

Dr. Kazdan & Dr. Solomon's

Tooth Talk

Produced for the Patients of Dr. Kazdan, Dr. Solomon & Dr. D'Angelo

Winter 2008/2009

fromthedentists

Best Wishes For 2009

Thanks for 2008

As we look ahead to 2009, we would like to thank each of you for your continued loyalty over the past year. We speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2009 and look forward to seeing you in this New Year.

Here's to a great 2009!

*Dr. Kazdan, Dr. Solomon &
Dr. D'Angelo*

turnthepage

Break through with the new you!

Crown your way to glory!

Spice up your smile...

Sending you the
warmest of wishes for the

new year



From the entire staff at
Drs. Kazdan, Solomon & D'Angelo

Thank you for all your referrals - we appreciate them!

More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers



Reproportion



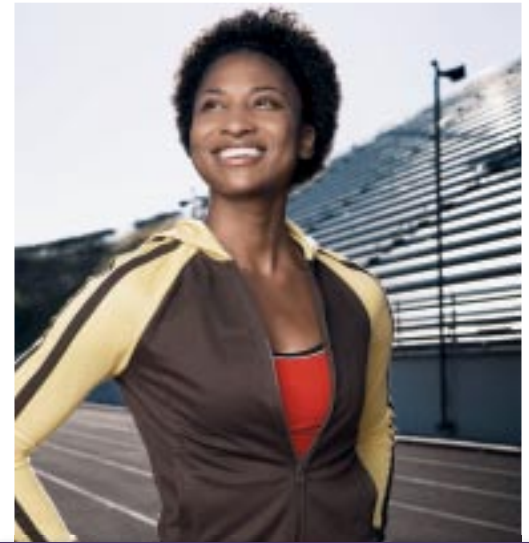
orthodontics & veneers



Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

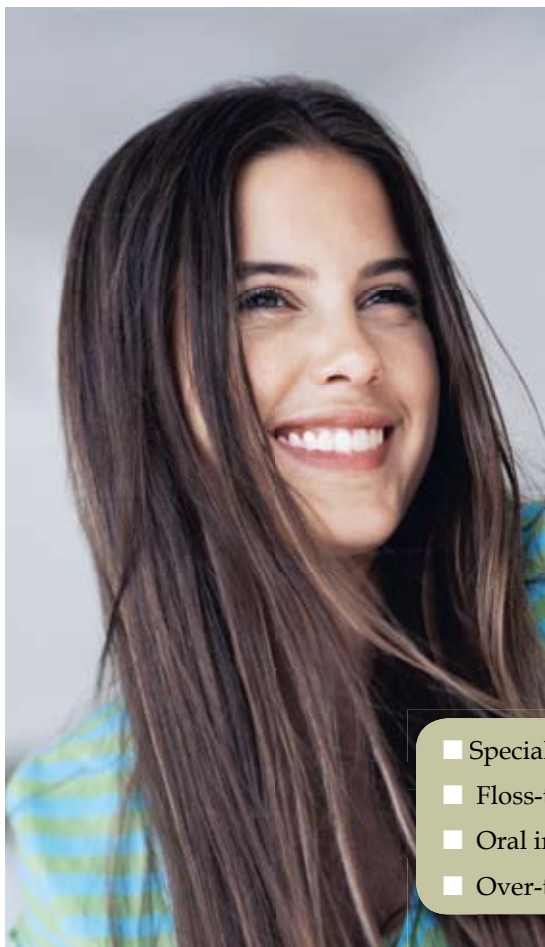
The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!



Takin' Care Of Braces

...Every day!

As a patient of orthodontics, it is vital that your braces are thoroughly cleaned each and every day. Taking care of your braces requires only a few small adjustments to your routine: a little extra time and a few simple tools.

While good cleaning habits are always vital to your oral health, having braces makes the task all the more important.

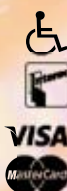
Most of the foods we eat react with naturally occurring oral bacteria to produce by-products that can do serious damage to your teeth and gums. It's sometimes quite a challenge, even without braces, to ensure that regular and attentive brushing and flossing intercept this danger. But with braces, you have the additional challenge of cleaning food that gets trapped in your braces (in addition to the braces making between-teeth cleaning a bit more tricky). Not having clean teeth will lead to both teeth and gum damage - with potentially devastating results.

What can you do to make your time at the bathroom sink a little easier? Establish an effective home care routine and commit to it. No excuses. It is that simple!

- Special brush-tips help get between braces and under wires.
- Floss-threaders pass floss under obstructing wires and facilitate flossing.
- Oral irrigators use jets of water to dislodge food debris from hard-to-reach areas.
- Over-the-counter rinses can be used with oral irrigators to reduce bacteria levels.

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Devastating Root Decay

Never too young

Most people over 50 have tooth-root decay associated with receding gums. This is not unexpected since many older adults did not have access to fluoride or preventive dental care in their youth. Even so, we are seeing an alarming number of younger adult patients with root cavities.

One of the most respected dental researchers in the world said that once you get a cavity on the root surface, it's just like the beginning of the end of your tooth. Since all adults are susceptible, it is critical to understand that fluoride can help control gum disease and gum recession, and decrease accompanying tooth sensitivity.

Whether you are experiencing root cavities or wish to prevent them, we would be pleased to recommend fluoride options including products for home use.

Following Through...

It's up to you!

Our goal is to help you have the best possible oral health for a lifetime. This requires a commitment from you to follow through with our treatment recommendations and home care program.

Some people are motivated by the knowledge that the longer they wait, the more dental repairs will cost. Untreated decay in one tooth will spread. Instead of one filling, you'll likely need a crown (increasing the cost by more than six times) or an eventual root canal (even more expense)! The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, tooth loss can result.

Whether you are motivated most by dollar savings or by a lifetime of attractive smiles, let us help you to follow through!