Smiles UPDATE
Your first step to a beautiful smile... Sonoma Smiles

Produced for the Patients of Dr. Wayne Sutton

Winter 2008

fromthedentist

Winter has arrived, and things are busy here at Sonoma Smiles. Many people have taken advantage of using their 2007 insurance benefits and tax savings accounts, keeping us hopping.

The season also gives me an opportunity to reflect on the gratitude I feel for the many blessings I have had this year. I was very fortunate this year to meet two very special ladies that needed a little extra help with their smiles and I was able to help them both. Take the time to read the profiles on Jan and Heather in this newsletter. They are two very different ladies, but ones that needed a chance to show off a beautiful smile.

May all of you have a joyous new year; I look forward to seeing you in 2008.

Dr. Sutton

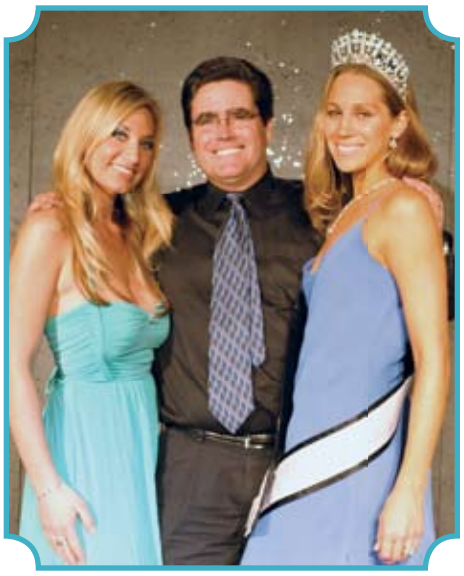
turnthepage

You can get the look of luck!

Make a connection!

Guilt-free habits to keep!

Meet Heather, Miss California Globe 2007



This summer Dr. Sutton had the chance to once again work with the Mrs. Globe pageant by doing a smile makeover for Heather Rufino, Miss California Globe 2007. Heather applied for a smile makeover as part of the program. This makeover process started with initial x-rays, photos and records taken by a dentist in Heather's hometown. These photos, records and x-rays were then sent Dr. Sutton.

From there, Heather flew up to Rohnert Park for an initial visit, and left with custom temporary bridges. Just two weeks later Heather was in Rohnert Park again for her dazzling new smile crafted by Dr. Sutton.

On Labor Day weekend, Dr. Sutton and his family had the pleasure of watching Heather compete in the Miss US Globe pageant, where she made it to the finals. Congratulations Heather!

Here is a great picture of a proud Dr. Sutton with Kristina Spaete, Mrs. California Globe 2005 (who also had a smile makeover courtesy of Dr. S) and Heather, Miss California Globe 2007.

For more information on the WIN Foundation or the Mrs. Globe pageant, visit their websites at www.womeninneed.org and www.mrsglobe.com.

Before After

An attractive smile makes a lasting impression!

Fight Oral Cancer

Show & tell

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

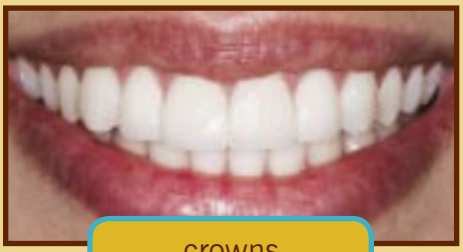
Screening for oral cancer is a team effort. We rely on you … and you know you can count on us.

Success! What's *luck* got to do with it?

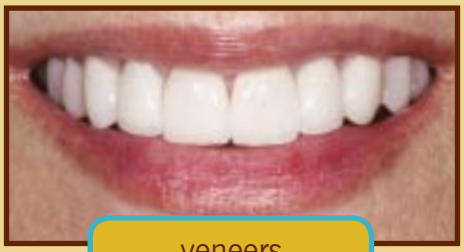
Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

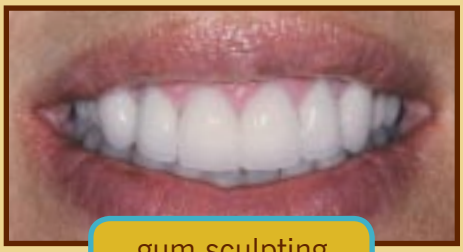
- **Sparkle-up your smile** with teeth whitening. If you're considering cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.
- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.
- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.
- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.
- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



crowns & veneers



veneers



gum sculpting & veneers

IN A HEARTBEAT

Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

- **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**
- **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**
- **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

4 Great Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

1. **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
2. **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
3. **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
4. **Visit us** – *your* dental team – regularly. Prevention is the best way to keep cavities away.

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Sonoma Smiles Foundation

This November Dr. Sutton had the opportunity to continue to give back to community by doing a smile makeover on a very deserving lady, Jan. As you know, Dr. Sutton started the Sonoma Smiles Foundation last year to help fund endeavors such as these.

This past spring Dr. Sutton made available the chance for a person who has overcome extreme difficulties to be given a new, confident smile. Over 30 applications were submitted to Sonoma Smiles for this opportunity.

Jan, a single mom who until recently was homeless, has faced such challenges. She was our last application filed on the last day of the application period. Jan recently completed her studies as a veterinary technician and is employed at the Humane Society. Since raising her son, Devin, is her first priority, the extra money needed to get her dental work done was low on her priority list.

Jan is high on our priority list here at Sonoma Smiles. Besides a dazzling new smile, Jan deserved a few more special things just for her, such as a new outfit, jewelry, makeup, a hair and makeup makeover, an eye exam and massage therapy.

Thank you, Jan!

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What is the Sonoma Smiles Foundation?

Funded by the proceeds from our teeth whitening efforts, we believe in helping the local community that has been so supportive of our office.

The Foundation programs for 2008 are:

- Local "Give Back A Smile" Program
- Local High School Sports Guard Program
- Local High School Scholarships for Students Entering the Dental Profession
- Women In Need Organization

Applications for these programs are available by contacting our office or by visiting our website, www.sonomasmiles.com.

Thank You!

We would like to thank our partners in the community who helped us with our Give Back A Smile program this year:

- Dental Masters Laboratory
- The Lions Mane
- Ronald Martin, O.D.
- Toni Chase, Cookie Lee Fine Fashion Jewelry
- Linda Fisher, Mary Kay
- Cotati Clothing Company
- Andrea Peri Rosenfield, Phasis Healing Arts

We appreciate your generosity in helping us give back to the community.

Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

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