



fromthedentist

What's New...

At Sonoma Smiles

As we enter into 2010, we're very excited at *Sonoma Smiles* to share some things that we are working on.

After extensive training last year, we are proud to offer the security of dental implants, right in our office. As with everything we do, you can rest assured that the highest quality and technology will be our standard.

We are also very enthusiastic about a new periodontal program for our patients who need to treat and prevent gum disease. It's very well documented that gum disease can lead to heart and vascular disease, among other things... and it's our obligation to make sure everyone understands that it is treatable. While we have a strong passion for cosmetic dental treatments, addressing this disease can actually save lives.

We look forward to seeing you at the office in 2010!

Yours in good dental health,

Dr. Wayne Sutton

turnthepage

Save money ... and your sanity!

5 harmful habits. Are *you* guilty?

Work out the green way!

Not Science Fiction

Laser hygiene therapy, now available!

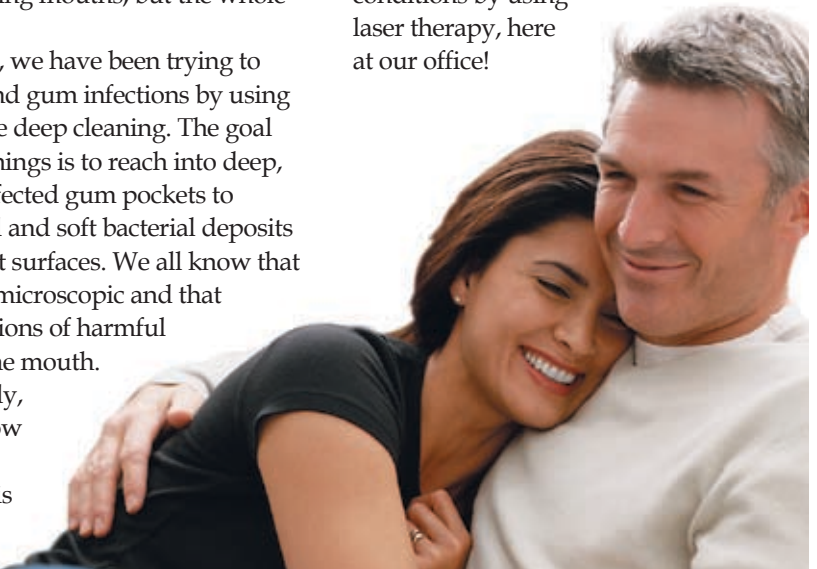
We are proud to announce that we have enhanced our hygiene services to include the use of laser therapy. Laser therapy is a non-invasive, non-surgical approach to treating gingivitis and periodontitis.

After much research, the dental world discovered a direct link between oral health and overall systemic health; including diabetes, high blood pressure, low birth weight and premature babies, and heart disease. That means ... we're not just treating mouths, but the whole body.

For years, we have been trying to fight bone and gum infections by using therapies like deep cleaning. The goal of deep cleanings is to reach into deep, inflamed, infected gum pockets to remove hard and soft bacterial deposits from the root surfaces. We all know that bacteria are microscopic and that there are billions of harmful bacteria in the mouth. Unfortunately, no matter how skilled the hygienist, it is impossible

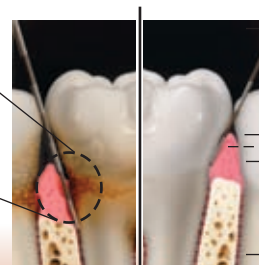
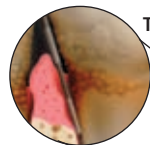
to remove *all* the bacteria with just hand instruments. But, our new laser detoxifies and kills a mass amount of bacteria ... all the way down to the bone. It regenerates new cells and enables us to actually heal mouths. The laser shrinks and heals those deep pockets so bacteria can no longer collect and re-infect the bone and gums.

Any sort of inflammation makes your body work much harder, including gingivitis. We are now able to heal mouths instead of just maintaining their conditions by using laser therapy, here at our office!



Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



Periodontal disease

Healthy tooth

The crown is the visible part of each tooth.
The gums are the soft pink tissues that cover your tooth and bone.
The root of each tooth is lodged in your supporting jawbone.

The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Whitening & Veneers



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Pregnancy Perio Risk

Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.

We screen for gum disease at every visit ...because we like to see you smiling.



Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

Just Lose Five

Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.



Mini Dental Implants

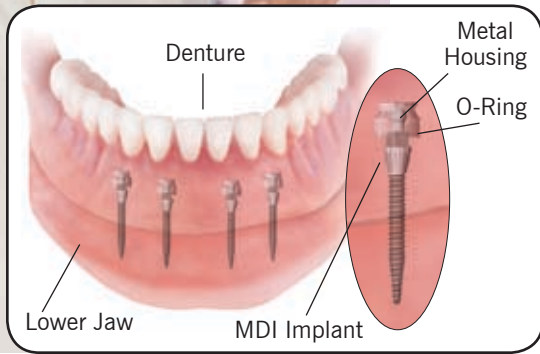
Now offered at Sonoma Smiles

Mini Dental Implants procedure can be performed right here in the office with only a mild anesthetic ... very strong metal implants, that are similar in diameter to a toothpick and look and act like the roots of teeth, are placed in the jaw. By modifying your denture so that it can snap onto the implants tightly and reliably, many patients are able to speak and eat with confidence – for the first time in a long time. The most effective use of this unique dental product is stabilization of a lower denture.

There are approximately 50,000,000 people in this country who are lacking teeth, and struggle with prosthetic devices. A large number suffer a great deal of discomfort because of loose or ill-fitting dentures. Moreover, it's not uncommon for family members to complain about a denture wearer's disagreeable breath from food being trapped

and decaying under their denture prosthesis. Successful placement of the Mini Dental Implant addresses and solves all of these social and practical problems.

The Mini Dental Implants are placed in about an hour's time. The result? A tight fitting, completely reliable system that allows a patient to speak and eat with confidence. Because of the unique, minimally invasive procedure, the minute size of the implants, and the characteristic placement area, the typical Mini Dental Implant patient can enjoy a light meal an hour or so after having the mini implants placed.



office information

Sonoma Smiles
Wayne Sutton, DDS
 1330 Medical Center Drive, Suite 1
 Rohnert Park, CA 94928-2901

Office Hours
 Mon-Thurs 7:10 am – 4:00 pm

Contact Information
 Office (707) 585-2555
 Fax (707) 585-3704
 Email waynesutton@sbcglobal.net
 Web Site www.sonomasmls.com

Office Staff
 Debbie..... Front Office Coordinator
 Kelly..... Office Administrator
 Debbie..... Registered Dental Hygienist
 Heather Registered Dental Assistant
 Suzy..... Registered Dental Hygienist

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You Have Cavities?

Why, and how you can prevent them!

Cavities are caused by a bacterial infection known as caries. An acidic oral environment drives this infection. Brushing and flossing alone CAN NOT stop it. The good news is that the infection is treatable ... and preventable.

The caries infection takes place when the normal healthy bacteria in the mouth are replaced by acid-producing bacteria, usually caused by:

- Prolonged acidic oral environment, from a lack of saliva, and/or a sugary/acidic diet.
- Transmission through saliva.

Drilling and filling has been the traditional method of treating cavities, but it doesn't treat the bacterial infection. Brushing and flossing has been the traditional method of prevention, but it does not change the acidity of the oral environment or treat existing infection.

Here's what to do:

- Schedule an examination, so we can perform a "caries risk assessment" ... evaluating factors contributing to *your* cavities.
- Limit sugary/carbohydrate and acidic items from your diet. (i.e. coffee, tea, sparkling water, and alcohol).
- Consider the acidity of the dental products you are using. Don't just brush and floss ... neutralize!
- Understand that fluoride can be important, but is used to primarily remineralize ... not for stopping bacterial infection. *Xylitol*® is a very effective agent for limiting acids and comes in a variety of forms.
- Consider implementing *CariFree*™. CariFree is available here at this office, and is based on your individual mouth. Ask about it!

