

# Montclair Smile Design

ANNE BECKER DDS  
CHRIS PHAM DDS

*Creating Smiles with Care*

Produced for the Patients of Anne Becker, DDS & Chris Pham, DDS

Fall 2008

## from the dentists



As summer comes to an end, we are all looking forward to the events of Fall. The 6th annual *Jazz & Wine Festival* in Montclair will be on Sunday,

September 7th this year. As always, we will be there to join in the festivities. Come by our booth to say hi and introduce us to your family and friends.

Following the festival, we will have an *Invisalign Day* on Thursday, September 11th. If you or someone you know is thinking about straighter teeth without the inconvenience of metal brackets and wires, please ask us for more details. We are reserving treatment times throughout the day and early evening.

The annual California Dental Association meeting in San Francisco is the middle of September as well. We plan to bring back more of the new technologies and information to share with you.

Hopefully the year has been going well for you and your family. We are grateful to be a part of your over all dental health. Your confidence in our team is greatly appreciated.

*Yours in good dental health,*

Anne Becker, DDS &  
Chris Pham, DDS



## Join Us For Invisalign Day

### Thursday September 11th, 2008

**1:00 p.m. to 7:30 p.m.**

# invisalign®

straight teeth, no braces™

## Free Consultation and Diagnostic Records

~ PLUS ~

## Free Whitening and \$500 off the current \$5400 fee



Open to new and existing patients  
Call us today to reserve your appointment  
Raffle for iPods and other prizes

**Anne Becker, DDS • Chris Pham, DDS**

**(510) 339-0277 • [Montclairsmiledesign.com](http://Montclairsmiledesign.com)**

*Thank you for all your referrals. We appreciate them!*

# More Power To You

## Make the right connections ... and smile!

*Homophily* is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
  - Rebuild chips and cracks and close gaps that make you self-conscious.
  - Straighten and even out the appearance of crooked, crowded teeth.
  - Reproportion tooth shape, length, and width to ideally balance your features.
  - Recontour an uneven or too high/low gumline.
  - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
  - Widen your smile to fill in the gaps at the corners of your mouth.
  - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



**crowns & veneers**

Brighten



**gum sculpting & veneers**

Reproportion

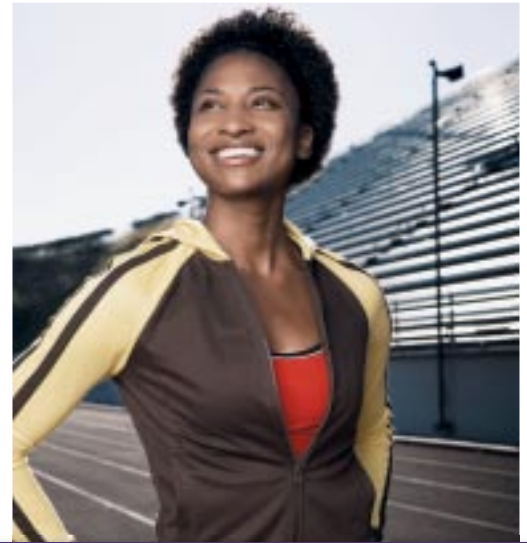


**orthodontics & veneers**

Straighten



# A Crown F



## Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



# For All Reasons

Prevent...  
Protect...  
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
  - one that has undergone root canal therapy or
  - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



## 5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

## Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

**Turmeric**, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

**Curcumin**, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

**Curry leaves**, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

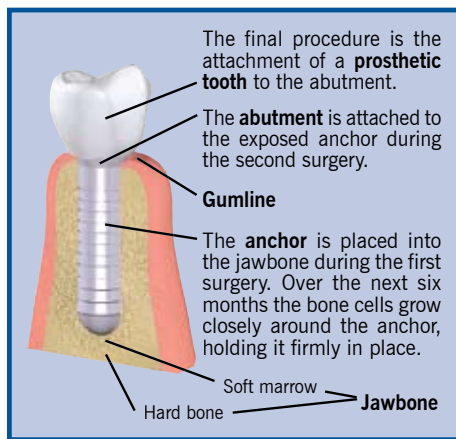
Want to spice it up a bit? Explore your Asian grocery!

# Confidence & Comfort

## Dental implants can help you smile more!

Dental implants can help you look, eat, and feel better. Over a million have been successfully placed in North America. That's a lot of smiles! If you've been considering implants, here are a few commonly asked questions.

❖ *What is an implant?* An implant has two parts: a biocompatible metal root and a custom-made tooth which is attached to it. Underlying bone is



prepared to accept the root which becomes part of your jawbone.

❖ *How do I know if implants are for me?* Implants are so versatile that they can replace one or more teeth, support a bridge and eliminate the need for a removable partial denture, or provide support to make a complete denture more secure and comfortable.

❖ *Will my implants look natural?* Completely natural. You can eat, speak, and socialize with ease.

❖ *Are implants safe?* Definitely. Implants have been used for about 35 years, and patients can expect a 98% success rate.

❖ *Do implants require special after-care?* No. They require the same home care and regular dental visits as natural teeth.



❖ *Are age and health important factors?* Age is not a factor. Most people in good overall and oral health are excellent candidates.

❖ *How long will implants last?* Implants are designed to be permanent, and more than 90% last for twenty years or more.

If you have more questions, please call us! We're here to help!

## office information



6200 Antioch Street, Suite 201  
Oakland, CA 94611-2954

### Office Hours

Monday	8:00 am	–	5:00 pm
Tuesday	8:00 am	–	5:00 pm
Wednesday	9:00 am	–	5:00 pm
Thursday	8:00 am	–	6:00 pm
Friday	9:00 am	–	5:00 pm

### Contact Information

Office (510) 339-0277  
Fax (510) 339-0297  
Email [info@montclairsmiledesign.com](mailto:info@montclairsmiledesign.com)  
Web site [www.montclairsmiledesign.com](http://www.montclairsmiledesign.com)

### Office Staff

Susan, Megan..... Patient Coordinators  
Tara, Cindy, Jaime..... Dental Assistants  
Nathalie, Karen, Sima, Ari..... Hygienists



CareCredit



## Jazz And Wine Festival

### Visit our booth!

We'd like to take this opportunity to thank you personally for your continued support of our family dental practice. It's a privilege and a pleasure to be able to provide you and your family with the highest quality of dental care available.

We also like to say thanks by participating in our community.

This will be our sixth year with our booth at the sixth annual *Montclair Village Jazz & Wine Festival*. It is a lot of fun and we hope that you will stop by and see us. We'd love to have you enter our drawing for great dental products including *Sonicare*® toothbrushes, teeth whitening, breath products and more!



**Sunday September 7th, from 11:00 a.m. until 6:00 p.m.**