

Something To Smile About with Elite Dental



Winter 2009

Ensure...

...You know the mouth-body link

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

With **heart disease and stroke**, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the coronary arteries.

Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. And gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature labor**. Pregnant women who have periodontal disease may be as much as seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

There is also evidence that periodontal disease contributes to **respiratory diseases** and **osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.



*We're in your
neighborhood!*



Elite Dental
Dr. Liza Fartash
670 East Santa Clara Street
San Jose, CA 95112-1931

**Call and make an
appointment today!**

**Saturday & Evening
appointments are available as well.**

Email office@elitedentalteam.com
Web site www.elitedentalteam.com
Fax (408) 564-0467

Our Services Include:

- ❖ Cosmetic & Family Dentistry
- ❖ Dental Implants
- ❖ Teeth Whitening
- ❖ Children of all ages welcome
- ❖ Crowns & Bridges
- ❖ Dentures
- ❖ Intraoral camera
- ❖ Nitrous oxide sedation
- ❖ TV, videos, and music in treatment rooms
- ❖ Payment plans available
- ❖ Most insurance plans accepted
- ❖ MasterCard, CareCredit, Visa and Checks welcome



Call Today!
(408) 564-5581

WE WELCOME NEW SMILES!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

Tailored For You



Cosmetic veneers

Sometimes people live with a smile they're unhappy with because they think they'll need to commit to braces and actually re-align their bite. Sometimes they're wrong. Beautiful hand-sculpted porcelain veneers, applied to the outside surfaces of your teeth, can dramatically recontour your smile.

Here are some smile concerns that can be completely concealed with long-lasting veneers, without moving your teeth...

- Teeth that overlap slightly;
- Enamel that has become worn or chipped;
- Teeth that are off center;
- Teeth that are straight but have gaps between them;
- Edges that are too feminine or too masculine for your smile;
- Teeth that are a little crooked;
- Teeth that are stained or dull looking.

You can turn getting it wrong into exactly right. Redesign your smile with cosmetic veneers.



Look At This!

And assess your oral health

Did you know that saliva is being used to diagnose systemic illnesses, assess the risk of dental caries (decay), and create smart, targeted antibiotics that destroy *only* bad bacteria? Your mouth really is the gateway to your body. According to one survey, virtually 100% of dental professionals and physicians believe that there may be a link between oral health and overall health. Many are actively trying to educate their patients about the importance of preventing and treating gum disease.

In the earliest stages you might not realize that you have gum disease, which is why regular dental exams are so important. If you have any of these symptoms, your dental team can treat, repair, or even reverse them.

- | | | |
|--|------------------------------|-----------------------------|
| Do your gums feel and look puffy or tender? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Do your gums bleed when you brush your teeth? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Do your teeth appear long due to receding gums? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| Do you have persistent and embarrassing bad breath? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

If you answered "yes" to any of these questions, it's important that you call your dental team ... and the sooner the better! The initial stage of gum disease called *gingivitis* is very treatable with home care and regular monitoring. The later stage called *periodontitis* is more serious and can lead to bone, tissue, and tooth loss.

Why else should you call? Regular dentistry is your gateway to a smile that's healthier and more attractive!

Help On The Half-Shell

What a pearl!

What could a human and a humble mollusk possibly have in common? Each has the capacity for self-repair! A human bone will mend and so will a cracked oyster shell. In future, scientists believe oysters could help cure and even prevent diseases like osteoporosis and arthritis ... and help restore oral health by re-generating lost bone.

How? Biologists are studying the way oysters generate mother-of-pearl with a strong, durable substance called nacre. In future it could be grafted onto human bone to release active molecules to induce bone remineralization.

Wait – there's more! Oysters that don't produce pearls are also remarkable. They contain more zinc per serving than any other food, help us to maintain our sense of smell and taste, and may help prevent oral cancers.

Oysters: one of nature's true gems.



Do It The Right Way

Learn how

If a little bit is good, then a whole lot is better ... right? Wrong! Too much washing can worsen skin breakouts. Too much exercise can keep your muscles small. And too much brushing can damage your teeth and gums!

Your dental team can help you to develop and maintain good oral health. For example...

- You can learn about the relationship between oral and overall health.
 - You can find out how to select the best toothbrushes.
 - You can receive a demonstration on how to brush and floss your teeth.
 - You can find out about alternative tools for your unique dental needs.
 - You can take home special devices like plaque disclosing agents to improve your cleaning technique.
- You can *never* have too much motivation – or too many smiles!



Get ready to let loose ...and laugh!



Woo Hoo! What About You?

Laughter is contagious – but you already know that. Well here's something you might not know! According to scientists, upbeat sounds like laughter or a happy *huzzah* trigger our brain's smile-activation center, priming our facial muscles for an involuntary smile. If you've been resisting your natural impulses and covering up your smile, maybe you need a smile recharge.

Cosmetic dentistry can create eye-catching results quickly, comfortably, and without surgery. Help your inner you shine through...

- Remove those stains you've been trying to hide.
- Whiten your teeth to their most youthful, healthy, and glamorous best.
- Correct the appearance of gaps, chips, and crowding.
- Improve the shape and proportion of your gums and teeth.
- Make lips appear fuller and plump fine lines to make them less noticeable.
- Restore appearance and function to teeth that have been weakened or damaged by root canal therapy, clenching, or grinding.
- Replace older dark conspicuous fillings with white ones that look so natural no one will guess that you've ever needed fillings.

Not only is your mouth the first place people look when they meet you, but study after study has shown that attractive people tend to make friends more easily and are more likely to succeed in their careers.

Get ready to reveal your best smile! You're worth it. And before you know it, your renewed self-confidence will have you laugh-out-loud spontaneous again.



Our Doors Are Open!

Call today to schedule
your appointment!

Zoom!® Your Smile!

In Office Teeth Whitening

Regularly \$700

Includes:

Consultation,
Zoom!® application,
take-home
touch-up kit.

Now
\$350

Offer ends: March 31st, 2009
For new patients only.

Special Offer!

Regularly \$300

Includes:

Consultation, exam,
oral cancer screening,
necessary x-rays &
cleaning.

Now
\$99

For new patients only.

Offer ends: March 31st, 2009

Smile Consultation!

Regularly \$220

Now Complimentary

PLUS begin treatment before
December 31st, 2008 and receive
10% OFF total treatment cost!

Offer ends: March 31st, 2009
For new patients only.

Call Today!
(408) 564-5581



Dear Neighbor,

Here's a special invitation for you and your family...

There's a good possibility we're exactly right for one another. The need to feel comfortable with – and confident in – your dentist is very important. It makes visits more enjoyable, less anxiety-filled. And because we have so many wonderful patients in the community, we anticipate that our relationship with you would be just as wonderful and fulfilling.

We care a lot about our community and are extremely proud of our reputation. Our practice was built on our patients' referrals – they've chosen to trust us year after year.

We'd like your trust also. Toward that end, I'd like to invite you to visit us so that you can decide for yourself if we are the right fit for you. And should you decide that we are, I can promise you that...

- You'll have access to preventive, restorative, and cosmetic dentistry.
- You'll be treated as a friend and a valued patient.
- You'll discover that we offer the kind of attention only a neighbor can give.

We look forward to meeting you ... and hopefully developing a long, mutually beneficial relationship.

Sincerely,

Dr. Liza Fartash

P.S. We are offering FREE Cosmetic Dentistry Consultations! We'll analyze your smile, and discuss what cosmetic dental technique would make you smile more! Please call (408) 564-5581 today! Offer expires March 31st, 2009. This consultation could be the best time investment you've ever made!

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