

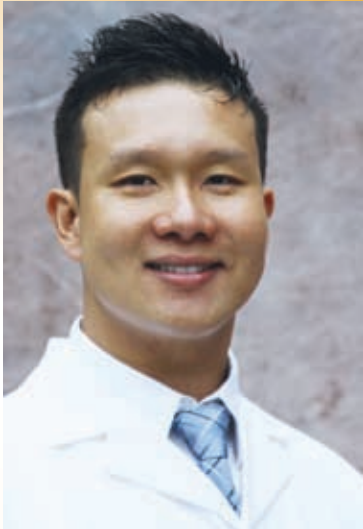
# Tooth Talk



*With Dr. David Yu*

Produced for the Patients of David Yu, DDS

Winter 2012



## *Greetings from the* **DENTIST**

### **The Time Is Right**

#### *Special thanks this season*

Although I always try to extend my thanks and holiday greetings in person, I'm very happy that you're reading this newsletter so I can be sure no one is missed. Please accept my sincere best wishes for the year ahead.

It means a lot to me that you have chosen me as your dentist and this practice as your dental home. I am grateful to be able to look forward to another special year with you and your family.

*Best wishes for 2012!*

*Dr. Yu and team*

## **The Next Generation**

### ***Cerec 3D™ smile restoration technology***

We're very proud to offer you *Cerec 3D™*, the latest generation of *Cerec™*, the world's most advanced dental restoration system. With it we can manufacture lifelike porcelain crowns, veneers, inlays, and fillings right here in our office. Previously, these types of tooth reconstruction required at least two or three appointments. Now, entire procedures take place in only one office visit.

Cerec 3D uses Computer Aided Design/Computer Aided Manufacturing (CAD/CAM) technology that allows us to obtain a full 360° perspective of your mouth, take an accurate three-dimensional picture of the damaged tooth, then transfer it to a color computer screen. No more impression goop!

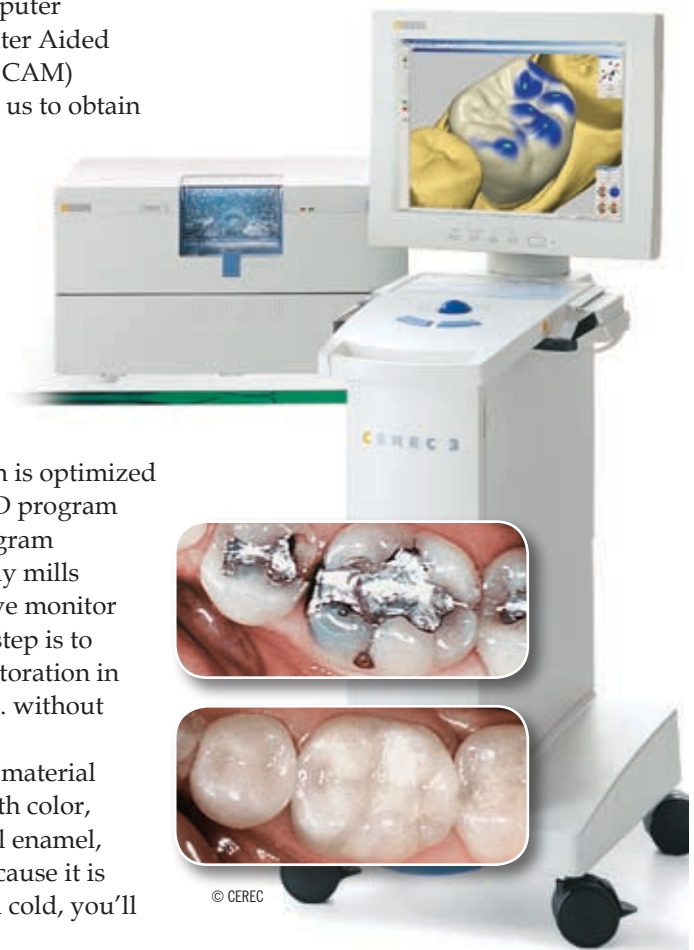
Our ability to design your restoration is optimized by the realistic 3D CAD program images. The CAM program accurately and precisely mills the restoration while we monitor the process. Our final step is to bond your finished restoration in place. All in one visit ... without temporaries!

The strong ceramic material is matched to your tooth color, translucent like natural enamel, and biocompatible. Because it is unaffected by heat and cold, you'll

be able to enjoy hot and cold treats without sensitivity.

No goop ... no temporaries... no metal ... no waiting. Cerec 3D is completely reliable. Worldwide over six million Cerec restorations have been placed: that's one every twenty seconds for nearly twenty years.

Cerec 3D could transform your smile! Please call for a consultation.



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



## Say Yes To You

### You'll smile more!

Though each of us inherits both good and not-so-good features from generations past, we are more than a patchwork of hand-me-down genes. We all have the power to learn to be happy with ourselves. Once that happens we can stop being self-conscious and enjoy being in the moment.

Positive self-esteem is more than just liking how you look. It's about feeling good emotionally, mentally, and physically. There is no question that your good oral health directly affects this perception.

We're very proud when we can contribute to your well-being. Sometimes it's by providing cosmetic treatments that work with what you've got to help you change what you can. Other times it's by providing quality care to achieve and maintain your healthiest smile. Make regular visits part of your self-esteem regime!

## 3 KISSES For You Keep it simple, savvy, easy & sassy!

According to *Cornell University* researchers, in addition to all your other daily choices, you make 200+ decisions a day – a minimum of 1,400 a week – just about what food and beverages to put in your mouth! And how about sorting through countless toothpastes, mouthrinses, and other oral care products on the market? We'd like to uncomplicate at least one part of your life. Here are three amazing smile sparklers. If you can't settle on only one, consider all three!

**Teeth whitening** picks up your smile power by removing even the most stubborn stains caused by tobacco, tea, coffee, wine ... or time.

**White fillings** made from long-lasting easy-care materials matched to your own enamel color will restore your smile to its original immaculate condition, so no one will guess you've ever had a cavity!

**Veneers** are thin individually sculpted concealers that are applied to the surface of your own enamel.

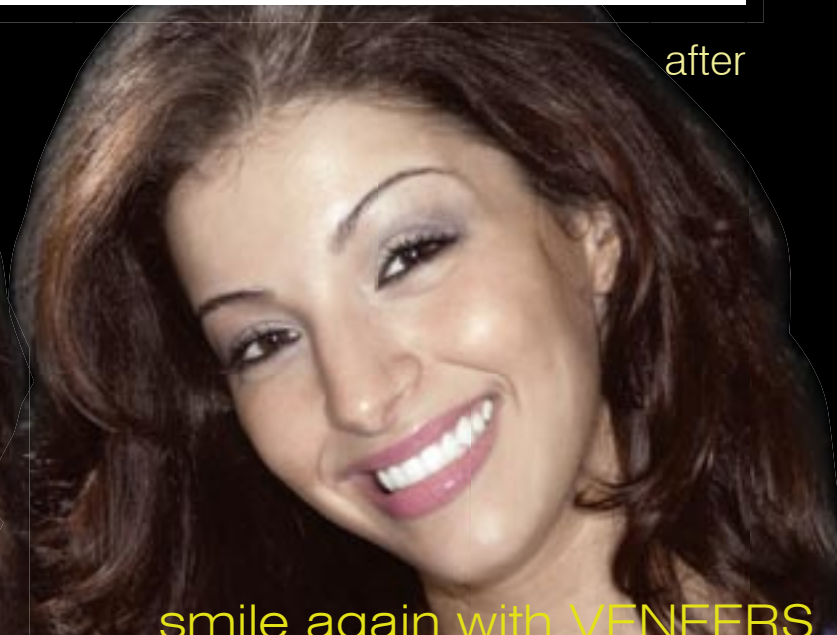
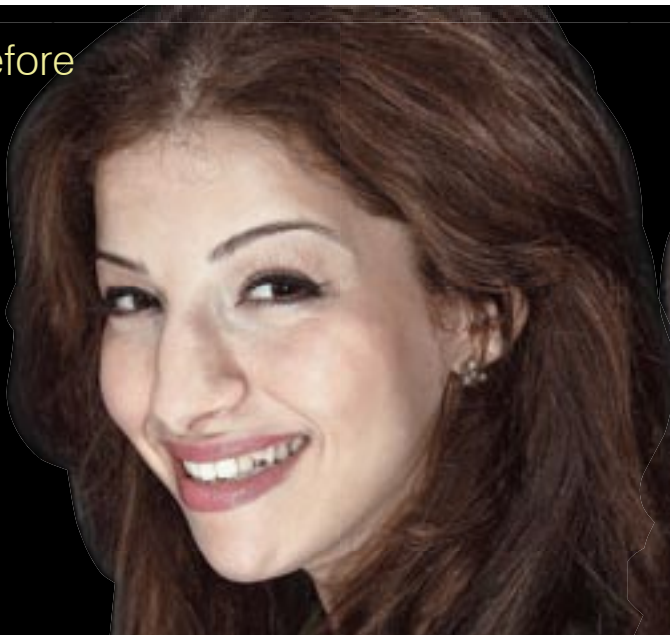
There's nothing superficial about the results though, thanks to sophisticated materials that are strong and require no special care. Veneers are an excellent choice to mask...

- chipped, cracked, or worn teeth
- unattractive gaps
- minor twists and overlaps
- even the darkest stains
- misshaped teeth.

Still can't decide? Keep it simple and give us a call. We'll work with you to help eliminate the guesswork!

before

after



smile again with VENEERS



# Your Smile. YOUR WAY.

## Planning the future of your smile

We follow the golden rule: we treat our patients the way we would like to be treated. It's important to us to provide you with real information, explain our recommendations, and give you time to absorb them. We understand that just as milestones like marriage, graduations, and retirement involve planning, ensuring your smile will last through your lifetime takes some forethought too. That's where we would like to help you.

For example, some restorative solutions are so beautiful that you may believe they are only cosmetic. Yet many metal-free restorations made of white composite, porcelain, cast glass, or resin that are matched to your enamel were actually created to save your smile, not just dress it up.

### Consider...

When your tooth is too damaged for a simple filling, *inlays* (which fill the cavity) or *onlays* (which also covers it) can be an excellent solution.

A *crown* can be used to cap your entire tooth to provide improved shape and strength. One or more can also be attached to a *bridge* when several teeth are missing.

A crown can also be placed on top of a permanently implanted artificial root made of biocompatible metal. These *dental implants* can also be used to anchor a bridge or a denture for greater stability.

Still have questions about your best smile-saving options? We will always be happy to answer them for you. Call us today!



Crowns

## Keep Up The Pace!

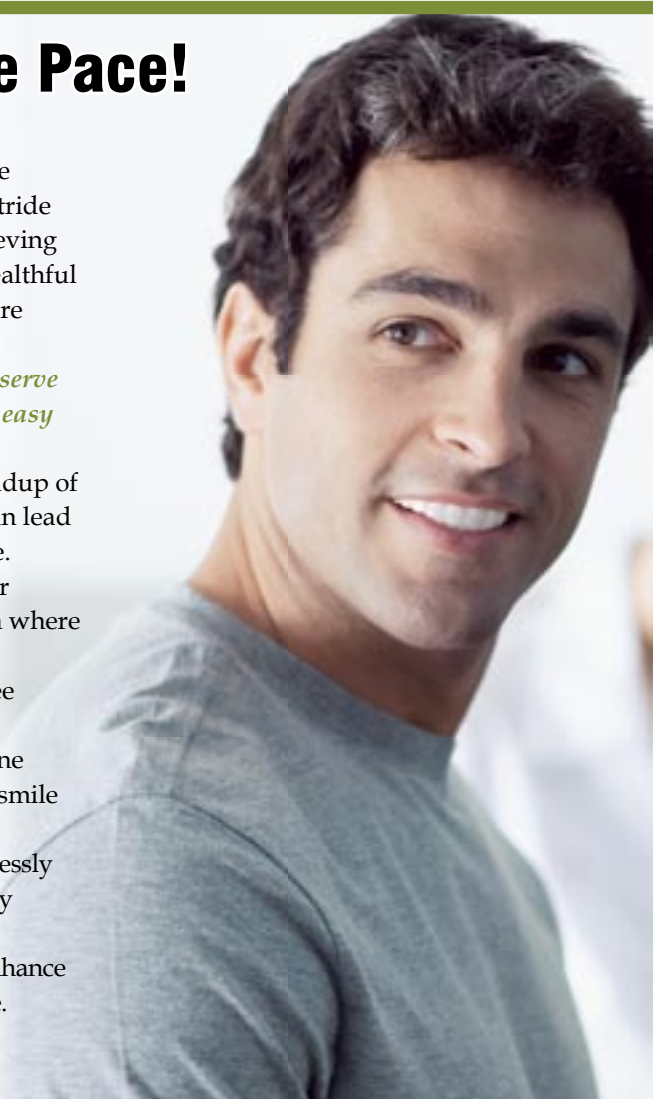
### You look terrific

Please accept our sincere congratulations for every stride you've made towards achieving your most beautiful and healthful smile. We can see that you're pleased - it shows!

*We'd like to see you preserve that sparkle! Here are four easy steps to success...*

1. Brush to prevent the buildup of the bacterial biofilm that can lead to cavities and gum disease.
2. Floss to reach below your gumline and between teeth where your brush can't reach.
3. Rinse with an alcohol-free antibacterial mouthrinse.
4. Keep your regular hygiene visits so we can keep your smile clean and fresh.

Pink healthy gums, spotlessly clean enamel, and beautifully maintained natural-looking cosmetic restorations will enhance your smile for years to come.



## It's Called WHAT?

### Find out if you do it

Bruxism, the often unconscious habit of clenching and grinding your teeth, can run in families. Stress is the most frequent cause. Some children grind, but it is most common in 20-40 year olds. Three times as many women do it, yet it has also been linked with apnea - multiple cessation of breathing through the night - which is more common in men. Male or female, whatever your age, bruxism can damage your teeth and dental restorations and cause jaw and facial pain and headaches.

### We can check you for...

- signs of bruxism
- problems with your bite
- the need for a custom nightguard or splint.

### Your doctor can recommend...

- stress counseling
- exercise &/or physiotherapy
- medication.

### You can try to...

- change sleep positions
- avoid alcohol and caffeine
- refrain from chewing on pens, pencils, gum, and fingernails.

# Mouth-Body Must-Read

## Is there a chance you're in here?

We'd like to take a moment to revisit the relationship between your oral health and systemic diseases, particularly diabetes. *Why diabetes?* Diagnoses are on the increase even among children and young adults. Health professionals tie at least some of this increase to diet and obesity, and it certainly reflects greater knowledge and vigilance on the part of the medical profession. An early diagnosis is always better than a later one, yet one other thing is certain: people with diabetes – especially if it is uncontrolled – are particularly susceptible to infections, including gum disease.

In fact, unmanaged gum disease can increase blood sugar even in non-diabetics, so you can see how this could place diabetics at increased risk for complications. It goes without saying that diabetics should be monitored regularly for signs of infection.

But they're not the only ones. Anyone suffering from other inflammatory diseases such as heart disease, kidney diseases, arthritis, osteoporosis or its precursor osteopenia, should come in and see us more regularly to avoid gum problems. Gum disease has also been linked to some cancers, Alzheimer's, and complications with pregnancy. (In fact women at all stages of life tend to be susceptible because of fluctuations in hormones.)

Please keep an eye on your calendar for your upcoming visit to our practice, and if you're not scheduled, please call us now to book your appointment.

## office information

### Dental Center of Charlotte

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### Office Staff

Sandra..... Office Manager

Selina..... Front Office

Susan, Megan..... Dental Assistants

Leigh Anne..... Dental Hygienist

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## Waste Not, Want Not

### Benefit now!

We just love it when we get to be the bearers of good tidings! This is our chance to remind you that for most people, January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the new year is an excellent time for an examination so that we can monitor your oral health and review your home care regime. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make this your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!



Hey wait a minute ... I can't come back for a cleaning in July

## Tuna & Pasta Cheddar Melt

From: Campbell's Kitchen

Prep: 10 minutes

Cook: 15 minutes

Serves: 4

*This quick cooking skillet dish delivers comfort food fast. It's ready in less than 30 minutes and features tuna, pasta and melted cheese, with bread crumb topping that can't be beat.*

### Ingredients:

1 can (10<sup>1</sup>/<sub>2</sub> ounces) Campbell's® Condensed Chicken Broth

1 soup can of water

3 cups uncooked rotini pasta

1 can (10<sup>3</sup>/<sub>4</sub> ounces) Campbell's Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)

1 cup of milk

1 can (about 6 ounces) tuna, drained and flaked

1 cup shredded Cheddar cheese (about 4 ounces)

2 tablespoons Italian seasoned dry bread crumbs

2 teaspoons butter, melted

### Directions:

*Heat the broth and water in a 12 inch skillet over medium-high heat to a boil. Stir in the pasta.*

*Reduce the heat to medium. Cook until the pasta is tender, stirring often. Do not drain.*

*Stir the soup, milk and tuna in the skillet. Top with cheese. Stir the bread crumbs and butter in a small bowl. Sprinkle over the tuna mixture. Cook until the mixture is hot and bubbling.*