



Dr. Jagruti Patel's

Word Of Mouth

Produced for the Patients of Dr. Jagruti Patel

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fromthedentist

It's Time To Celebrate First anniversary

Time seems to fly by - especially when you are doing something you enjoy. That's exactly how it seems for us. Especially as we anticipate celebrating our First Anniversary of providing you with quality dental services this coming October.

We look back on this first year at this practice and we're glad we spent it getting to know all of you and your families. It has been a great start to our relationship and we hope you have found it just as fulfilling as we have. It's our ongoing goal to maintain a solid rapport with all our patients to assist in your optimum oral care.

As we start into our second year, we look forward to continuing to provide you with the quality dental care you have come to expect from us.

Keep Your Secret!

Invisalign® Express

We are one of the first practices to offer Invisalign® Express, one of the most advanced components of cosmetics for teens and adults. It's a new, less expensive, yet proven method for correcting minor orthodontic problems like crowding and spacing. Invisalign uses a series of custom-made, nearly undetectable aligners.

Since the Express system is designed for mild problems only, treatment time is usually less than six months.

Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment.



No metal wires! No food restrictions! Many benefits!

If you're inspired and think you're a candidate for Invisalign Express, please call us for a consultation. We want you to feel happy and confident about your smile!

What can you expect with Invisalign Express?

- They are invisible - no one can tell they're being worn.
- You can really smile at parties, weddings, and on dates.
- They are simple to put on and take off.
- You can eat and drink just like normal while in treatment - just remove the aligners.
- They are comfortable - no metal wires or sharp brackets.
- You can wear them playing sports and woodwind and brass musical instruments.
- If you lose an aligner, it can be reproduced.
- Treatment is finished faster with fewer appointments.
- Biocompatible material decreases allergic response.
- Using virtual technology, you can see your straight teeth - in advance!



We welcome new smiles!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

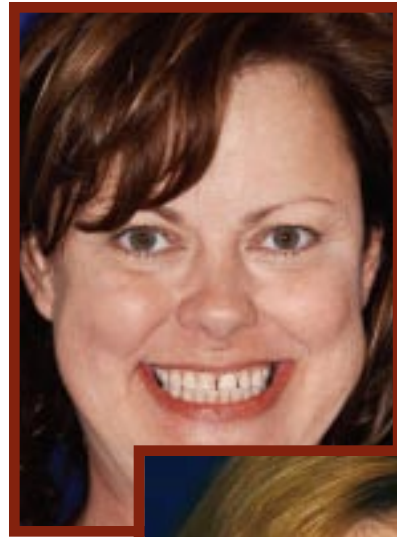
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

Just Like A Splinter

Periodontitis: silent and progressive

Everyone has had a splinter under their skin at one time or another. The tiny culprits often turn up silently, and it's only later that you notice the irritation. If left untreated, the wound can become inflamed and even infected – your body's natural response to an invading foreign body. That's when a commonplace nuisance can become an uncomfortable and potentially serious problem. That's how *periodontitis* – or gum disease – works.

When plaque, an invisible, sticky bacterial film, is allowed to build up on your teeth, usually around the gumline,

it can harden into an unattractive yellowish substance called *tartar* or *calculus*. If ignored, calculus accumulates between the tooth and the gum creating pockets of infection, causing swelling, tenderness, and even bleeding – just like a nasty splinter.

Periodontal disease has been called *the silent disease* because it arrives unannounced and can worsen with little or no initial discomfort. Although initially quiet and unassuming, it is the leading cause of tooth loss among adults, it can destroy



bone and supporting tissues, and it has been linked to life-threatening illnesses like heart disease and stroke, diabetes, and cancer, as well as to premature births.

Only a dentist or hygienist can remove calculus. But the best cure is prevention through regular brushing and flossing. Like a splinter, it's best to remove plaque before the nuisance becomes a problem.

Could it be time for *your* professional cleaning? Please call us for a consultation.



LEFT: Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.

RIGHT: Research has shown that we see teeth as whiter when they are surrounded by pink gums.

office information

Dr. Jagruti Patel

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Office Hours

Monday 7:00 am – 3:30 pm

Tuesday 12:00 pm – 6:00 pm

Wednesday 7:00 am – 3:30 pm

Thursday 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.jpatedds.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



Yes! We Will!

Answers to core questions

Here's how we answer the top three questions that the people you refer to our practice like to ask us...

Will you take time to provide personal attention to me? Yes.

We pride ourselves in creating a warm, supportive atmosphere and building trusting relationships.

Will you provide instruction and explain preventive and home care techniques? Yes. We are committed to preventive care. The best patient is an informed patient.

Will you provide fee and payment plan information before treatment? Yes. We'll also help you prioritize treatment that's essential, can be phased, or is elective.

Please use our enclosed referral cards with confidence. We sincerely appreciate your referrals of family and friends.



Prepare Kids

For dental visits

Your child's primary teeth are very important – they help them chew, speak clearly, look attractive, and maintain positions for the permanent teeth. That's why good dental health is essential.

Schedule your child's first dental visit between the ages of two and three. Even at this young age, we can determine how your child's teeth and mouth are developing.

Most first visits involve introductions to our staff and a basic checkup. We can show you how to clean your child's teeth, and recommend ways to prevent such problems as baby bottle tooth decay and thumbsucking habits.

Talk with your child about what to expect. If you have dental anxieties, be careful not to pass them on.