



Dr. Jagruti Patel's

# Word Of Mouth

Produced for the Patients of Dr. Jagruti Patel

Fall 2010

## From The Dentist

### Getting It Done!

#### *Fall's the time*

There's a saying that if you want something done, ask a busy person ... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment. Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

*Yours in good dental health,*

*Dr. Jagruti Patel*

## Turn The Page

What do you expect out of life?

Fruity fighters you want on your side!

Are you the **best** you can be?

## Keep Them Smiling!

### Regular recare makes all the difference

Your child's oral health is essential for overall health and wellbeing. Of course, an attractive smile and sweet breath are important confidence-builders at any age, but gum disease has been linked to systemic diseases including diabetes in children, and difficulties with eating and speaking can create social and nutritional issues. Regular recare appointments allow us to develop your child's personalized plan of care to identify and prevent potential problems or catch them early before they become more serious, more painful, and more costly.

### What can your child expect at a recare visit?

#### *Assessment*

- examination for decay, visually and with Bitewing x-rays once a year and/or panoramic films to check orthodontic status, tooth alignment, and abnormalities;
- examination of gum tissue;
- assessment of biting, chewing, and swallowing patterns;
- evaluation of dental readiness for necessary procedures like orthodontics;
- reassessment of overall treatment plan.

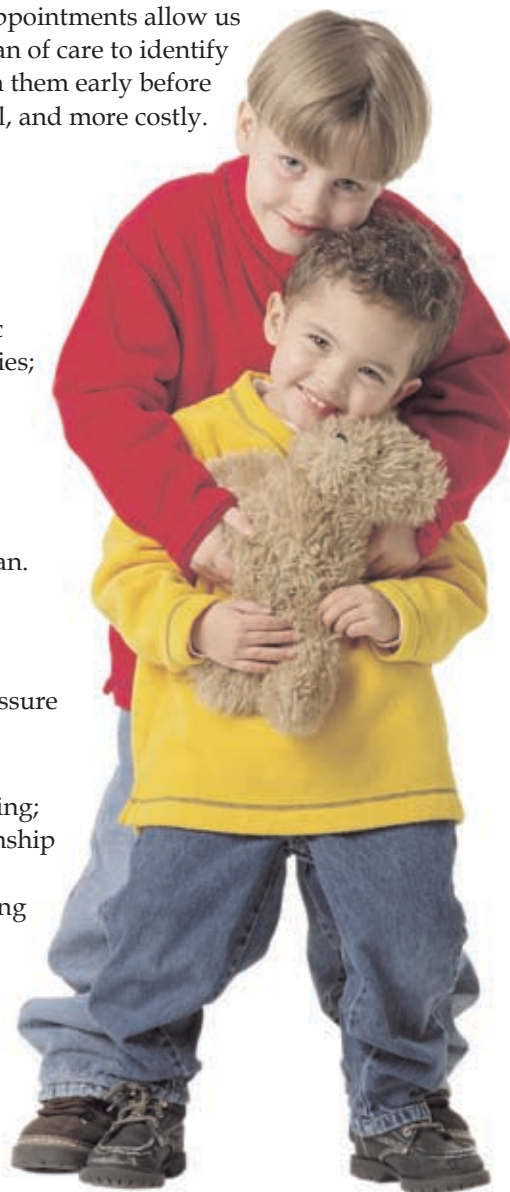
#### *Prevention*

- cleaning and scaling teeth to remove plaque, tartar, and surface stains;
- application of fluoride and pit and fissure sealants;

#### *Education*

- instruction about brushing and flossing;
- counseling about diet and its relationship to oral health;
- explaining dental treatments including orthodontics, using visual aids.

Our entire team takes great pride in creating a warm, welcoming, and supportive environment, and building trusting relationships. You can rely on us to provide the personal care and attention your child deserves.



*We welcome new smiles!*

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

### Here are five fruit-friendly tips...

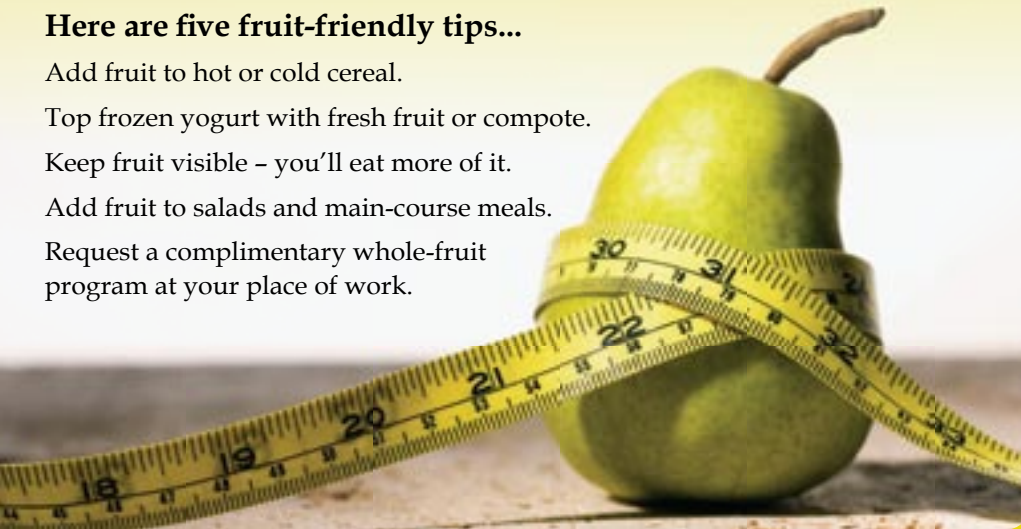
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

## What's Precious To You?

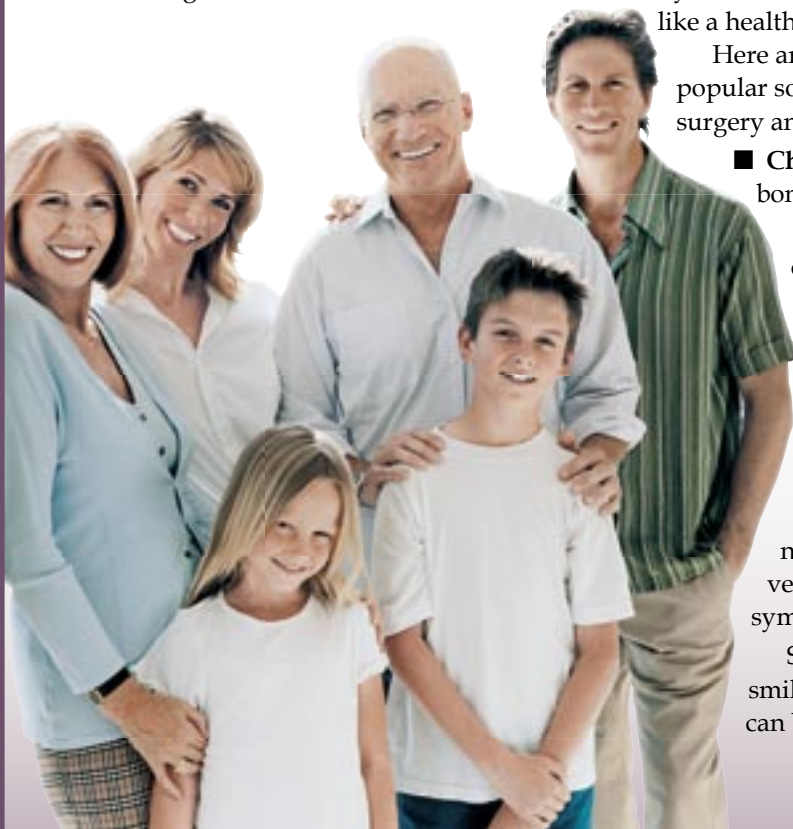
**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!





# What Do You Expect?

## Get the most out of life – and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away – like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** – Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** – Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** – Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

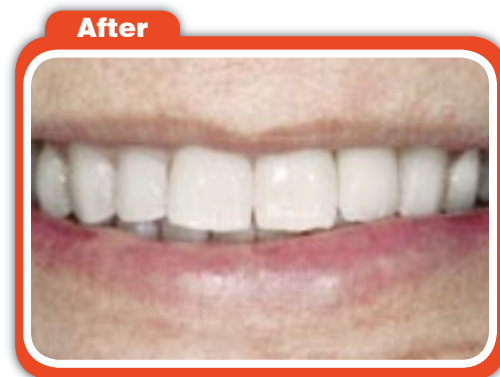
### Smile with dental implants

Nobody wants to lose teeth, but let's face it – it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1 Implants require only normal brushing and flossing – no special home-care routines.
- 2 There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3 There is no metal visible above your gumline.
- 4 Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!





Surrounded by the busy hum and bustle of an active, friendly dental practice, it's easy to think that there's no room for new patients. Nothing could be further from the truth. We love our work, and part of that is the excitement of getting to know new patients, as well as the satisfaction of successfully providing dental care for long-term clients.

When you refer your friends, colleagues, or family to our office, it makes our day. It shows that our dedication to our patients' oral health has been noticed. We're happy that you feel comfortable and at ease in communicating both to us and about us. Thank you for your confidence and trust.

*Life is full of surprises!*

*Refer someone and allow us to pleasantly surprise you!*

## officeinformation

**Dr. Jagruti Patel**  
12750 Carmel Country Road  
Suite 114A  
San Diego, CA 92130-2171

### Office Hours

Monday 7:00 am – 3:30 pm  
Tuesday 12:00 pm – 6:00 pm  
Wed-Thur 7:00 am – 3:30 pm  
*Available for Emergencies - Friday, Saturday, & Sunday*

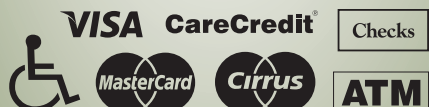
### Contact Information

Office (858) 792-2511  
Fax (858) 792-4121  
Web site [www.jpateldds.com](http://www.jpateldds.com)

### Office Staff

Maria ..... Office Manager  
Charlene ..... Registered Dental Hygienist  
Liz ..... Registered Dental Assistant

*We love to treat Children and therefore have introduced late hours on Tuesday*



## Techno Talk

### Make life easier!

Email and cell phones have become invaluable communication tools in a world filled with people who live on the run between work, home, and play. Many of us rely on them to help keep us organized and routinely access our PCs or versatile cell phones and PDAs to communicate more quickly and effectively.

That's why we would like to have your email address and cell number handy and up-to-date. Being able to communicate instantly and directly to email appointment confirmations, change or book appointments, and keep you current with timely eMailBulletins can only increase our efficiency and service levels and, in turn, enhance your dental experience.



Please email us at [jpateldds2000@gmail.com](mailto:jpateldds2000@gmail.com) to provide us with your cell number. Let's close the communication gap!

## Fall Power!

### Take it back!

Whether your power lifestyle centers around a boardroom, a home office, or a nursery, oral health care can be a real challenge during the summer months. Thankfully, fall has the power to jolt us back to re-energize ... reorganize... and reschedule!

If you've let treatment appointments slide or if you've been delaying your next preventive care appointment, you've got plenty of company. Almost 80% of baby boomers say they consider dental care to be part of their preventive health care routine, yet fewer than half visit the dentist twice a year as recommended!

Everyone today is struggling with a busy schedule. **But remember: benefits from dental plans that end on December 31st are not carried forward to the next year.**

Schedule a fall appointment and take back the power!