

WINTER SMILES

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WHICH WAY TO WHITER TEETH?

PROFESSIONAL VS. STORE BOUGHT

We often receive questions about different options for teeth whitening. Over the counter whitening products are usually considered safe and can be an inexpensive way to try whitening. Dentist supervised teeth whitening with professional strength products remains the safest and most effective way to achieve the brightest smile possible. Here are some of the advantages of professional whitening vs. OTC whitening:

- Professional whiteners have a higher concentration of the active ingredient.
- OTC whiteners will lighten teeth, but are not strong enough to get teeth whitest they can be.
- Professional whiteners maintain their high concentration during their contact with teeth surfaces. Custom fitted trays or office application procedures keep saliva from diluting the whitener.
- OTC whiteners become diluted from saliva, lowering their already low concentration of active ingredients.

Gradual darkening of tooth enamel is a natural process of aging. In addition, we expose our teeth to all kinds of stain causing food and drink. Once you whiten your teeth, you will want to keep your smile bright with periodic touch ups that are easy to do at home!

TEETH WHITENING SPECIAL FOR JANUARY 2015

Start your new year with whiter teeth!
We are having a special for the month of January only:

In Office Zoom with take home trays:
Regular fee \$399
Special \$299
Take Home Whitening:
Regular fee \$250
Special \$150
Call for details!

GOSSIP

We will be having our Holiday Party for the staff at Denise's house, it's always a lot of fun and lots of food! Our white elephant gift exchange is always a lot of laughs. This year we enjoyed having a real tree and wreath at the office which makes the office smell so woody and fresh! This year Roberta's New Year resolution is to run at least 5 minutes every day. Christa's daughter will be competing in Scottsdale, Arizona with her horse in February. Good Luck Laure! Denise's son plays on the Varsity basketball team and she is busy going to his tournaments. Jenny and Stella love to cook and frequently bring us treats. It is very hard not to gain weight with so much good stuff showing up daily. Melissa's twins have already won awards for their first year on their high school golf team. Stella celebrates Armenian Christmas on January 6th, for December 25th she will be in Las Vegas. Kelly and family just had a wonderful time at city walk

HAVING A BABY?

It is important to take good care of your teeth and gums while pregnant. Pregnancy causes hormonal changes that cause gums to swell, bleed, and trap food which in turn can develop into gum disease. Gum disease has been associated with preterm birth. Since 2006, some state organizations and dental associations have issued practice guidelines declaring dental care is safe and effective at any stage of pregnancy, including X-rays, cavity restorations and root canals.



HALITOSIS

Otherwise known as BAD BREATH. Did you know most of the time bad breath is caused by bacteria present in the mouth either in a cavity or under the gum line or on the back of the tongue? Only 10% of the time is there another cause. It can generally be cured by making adjustments to oral hygiene including using dental floss, improving the health of the gums and gently scraping the back of the tongue. It is good to note that mouth washes and breath mints do not solve the problem. They may mask the offensive odor temporarily but it will come back as long as bacteria are present.



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