

THE GALLERY OF FINE SMILE DESIGN'S

# First Impressions

FROM Dr. James Klim, DDS, FAGD, FADFE, PC

Produced to improve your dental health and awareness

## fromthedentist

### New Patients Welcome *Our doors are always open*

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients - the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

*Yours in good dental health,*

*Dr. James Klim*

## turnthepage

Earaches? Headaches?

Treat yourself to perio health

Amazing teeth whitening!

## Laser Dentistry

### State-of-the-art!

They used to be the stuff of sci-fi movies but these days you're just as likely to find lasers in the dental office. Lasers have been put to medical use for years now, and are used in state-of-the-art dentistry. Lasers have made new dental treatments possible while improving on more traditional ones. Lasers don't replace traditional instruments, but they help them work better and make treatment more comfortable.

Laser light can be focused into a tiny point to do very fine precision work. It is so precise in dental surgery that there isn't as much tissue swelling and there's less need for sutures. Lasers are gentle on soft gum tissue and stop bleeding from even the tiniest blood vessel. The heat from the laser also has a sterilization effect. Many patients report a pleasant anesthetic effect, as the laser seems to desensitize the area being worked on.

Lasers are being put to many tasks in the dental office. They remove diseased gum tissue to prevent gum disease. They arrest the irritating approach of a cold sore, if treated promptly at first awareness. They painlessly remove canker sores and help cold-sensitive teeth. Lasers are also good at cosmetic jobs. Laser light is used to harden white fillings and veneers to make them extra strong. It's expected that someday soon lasers will be adapted for use in every aspect of dentistry.

### Iris our latest life change Makeover



*A healthy smile will last a lifetime!*

# Simple TMD?

## A complex disorder can have dental origins

If you have been suffering with jaw pain or clicking, earaches, headaches, even sinus pain, you could require dental intervention. In 1982, the *American Dental Association* adopted a new term to describe a constellation of problems that affect the jaw joint: *Temporomandibular Joint Disorder* (TMD).

The temporomandibular joints just might be the most complicated joints in the body. If you place your fingers in front of your ears while opening your mouth, you can feel them. Their movement is controlled by powerful muscles which, along with the joints themselves and your teeth, are connected to the mandible or jawbone.

How can jaw anatomy affect the rest of your body?

- A significant number of your body's nerves pass near the jaw joint.
- Many of the nerves of your body go to your mouth and jaw.
- Much of the brain's processing takes place through the trigeminal nerve ... which links with the facial, hypoglossal, and vagus nerves ... which control the sensation and function of almost all other muscles of your head, neck, and throat.
- Jaw compression can strain the neck muscles.
- Strained neck muscles can affect blood flow to the head and neck.

We understand that living with the complex symptoms of TMD is no simple matter. We'll work with you toward a solution!



## Detecting TMD

### Some questions we may ask:

- Do you have pain when you move your jaw or do you hear noise in your jaw joint?
- Have you ever had medical treatment for jaw or facial pain?
- Have you had a recent injury to your jaw or head?

### We may also:

- Check how wide you can open your mouth.
- Feel your jaw joint for clicking, and identify pain and tenderness in and around your jaw, face, and head.
- Inspect your teeth for wear (indicating grinding) and all other causes for your pain or discomfort.

# Cinnamon

Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought after spices, it has been credited with creating the momentum to discover America. Research now credits cinnamon with the ability to do much more than that!

With no known risks and virtually no calories, cinnamon can:

- inhibit disagreeable mouth odors by destroying sulphuric bacteria;
- help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease;
- cut blood sugar levels by as much



as 20-30% to help prevent diabetic complications that can be aggravated by periodontal disease;

- reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

So do yourself and your oral health a *flavor*, and spice up your diet with cinnamon!

# Give Yourself A Treat

## Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

- The word *periodontal* literally means "around the tooth."
- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.

- There are many forms of periodontal disease. The most common ones are *gingivitis* and chronic *periodontitis*. Left untreated, both these diseases can lead to tooth loss.

**Gingivitis** is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.



## Teeth Whitening Is #1

### It's easy & effective!

Cosmetic teeth whitening is a surefire way to set your smile ablaze with glamor. That's why it's the number-one cosmetic dental procedure. Even though natural tooth color varies from individual to individual, and patients differ greatly in tooth color, enamel thickness, and degree of staining, science allows us to reliably predict shade results. Art added to science makes glamor look radiantly natural.



Whether life or time has dimmed your smile, only you can decide if it's time to turn up the wattage. We can recommend a safe, reliable, and *very* effective supervised teeth whitening program that will let you brighten your smile. Some smiles brighten up a few shades ... some to up to ten!

We'd be pleased to show you how teeth whitening can transform your smile!

**Seeing is believing! Just think what a difference modern teeth whitening can make in your smile. In a few hours or a few weeks ... it's up to you.**

## Smile Savers

### Brush and floss the kinder way

Remember ... the purpose of brushing and flossing is to remove the *soft*, sticky film called plaque *before* it hardens into calculus and spoils your smile. You don't have to brush hard or floss vigorously because overzealous care can damage your tooth enamel and gums.

#### Try these kinder, gentler smile savers!

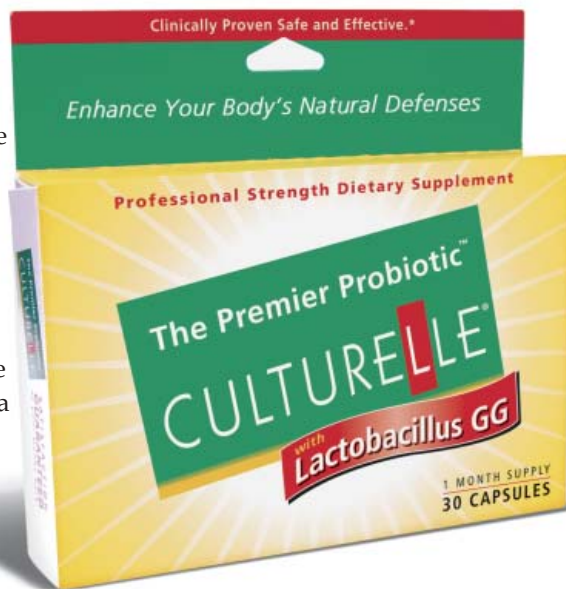
- Use a soft toothbrush. It's twice as gentle on your gums as a hard brush.
- Take the time to brush all of your tooth surfaces. That only takes about three minutes – not 30 seconds.
- Switch to your opposite hand when brushing.
- Try a new toothbrush that gives a warning when too much pressure is being placed on the gums.
- Make an appointment for an oral hygiene brushup to refine your technique.

# Immune System Support Is Here!

## Culturelle® probiotic supplement

Many of you are familiar with our newsletter articles explaining how an imbalance between good and bad oral bacteria can cause gum disease. This same principle applies to your entire body, including your digestive system. For many people, the intestinal tract is particularly sensitive, and the use of antibiotics can alter their bodies' healthy bacterial balance. If you are taking antibiotics, taking a dental pre-medication, traveling or simply want to promote your health, taking Culturelle® daily will maintain the health promoting "good" bacteria in your intestinal tract. This is important because the intestines are the largest immune organ in the body and promoting its health

strengthens your body's overall natural defenses. Ask about our probiotic product called Culturelle® if you think it could help you.



## Spring Tooth Tips

- Stay away from starchy foods like chips and crackers – they can be just as bad for your teeth as sweets.
- Drink plain tea without sugar. It helps cut down on plaque and cavities.
- Brush after every meal or at least twice a day.
- Choose healthy foods like cheese and crunchy vegetables.
- Use a fluoride toothpaste.
- If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
- Go for brushes with soft nylon bristles and a flat surface.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Floss every day.
- See your dentist regularly!

## office information

**Gallery of Fine Smile Design**  
James Klim, DDS, FAGD, FADFE, PC  
2755 Mendocino Avenue, Suite 204  
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### Office Hours

Monday 8:30 am – 4:30 pm  
Tuesday 8:30 am – 4:30 pm  
Wednesday 8:30 am – 4:30 pm  
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### Contact Information

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### Office Team

Karie ..... Office Manager/  
Marketing Coordinator  
Renee ..... Registered Dental Hygienist  
Jenny ..... Dental Assistant  
Jen ..... Front Office Assistant



## Protecting Privacy

### Always our agenda

The *Health Insurance Portability and Accountability Act (HIPAA)* of 1996 has arrived and we are pleased to announce that our office is fully compliant with the Act.

You will likely notice only one change. The law now requires that each patient or their parent or legal guardian must sign a **Patient Consent Form** that outlines how our office is using and disclosing your information.

We have always taken pride in our vigilance in protecting your privacy – whether it concerns obtaining your consent, disclosure of your personal information, or transmitting information electronically by phone, fax, or the Internet.

We want to assure you that we have fine-tuned these already-excellent privacy policies in compliance with HIPAA.

## Sticky Business

### Benefits of chewing gum

Most people, unless they are experiencing tooth or jaw discomfort, have used chewing gum to relax, avoid snacking or smoking, and to reduce ear discomfort when flying. Gum can help moisten your mouth and help clean your teeth after meals. It also comes in many breath-freshening flavors.

One popular cinnamon-flavored chewing gum temporarily eliminates more than 50% of the anaerobic bacteria that causes bad breath. It contains *Cinnamic aldehyde*, an essential oil which is the active ingredient that inhibits disagreeable odors.

Gums with *xylitol* help to prevent periodontal disease and cavities. Some chewing gums assist with the remineralization of tooth enamel, while others whiten teeth.

Whatever you choose, *always* stick to sugar-free gum!

