

Dr. Rodney Burton's  
**SMILE • PERFECTION**  
• NEWSLETTER •



*Providing you with information for your dental & overall health and well-being*

*Winter 2009*



*Best Wishes Thanks for 2009*

As we look ahead to 2010, I would like to thank each of you for your continued loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2010 and look forward to seeing you in the New Year. Here's to a great 2010!

*– Dr. Rodney Burton and the Conejo Valley Denal Team*



## **Dull To Dazzling**

### *Win with a winning smile!*

Did you know that people with whiter teeth are almost always perceived to be more attractive? It's true. Depending upon the attractiveness of your teeth, they can have a positive or negative impact on your relationships, career, and self-confidence.

Improvement techniques – Lips can be made to appear fuller and more voluptuous through the use of veneers on your front teeth. Upper lip lines can often be smoothed through the use of veneers. Slightly crooked or twisted teeth can be made to look straight without use of braces. Small, round teeth look more feminine. Flatter, squarer teeth look more masculine. And, believe it or not

... people with smaller teeth are often taken less seriously.

Can you change your smile to the look you want? Absolutely! Today, with state-of-the-art dental technology in the hands of a highly skilled dentist, it is possible to not only transform your smile into a thing of beauty ... but at the same time adjust it to help give you the facial "look" you want.

To find out if cosmetic dentistry can give you the smile and look you want, please call today to set up a complimentary evaluation



appointment. We will meet with you, answer all of your questions and detail for you how to transform your smile from dull to dazzling. There is absolutely no cost or obligation. So, don't wait. Call today!

## The Migraine Mimic

*Dentistry can help solve the mystery*

Are you one of the 90% of North Americans who experiences headaches? Ever thought of asking a dentist about them?

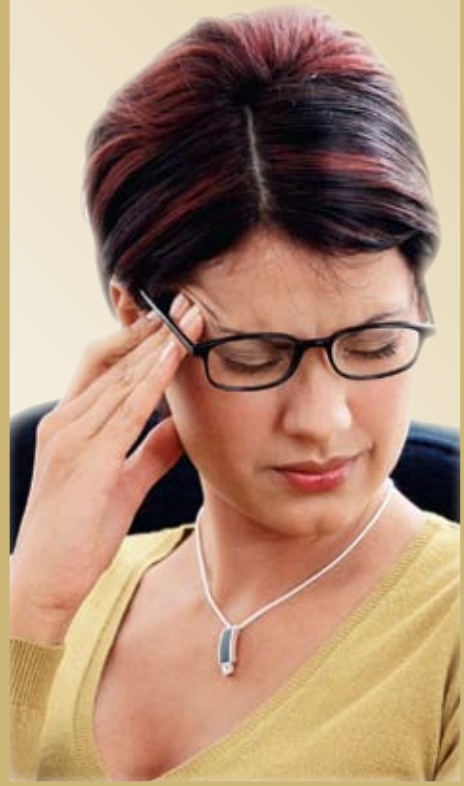
Problems with your oral health can mimic the symptoms of migraine or tension headaches. A number of dental problems can cause pain to radiate along the jaw, the neck, and around the head.

**Here are some examples:**

- Temporomandibular Joint Disease (TMD), a misalignment of the jaw;
- Myofascial Pain Dysfunction Syndrome or muscle spasms caused by grinding teeth and clenching jaws;
- Abscessed, infected, or cracked teeth;
- Gum disease.

Using dental diagnostic tools and dental technology, a dentist can detect these problems and provide options that could change your life.

Consider a dental consultation. It could provide the solution to your mystery "migraines."



## A New Look For Teeth

*Replacing fillings and restorations*

*Why fix it if it's not broken?* You may not even realize you need replacement treatment, especially if you haven't experienced any tooth pain. But there are many reasons for replacing previous dental work.

Consider the stresses exerted by daily chewing and grinding, which eventually wear down teeth, amalgam fillings, and resin restorations. Fillings may start to leak around their edges, allowing bacteria into the tooth, resulting in tooth decay if not treated. Continuous biting pressure placed on teeth can also create cracks on surface fillings and crowns. If cracks are not repaired in time, the tooth may break or chip, requiring larger and more expensive restoration.

Modern dental practice now strives to make noticeable dentistry a thing of the past. One of the ways we're achieving this is by using porcelain, cast glass or resin inlays and onlays. Rivaling the strength and beauty of natural teeth, these can be formed to fit and fill most types of cavities so well you can hardly detect them.

Inlays and onlays are ideal for restoring areas near the back of your mouth where chewing is high stress or there is little original tooth remaining. They are custom designed in a laboratory using a precise replica of your tooth. Inlay and onlay restorations may take a couple of appointments to complete, and with proper brushing and flossing they can last up to fifteen years.

## Dental Trivia I

*Did you know...*

- Teeth in a growing fetus begin to develop only six weeks after conception.
- If you start smoking at age 18 and smoke one pack a day, you may lose 4-5 teeth by age 35.
- Today's Tooth Fairy needs a lot more silver than she did in 1900 when she left an average of twelve cents.
- Athletes are sixty times more likely to damage their teeth when not wearing

a protective mouthguard during athletic activities.

- If you don't floss, you miss cleaning 35% of your teeth!
- The average American consumes 120 lbs of sugar each year. Try to choose sugar-free snacks!

Remember to flash your pearly whites because unlike pet rocks, eight-tracks, and mood rings, a healthy smile is always in style!

# Baby Those Teeth

*baby those teeth*

## *Proper care for primary teeth*

The health and appearance of adult teeth depends a lot upon the care given to baby teeth. Here are some important deciduous tooth facts:

- Chewing on well-formed teeth helps jawbones to grow properly. If some of a child's teeth are missing, the jaws can grow off balance, causing problems down the road.
- A prematurely lost baby tooth will allow neighboring teeth to drift, blocking space of the developing adult tooth, leading to crooked teeth.
- If teeth are lost too early, improperly chewed food will upset digestion. The same happens with decayed or abscessed teeth as the pain inhibits proper chewing.
- Infected baby teeth or roots left untreated may spread bacteria into the bloodstream. They must be removed right away by us and replaced by a space-maintainer so the adult teeth have room to grow properly.
- Normal speech depends upon properly placed teeth. Early loss of baby teeth often leads to unwanted speech habits which persist into adulthood.
- Your child's dental care starts right after birth with proper feeding and cleaning of the mouth. If you bottle-feed, do not add decay-causing sugar or syrup. No juice please!
- Thumbsucking can lead to dental problems, so try to replace thumbs with soothers. Use soft rubber teething rings, not biscuits.

We'll be happy to help if you have any questions about proper care for baby teeth.



## Brush Up On Bacteria

### *Toothbrush etiquette can protect you*

You may be willing to give anything for a family member or loved one, but most of us draw the line at sharing a toothbrush.

The trouble is that it takes more than restricting each toothbrush to one owner to prevent infection. The bathroom is often the most contaminated room in the house. Toothbrushes can get loaded with oral micro-organisms just because they share a common storage space. Airborne bacteria can spread a cold to everyone in the household.

The best defense is to use a toothbrush cover. It will reduce the chances spreading infection. After you brush, rinse the bristles and shake out any extra moisture, store the brush upright before placing the cover over the head. Keep your brushes away from the sink and toilet to prevent airborne contamination. If you catch a cold, throw your brush out and get a new one. Protect yourself by protecting your toothbrush.

#### **Toothbrush Care**

- DO use a toothbrush cover if your family uses a community holder.
- DO shake any extra moisture from your toothbrush and store it upright.
- DO throw away your brush and replace it following a cold or virus.
- DO choose a brush accepted by your dental association.
- DON'T store toothbrushes on the bathroom counter close to the sink or toilet.
- DON'T lay your toothbrush flat in the cabinet.
- DON'T use a brush with worn or frayed bristles.



# Dental Implants

## *Back to nature*

Would you like to look younger, speak more clearly, and enjoy a wider selection of foods? Are you one of the 40% of denture wearers who has been wearing the same appliance for more than ten years? Would you like to



avoid the bone loss that is inevitable with the loss of even one tooth? Then dental implants – permanent artificial teeth that are anchored in your jaw – may be right for you.

Dental implants look, feel, and function like natural teeth, improving your appearance, comfort, and self-confidence. Dentists have been working with them for more than thirty years. They've become so popular that almost 500,000 dental implants are placed every year.

If you feel self-conscious about your teeth and mouth, consider

that dental implants can replace the form and function of missing teeth, whether it's only one tooth or two ... or even if it's to replace teeth in an entire jaw. Implants can also be used to anchor dentures to prevent soreness and clicking, or as replacements for partial dentures and bridgework.

After a thorough consultation, we can help you to decide if implants are right for you by reviewing your medical history, examining your oral tissues, and by taking impressions and radiographs. If your dental evaluation shows that you are a good candidate for the implant procedure, you may look forward to smiling with comfort and confidence again.



## Office **Information**

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### Contact

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### Hours

Mon	closed
Tue	9:00 am – 5:00 pm
Wed	9:00 am – 5:00 pm
Thu	9:00 am – 5:00 pm
Fri	9:00 am – 5:00 pm

### Staff

Shelly	Office Manager
Lisa	RDH
Debbie	DA
Ashley	DA



## Relationships Inspire

### *We thank you for your trust!*

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships! We hope you understand that among the most important to us are those with our patients. We are dedicated to keeping you, your family, and the friends and colleagues you refer as happy, healthy, and

positive as possible. When you return time after time, we understand that you are expressing your trust in our professionalism. And when you refer your friends and family, we understand that you are placing your relationships in our care. We appreciate every opportunity to provide our quality care to your friends and family and will ensure each visit to our office is a pleasant one. These new relationships will receive the same level of care and consideration as all of our patients. We will strive to make our referred patients as comfortable as we can to make their experience an enjoyable one.

All of our relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service, and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

