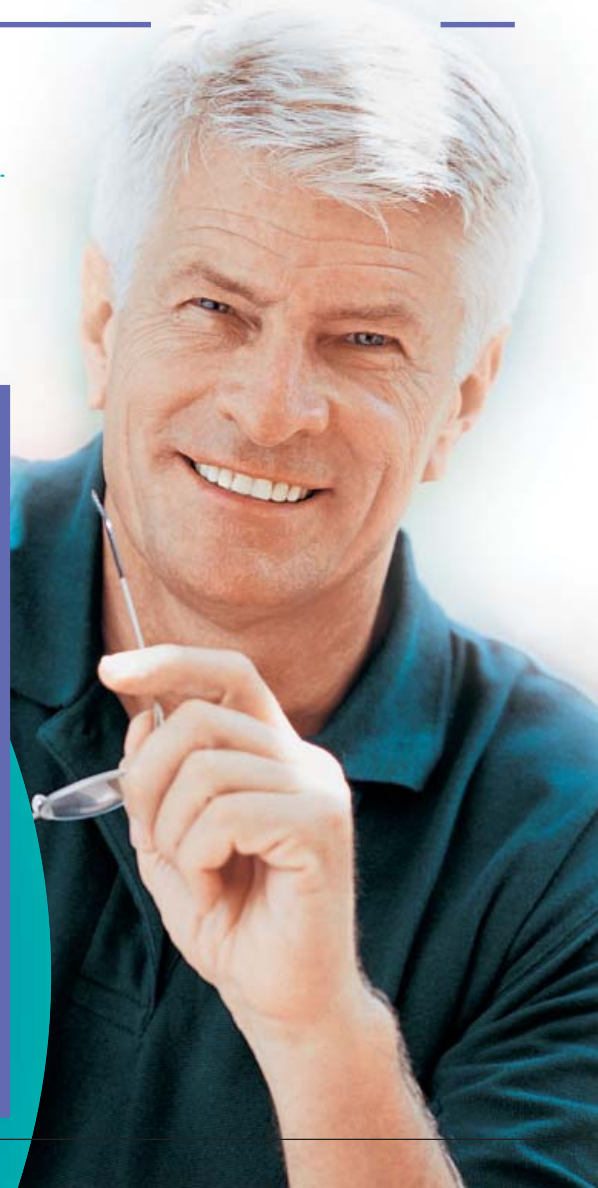
#### Second-hand facts

Smoking tobacco has been linked to oral and other cancers, but did you know that second-hand smoke is *more dangerous* than directly inhaled smoke. It contains the same 4,000 chemicals as smoke that is directly inhaled, but in even greater quantities. Approximately 50 of these carcinogenic chemicals cause cancer. Second-hand smoke contained in a car is 23 times more toxic than in a house!

### 7 Things You Need To Do

Check for 5 symptoms every month:

1. a sore on any oral tissue that bleeds easily or does not heal;
2. a color change of the oral tissue;
3. a lump, thickening, rough spot, crust;
4. a small eroded area;
5. pain, tenderness, or numbness; and...
6. avoid regular sun exposure, tobacco, and alcohol intake;
7. visit your dentist for an exam and evaluation.





# The Migraine Mimic

*Dentistry can help solve the mystery*

Are you one of the 90% of North Americans who experiences headaches? Ever thought of asking a dentist about them?

Problems with your oral health can mimic the symptoms of migraine or tension headaches. A number of dental problems can cause pain to radiate along the jaw, the neck, and around the head. Here are some examples:

- Temporomandibular Joint Disease (TMD), a misalignment of the jaw;
- Myofascial Pain Dysfunction Syndrome or muscle spasms caused by grinding teeth and clenching jaws;
- Abscessed, infected, or cracked teeth;
- Gum disease.

Using dental diagnostic tools and dental technology, a dentist can detect these problems and provide options that could change your life.

Consider a dental consultation. It could provide the solution to your mystery "migraines."

## It's No Secret!

**We can put you at ease**

You know how you try not to think about a secret in front of people, just in case you blurt it out ... *and then you do?* Same thing happens with dental anxiety.

Research shows that when you're trying *not* to think about things, your brain has to remember what it is you aren't supposed to be thinking about. Ironically, you end up being pretty focused on the thoughts you want to avoid.

What to do if you're fearful about dental visits? Instead of internally monitoring your thoughts, bring your concerns out in the open. Share them with someone trustworthy. Discuss your fears with a dentist.

Dental professionals are trained to help put people at ease with a welcoming atmosphere and a relaxed environment.

# Get In The Pink

And restore your balance

**Pink, healthy gums add up to more than a healthy mouth.**

**Research has shown that...**

- we see teeth as whiter when they are surrounded by pink gums.
- even the whitest teeth are not perceived as attractive without healthy gums.

**And there's more...**

- a too-gummy smile can make your teeth look too small, too short, or too square.
- receding gums can make your teeth look longer, making you look older.

**How can cosmetic dentistry help restore esthetic balance to your smile?**

**Gum sculpting** is a cosmetic dental technique that can be used to create a more natural, more proportioned smile simply by non-surgically removing excess gum tissue. Teeth that look too long can also be re-proportioned and look more youthful with a simple procedure called grafting.

**Veneers** are ultra-thin hand-sculpted pieces of tooth-colored porcelain that fit over the front of individual teeth. Veneers can be sculpted to make your teeth look longer or wider or shorter. Each hand-crafted veneer is a work of art customized for your unique smile.

Other techniques like **bonding, crowns, and bridges** can give you a smile that looks and feels completely natural – and balanced.

Enhance your smile – and your gums – by keeping regular visits to the dentist and maintaining a good home care routine.



*We'll be happy to schedule your cosmetic consultation. Call today!*



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# Acid Reflux...

## Can damage teeth!

Acid reflux occurs when acidic stomach fluids back up into the throat and mouth, leaving a bitter taste and a burning sensation. For some people, these episodes occur daily and cannot be managed without treatment from their physician, ranging in lifestyle change to medication or even surgery.

Regardless of cause, chronic exposure of the teeth to gastric acid can result in erosion of the enamel on tooth surfaces creating tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth, and yellowing.

During oral examinations we can see the enamel erosion you might miss. We can repair the damage, but the best solution? Prevention. If you have symptoms, please consult your family physician, and let us know so that we can consider dental options.

# Call Today!

## (626) 334-7310



# Make A Difference!

About half the North American population avoids regular dental care, and 30-40 million people never go to the dentist because they don't understand how today's dentistry is different from years past.

## Did you know that dentistry could help you smile more?

### It may...

- improve your smile power
- encourage you to socialize with confidence
- make you look younger
- help you speak more clearly
- help you to eat with ease...

## Dentistry has something to offer all generations.

### Did you know that...

- Whitening could give you a bright, attractive smile?
- Non-surgical cosmetic treatments including whitening, re-contouring, bonding and veneers are among the most popular choices of your peers?
- Healthy gums and fresh breath are attainable with regular dental checkups and proper home care?
- Comfortable dental appliances for tooth replacement are a reality?

### We can tell you how...

- Oral health is directly linked to your overall health.
- The three-minute flossing habit may help you live longer.
- Regular dental checkups may help you and your families achieve a lifetime of healthy smiles.



**Please give us a call at  
(626) 334-7310 for a  
consultation to discuss  
what we can do for you!**

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