



Dr. Jagruti Patel's

Word Of Mouth

Produced for the Patients of Dr. Jagruti Patel

Spring 2011

from the dentist

Think Spring *It's in the air!*

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Yours in good dental health,

Dr. Jagruti Patel



turn the page

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

Your Overall Health Could Be In Jeopardy

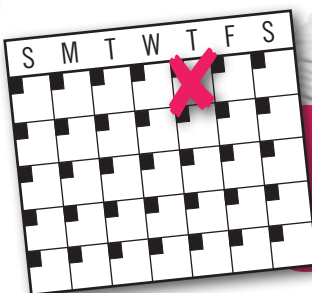
Don't discount the importance of your regular checkup

We remember all of those important dates like birthdays and anniversaries. We remember to change the oil in the car, get our hair done, and pay our taxes. But did you know that one of our most important annual events, our dental recare visit, is often forgotten, postponed or cancelled?

Cancellations or just not showing up for an appointment costs us time and prevents us from helping other patients that want treatment. But more importantly, skipping your checkup will affect you. We understand that you may be stretched financially, and as a result, your recare visit can be given a low priority. But something as simple as the early detection of a cavity can save you money down the road. The benefits do not stop there.

Beyond brightening your smile and removal of dental tartar with a thorough cleaning, we can evaluate the health of your gums (which has been linked to diabetes, stroke, premature birth, heart disease, and cancer) and screen for serious threats like oral cancer. So, while you might think, "It's just a checkup," your recare appointment helps to monitor and maintain your good health.

Keeping tabs on your oral health should be as important as your annual physical, and will help avoid painful and costly consequences down the road.



Please check your calendar for your next appointment, if you haven't got one booked – call us today!

We welcome new smiles!

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!



Lasting Impressions

A dazzling smile can ignite a room

A wonderful smile can project strength, confidence and beauty. Dentists can now change the way your teeth look and the way you feel!

Fortunately, esthetic dentistry is not reserved exclusively for the rich and famous. On the contrary, it is an investment in your long-term health and well being.

Here's a glossary of some of our most popular treatments and what they can do for your smile ... apart from making a lasting impression!

Whitening Whitening trays are used to erase ugly stains and replace dark and yellow discoloration with a brighter, whiter smile.

Bonding Teeth that are stained, cracked, chipped or spaced unevenly can seriously dull your smile. We can now correct many of these flaws with **bonding**, using a tooth-colored plastic to contour or reshape your teeth.

Veneers More severe stains and chips may require **veneers**, extremely thin but strong porcelain or acrylic shells that can be layered over the front surfaces of natural teeth to improve their appearance.

Crowns A **crown** fits over a severely damaged tooth to restore its normal shape, color and size. Nothing beats the durability and strength of gold, metal or porcelain crowns.

Implants If your smile is suffering because of missing teeth, implants can be an esthetically pleasing alternative to dentures and bridges.

*Call if you have any questions
about these or any other
esthetic treatments available.*



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Liz Registered Dental Assistant

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Waste Not, Want Not

Benefit now!

We just love it when we get to be the bearers of good tidings! This is our chance to remind you that for most people, January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the new year is an excellent time for an examination so that we can monitor your oral health and review your home care regime. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make this your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!

Delighted With You That's a fact

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these factoids with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. We know that feeling comfortable with your dental team makes visits more enjoyable and less anxiety-filled. And that a personal recommendation from a friend is the most credible form of advertising.

So, we are thankful for the great compliment of your continuing referrals.