

# Montclair Smile Design

ANNE BECKER DDS  
CHRIS PHAM DDS

*Creating Smiles with Care*

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

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## fromthedentists

### Happy New Year!

*Thanks to you all*

It was a great holiday and we've returned renewed, rejuvenated, and ready to get going for another year.



We hope you had a great holiday season with friends and family helping to make it special.

As this new year dawns, we'd like to take the opportunity to thank all of you for your business in the past year. Your loyalty and patronage mean a lot to us, and we'd like you to know we appreciate it.

The new year is always full of promises to improve ourselves and to live healthier lifestyles. Make a resolution to yourself to brush and floss regularly.

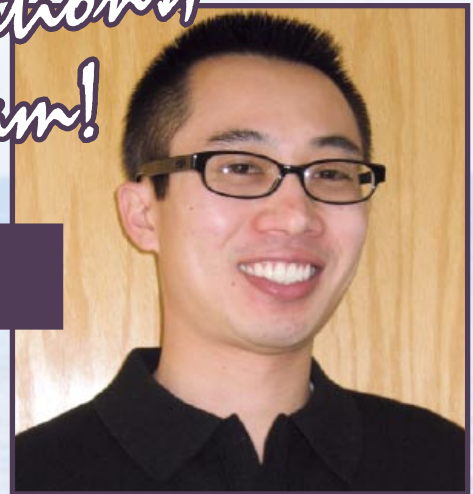
Here's to a Happy New Year, and once again, thank you for your business and your friendship.

*Yours in good dental health,*

*Anne Becker, DDS &  
Chris Pham, DDS*

*Congratulations  
Dr. Pham!*

**Drop in and say hi  
to our new partner!**



We're pleased to announce the new partnership of Dr. Chris Pham who joined *Montclair Smile Design* in August, 2004. Thanks to

Dr. Pham, we have been able to offer greater office hour flexibility, less wait-time for appointments, and a smoother transition as our practice grows. This is due in no small part to the level of expertise, impressive achievements, and varied experience he has brought with him.

Dr. Pham's skills, background, and philosophy are a perfect fit with our team's commitment to provide only the highest quality in preventive and cosmetic dentistry. His credentials are impressive. Dr. Pham received his Bachelor's degree at the University of California, Davis before completing his Doctorate in Dental Surgery at the University of the Pacific School of Dentistry (UOP). After graduation he continued as a part-time, pre-clinical instructor at UOP. He is the recipient of numerous awards, including the *Student Award of Merit* from the *American Academy of Esthetic Dentistry* (AAED) for "outstanding achievement in the pursuit of excellence in the undergraduate study of esthetic dentistry," the *Norma T. and Robert G. Grosso Endowment Award* at Pacific for "interest and promise as a dental educator," and the prestigious *Excellence in Cosmetic Dentistry Award* from the *American Academy of Cosmetic Dentistry* (AACD). Dr. Pham maintains many professional affiliations and has been published in the AACD Journal. He has dedicated himself to ongoing excellence

We know you appreciate Dr. Pham's outgoing and personable nature. When he can find time in his busy schedule, he enjoys the single life, exercising, and tending to his saltwater reef aquarium.

Please join us in congratulating our new partner ... and feel free to book a consultation!

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



# Now Read This!

## New periodontal science could save your life

Some things we can't say often enough. Your oral health can affect and be affected by your overall health. How? Let's start at the beginning.

**Biofilm:** Plaque, the soft thin film you feel on your teeth is a *biofilm*. That's important. Scientists once thought plaque was a collection of separate, identifiable types of bacteria. Instead, it's an ecosystem. Plaque contains varied, interdependent bacterial environments and communication systems. Multiple resistances to antibiotics and antimicrobials, and your body's immune system add to the treatment challenges. *This is why you need to brush plaque away.*

**Inflammation:** When soft plaque builds up it hardens into tartar or calculus which causes gum inflammation. Calculus also breaks the natural seal that your gums provide against the migration of oral bacteria into your bloodstream, much like an infected splinter under the skin. *Regular flossing can prevent calculus from building up between your teeth and below the gumline.*

**The Mouth/Body Connection:** It could be that an infection like gum disease releases toxins into your bloodstream. Or it could keep your immune system chronically engaged. Or it could send the wrong signals to the wrong cells. *Gum disease has been definitely linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, oral cancer, lung disease, and Alzheimer's disease.*

There's another thing we can't say often enough. We know the best defense against gum disease... *Brush at least twice a day, floss once a day, and keep your regular dental appointments.*

# FACTOID

Researchers at Tufts' Bioengineering Center have solved the centuries-old riddle: how do spiders and silkworms use a watery solution to create nature's strongest fiber? The finding is expected to lead to high-strength, high-performance biomaterials for use in tissue engineering and organ repair. Great news for dentistry – a strand of spider web is stronger than steel and more elastic than rubber!

## Arm Yourself! Brush ... Floss ... And Dine!

Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow? Maintenance is no small thing. You already know about bacteria and the importance of regular care. Don't underestimate the importance of nutrition.

Adequate nutrition is essential to maintain your body's immune response and to keep intact the protective barrier provided by gum tissue. These cells regenerate every 3-7 days, so diet deficiencies can show up quickly through inflammation and bleeding.

Collagen, the main protein of connective tissue, is the main component of the periodontal ligament. It is also responsible for skin elasticity. Research suggests that even short-term fasting can reduce collagen production by 40%.

A balanced diet is indispensable to your oral health.

Did you know that the soft tissue of your mouth equals the amount of skin between your wrist and elbow?



## Scientists are looking at many strategies to control oral biofilm.

### These include:

- Control of nutrients
- Control of the pH balance
- Control of oxygenating agents
- Control of genetic ability to self-defend
- Interference with communication systems

### Things you can do:

- Brush twice daily (at least)
- Floss once daily
- Visit us regularly
- Maintain adequate nutrition
- Avoid stress, tobacco, and teeth grinding or clenching

# Perio Primer

## Defend yourself against gum diseases

The term *periodontal disease* is something of a misnomer. It actually encompasses *several* diseases of the periodontium.

### What makes up the periodontium?

- **Gum (gingiva):** a protective barrier that keeps out harmful bacteria. Healthy gums are pink, firm, and securely attached.
- **Sulcus:** the crevice between the gum and the tooth.
- **Cementum:** the surface of the root.
- **Connective tissue and ligaments:** attach gums to teeth and bone.
- **Bone:** support for teeth and connective tissues.

### How do periodontal diseases start?

Oral bacteria build up, especially around the **sulcus** to form a soft biofilm called plaque that can harden into cement-like tartar or calculus. Calculus damages the **gingiva** and causes inflammation which can progress.

### What are the two most common periodontal diseases?

**GINGIVITIS** is inflammation that affect the gums. The chronic form affects about 90% of the population and is characterized by tender, red, swollen gums that bleed easily and can cause bad breath. Early treatment is effective, and without it, gingivitis can worsen.

**PERIODONTITIS** shares the same symptoms as gingivitis but damages the **bone** and **connective tissue**, leading to tooth loss. It can expose the **cementum**. Chronic periodontitis is most common. Other forms tend to be age-, hormone-, or disease-related. Some may progress unusually quickly.

### What about treatment?

Prevention through proper oral hygiene habits at home and regular dental visits is best. In addition, we have many effective interventions to treat periodontal diseases should they develop.

## RSVP

### Ask us about oral cancer

Smoking and drinking alcohol are the leading causes of oral cancers. Now there's a new kind of cocktail to die for. Tobacco smoke combined with your own saliva has been called a recipe for cancer of the lip, mouth, tongue, gums, larynx, and pharynx.

Healthy saliva contains antioxidants which afford some protection against cancer. Once exposed to cigarette smoke, saliva loses the antioxidant advantage. Not only that, it transforms itself from a harmless benefactor into a toxic predator that actually aids in the destruction of oral tissue.

Early symptoms are painless. Early detection works. You can fight oral cancer by quitting smoking, reducing alcohol consumption, conducting regular self-examinations, and keeping your regular dental appointments. We are trained to detect the signs and symptoms of oral cancer, and we'll be happy to answer your questions. No invitation required.

# Go Cosmetic!

## You can look younger and feel great!

One of the great benefits of good periodontal health is the way it lets you take advantage of cosmetic dentistry! Your teeth can be rejuvenated and gaps, chips, crowding, and the shape of your teeth can be corrected ... without surgery or braces.

Like pink, healthy gums, cosmetic dental procedures like **teeth whitening** can help you to look younger. **Veneers** and **bonding** can restore a youthful appearance by filling out fine liplines and by concealing tooth discoloration and gaps. **Tooth-colored fillings** of composite or porcelain look like natural teeth enamel, and **crowns, bridges, and dental implants** can restore even a seriously damaged smile! A subtle change like **gum recontouring** can dramatically improve the balance of your smile ... your face ... and your outlook.

Enjoy your oral health. *Go cosmetic!*

Before  
& After



# Soft Drinks, Hard Choices

## Make the right one!

Remember when a bottle of soda was a big treat on a hot summer day? Well, soda may still taste great, but the portion size has exploded, and so has our consumption! Since 1970, our average yearly consumption has increased by 2½ times! Way back when, soda came in a 12 oz bottle, but now the standard serving size is a whopping 32 oz!

There are many health issues surrounding soda, but front and center

is the oral and dental health of our children, particularly our teenagers. Individual soda companies approach schools with lucrative long-term exclusivity deals called “pouring rights” in return for funding. The marketing is so intense it’s almost impossible for teenagers to ignore it. Daily consumption among teens has almost doubled in the last twenty years alone!



It’s very easy to forget that soda is a sugary, acid-filled beverage that attacks your teeth and gums with a vengeance. Our mouths are filled with natural bacteria that, when combined with soda sugars, produce acid that attacks teeth for twenty minutes or more. The phosphoric acids in soda alone can dissolve tooth enamel resulting in erosion or loss of hard tissues from the tooth surface. Believe it or not this is even true with diet sodas.

What to do? Try that great-tasting, free thirst quencher. It’s called water, and it has no fat, no caffeine, no sugar, and no acid!



## office information



6200 Antioch Street, Suite 201  
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### Office Hours

Mon-Wed 9:00 am – 5:30 pm  
Thursday 8:00 am – 6:30 pm  
Friday 8:00 am – 4:00 pm

### Contact Information

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### Office Staff

Susan, Shannon..... Patient Coordinators  
Peter ..... Office Manager  
Jenny, Tara ..... Dental Assistants  
Nathalie, Karen, Sima ..... Hygienists



## Systemic Disease... & your oral health

We cannot definitively tell our patients that treating gum infection will prevent a future heart attack or any other vascular disease ... *yet*. However, a large number of studies suggest a link between oral health and systemic diseases. The nature of the data is circumstantial, yet there are a number of systemic diseases in which there is clearly a benefit to eliminating or controlling periodontal disease.

For instance, aspiration of oral bacterial pathogens has been linked to pneumonia in the institutionalized elderly. Further, patients with blood *dyscrasias* – blood or marrow abnormalities – benefit by more frequent periodontal maintenance.

It’ll take years to complete studies, but it seems that optimizing oral health has significant benefits for patients with many systemic diseases.

## Referrals Do Us Proud

### ...Every time!

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you’ve entrusted us with the care of family, friends, and colleagues.

*Thank you for your trust!*

