



WESTLAKE SMILE DESIGN

GENERAL & COSMETIC DENTISTRY
DR. DAVID HAKIMI & DR. ARMON EBEN
805-497-9585



SMILE REPORT

Produced to improve your dental health and awareness

Fall 2011

from the dentists

Prevent Periodontal Disease

Periodontal or gum disease has been called the Silent Disease because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your gums have receded ... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

- Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.
- Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.
- Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.

Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

*Yours in good dental health,
Dr. David Hakimi &
Dr. Armon Eben*

turn the page

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

GOT LASER?

We do!

We've seen truly wonderful innovations in dental techniques and technologies over the last twenty years, but the most amazing of all might well be the use of lasers in a wide variety of procedures. Until just recently lasers were strictly sci-fi material ("the deadly beam from outer space!"), but now that beam has been truly tamed!

In our practice, we use the laser for gum therapy. The first step is to remove the tartar from the root surface of your teeth using ultrasonic and hand scalers. Next, using the laser, we direct a small amount of laser energy through a tiny fiber which is gently placed between the gum and tooth. This laser destroys disease causing bacteria, removes infected tissue, increases circulation and healing. After treatment with the laser, the body can heal the area naturally.

This use of lasers is not only highly efficient and effective, there is minimal discomfort. And since periodontal (gum) disease, is such a serious oral health problem, any advance in its treatment is terrific news.

If you have any questions about laser treatments, please don't hesitate to ask us about it at your next regular checkup.

BENEFITS OF LASERS FOR GUM THERAPY

- Kills bacteria that cause gum disease
- Selectively removes already infected tissue
- Biostimulation, leading to increased circulation and healing

Thank you for all your referrals. We appreciate them!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Nitrous and Sedation

Bringing comfort to dentistry!

Dentists have worked long and hard to diminish or eliminate patient pain. Anxious and even phobic patients often discover that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable with nitrous or sedation ... and you are no different. We can make your next visit a lot more comfortable.

Nitrous oxide, commonly referred to as laughing gas, is an effective sedative with many benefits. Nitrous is especially recommended for those individuals who are dental phobic, or have a sensitive gag reflex. Though it is also ideal for any dental patient looking for a little added relaxation during treatment.

Oral sedation utilizes a combination of pills to achieve a far more profound sedation than with nitrous. Because of this, patients can complete much more treatment in fewer appointments, usually sleeping through the entire process.

Dental sedation is a safe and effective way to reduce the stress and anxiety associated with your dental appointment. If you're apprehensive about dental visits, the first step is to call. We will work with you to eliminate this barrier to better oral health.

Benefits Of Sedation Dentistry Include:

- Elimination of fear.
- Reduction of anxiety.
- Increased comfort levels.
- Heightened relaxation.
- Increased sense of control.



office information



General & Cosmetic Dentistry
Dr. David Hakimi
Dr. Armon Eben

911 Hampshire Road, Suite 7
Westlake Village, CA 91361-2838

Contact Information

Office (805) 497-9585
Fax (805) 497-8185

www.westlakesmiledesign.com

Office Hours

Mon & Tue 8:30 am – 6:00 pm
Wed & Thu 7:00 am – 6:00 pm
Friday 7:00 am – 5:00 pm

Office Staff

Beth, Carol, Sazha
..... Office Administrators
Karla, Joanne Hygienists
Lilia, Wendy, Lanny Assistants

Your Dental Insurance

Get the most



The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before this year's dental insurance expires. So give us a call!

Your Good Word

Our inspiration!

From the moment you call our practice or step through our doors we want your experience, whether from a personal or a professional perspective, to be something worth smiling about. There is no more powerful promotion than a good word, so it is our goal that everyone goes away eager to tell family and friends about the caliber of treatment at *Westlake Smile Design*. We consider your referrals of such importance that we are offering incentives just for mentioning us to others. When you refer new patients, ask that they mention your name because when you honor our team of dental professionals in this important way, it is our honor to give you a little something in return.

Please pass the enclosed referral cards to your family and friends. Thank you for your support.