

# Something To Smile About with



## DENTAL CARE

Spring 2006

## Superior Smile Solution

### Crown and bridge treatment

Getting a smile boost is about more than vanity. By repairing problems like missing teeth with crowns and bridges, you can have the pleasing smile you've always dreamed about.

#### How do I know if I am a candidate for crown and bridge treatment?

A crown is recommended for teeth that are broken or cracked, teeth that are structurally weakened by large fillings, teeth that have been weakened by root canal treatment, and teeth that are misshapen and discolored. A crown and bridge can be a preventive measure

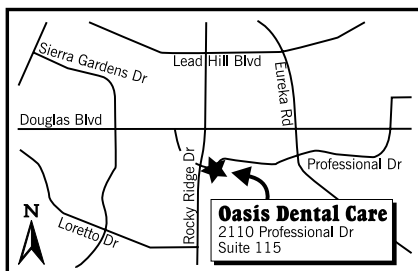
to avoid more complex and expensive treatments later.

#### What is a crown and bridge? Do they always go together?

A crown is a restoration that covers a single tooth to help strengthen it and restore its normal shape and size. Spaces left by missing teeth can cause surrounding teeth to drift, change your bite, encourage cavities, and spoil your smile. A replacement tooth is required, and can be fixed permanently with a bridge that attaches to the teeth on either side of the space. For extra support, one or both of the adjacent teeth may require a crown.

#### Will the crown's appearance match my teeth?

High-tech materials result in a strong, natural-looking restoration that will be custom-made to match your smile. No one will know you have a crown.



## Complimentary Introductory Consultation

with Dr. Aicha Benbrahim

See page 4 for details.

### Oasis Dental Care

Aicha Benbrahim, DDS

2110 Professional Drive, Suite 115  
Roseville, CA 95661-3752

#### Office Hours

Monday Closed  
Tuesday 9:00 am - 5:00 pm  
Wednesday 9:00 am - 5:00 pm  
Thursday 9:00 am - 5:00 pm  
Friday 9:00 am - 5:00 pm

\* Lunch daily from 1:00 pm - 2:00 pm.

Emergency dental care available

### New Patients Welcome!

## Call Today! (916) 960-0452

### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Bonding & cosmetic veneers
- ❖ Tooth-colored & mercury-free fillings
- ❖ Crowns & bridges
- ❖ Porcelain & composite inlays
- ❖ Gum treatment
- ❖ Dentures
- ❖ Invisalign®
- ❖ Digital x-rays
- ❖ Bad breath treatment
- ❖ Intraoral camera
- ❖ Children of all ages welcome
- ❖ Free parking
- ❖ Free initial examination
- ❖ TVs, videos, & music in treatment rooms
- ❖ Modern, state-of-the-art facility
- ❖ Committed to excellence in dentistry
- ❖ Payment plans available



CareCredit



# Yogurt and Bad Breath

According to research, sugarless yogurt can help beat bad breath, tooth decay, and gum disease. How? The active bacteria reduces levels of odor-causing compounds such as hydrogen sulfide in the mouth and at the same time, lowers the readings of plaque and gum disease in subjects.

Hard to swallow? Consider that two Australian scientists won the Nobel Prize for a discovery that revolutionized research. In 1982, they proved that painful stomach and intestinal ulcers were caused by bacteria, and not by stress. Since then, microbes have been linked to many systemic inflammatory diseases and gum disease.

Nothing can replace good dental care, but if a natural, widely accessible, sugar-free product like yogurt can help, we're all for it!



## Gourmet or Gourmand?

*If you enjoy preparing gourmet foods & beverages, then chances are you are a gourmand too...*

...In fact, doesn't everyone love eating and drinking fine cuisine? The pleasures of drinking fine gourmet coffees and distinctive teas are also about more than just good taste: the rewards include lingering social exchanges. Sadly, savoring the flavor can cost your best social smile! Tannic acid can etch into your tooth enamel, and wine, blueberries, and other foods can stain teeth. Don't worry – dentistry has smile solutions you'll like.

our supervision. You can have your smile back in a matter of days.



### **Bonding can cover the deepest stains!**

Using a special tooth-colored material that is bonded directly onto your teeth, we can also rebuild damaged teeth or make cosmetic improvements to your smile, including replacing old silver fillings. Bonding is so natural-looking, only we will know the difference!

The best way to discover which smile brightening option is right for you is to go to the dentist for a consultation. Factors like your age, oral health, budget, and lifestyle will be taken into consideration.

Whether you're a gourmet or a gourmand, you can continue savoring the flavor.

### **Teeth whitening may lighten your teeth up to eight shades!**

The procedure involves the lightening of dental discoloration by application of a safe, reliable, and predictable whitening agent under

## EXPLODING ANOTHER MYSTERY

Why do some popcorn kernels pop while others don't? The answer is that good popcorn holds its moisture while bad popcorn releases moisture like water through a sieve. If you've ever cracked a tooth or gotten a kernel caught between them, then you know that this is science that could matter. But there's more you need to know about corn and your dental health.

According to nutritionists, consumption of high-fructose corn sweeteners (HFCS) has increased by more than 1,000%. HFCS are cheaper and nearly twenty times sweeter than table sugar, and are used in:

**Soft drinks ... fruit juices ... baked goods ... canned fruits ... dairy products... cookies ... gum ... jams and jellies...**

So don't be fooled. Your best defense is making educated choices combined with a consistent and effective home care routine and regular dental visits.

# Go The Distance

If you are in the public eye or just the apple of someone's eye, cosmetic veneers can really take you the distance. Long-lasting veneers can whiten teeth that have been badly stained or damaged, PLUS they can camouflage many other flaws. When veneers are sculpted to alter the proportions of your smile, they also re-proportion the lower third of your face, improving its esthetic balance. All this can be found at the dentist's office!

In only one or two visits, without surgery or orthodontics, veneers can...

- Repair chips;
- Cover stains and fillings;
- Close gaps between teeth;
- Recontour your gumline;
- Widen your smile to fill in the gaps at the corners of your mouth;
- Plump up your lips and the fine lines that accumulate from time or smoking.

There's more to veneers than esthetics. It's true that veneers are so thin that they reflect light like your natural enamel, but they are also so strong that they can actually strengthen your teeth. In addition, they resist bacteria, contributing to oral health.

Cosmetic veneers, the perfect blend of science and artistry, are only a phone call away. Durable, reliable, and long-lasting ... they go the distance!



**Veneers...** blend space-age technology with traditional artistry. Customized veneers improve and enhance your smile by camouflaging flaws, improving color, and re-proportioning your teeth and gums.



## A Sticky Subject

Surfactants make it harder for bacteria to stick

The term *surfactant* was coined from SURFace ACTive AgeNT. The slippery chemistry of these substances makes it harder for bacteria to stick to surfaces... including your teeth and gums. Surfactants have been added to dental mouthwashes, teeth whitening products, toothpaste, impression materials, and even adhesives for veneers.

This is great news. Any method that science can use to keep tooth and gum surfaces bacteria-free is very welcome. Why? Gum disease, the leading cause of tooth loss among adults, is caused by a biofilm of bacteria that live in the mouth and on tooth surfaces. Other bacteria in this biofilm cause cavities.

It is our pleasure to use products and techniques, and to recommend home care routines and products, that can help you to reduce oral bacteria!



# Spring Specials

## ZOOM!

Tooth Whitening Special!

Regularly \$545

Subject to exam  
by Doctor.

Offer ends:  
in 30 days.

now  
**\$395**

## Get Acquainted Special!

Regularly  
\$197

now

**\$10**

Includes:  
Oral exam, x-rays,  
cancer screening,  
gum disease  
screening.

Offer ends:  
in 30 days.

## Teeth Cleaning Special

Regularly \$85

Details:  
Subject to exam by Doctor.  
Does not include gum  
disease treatment

Offer ends:  
in 30 days.

now  
**\$35**

**Call Today! (916) 960-0452**



## You May Be Wondering...

*"Why Am I Receiving This Newsletter?"*

Hi Neighbor...

That's a question I'd be asking if I were you.

The answer is simple...

I've decided how best to introduce my services to you – a neighbor – and do it in a way that would benefit you and your family. My decision? This newsletter.

Through *Something To Smile About*, I will provide valuable information that could have an extremely positive influence on you and your family. For example, you'll discover how to assure your children a lifetime of beautiful teeth ... how to create a memorable, drop-dead gorgeous smile in two weeks or less ... how to brighten your smile in LESS than one hour ... and much more.

"How will sending me this valuable information benefit your dental practice?" you might ask me.

Again, the answer is simple. I'm hoping that you'll appreciate our approach to dentistry, and will give us a try the next time you have a dental need, concern, or question.

My staff and I work diligently to earn the respect and trust of our patients, and we'd love the opportunity to earn your trust and respect.

To your good health,

Aicha Benbrahim, DDS

P.S. If you'd like to visit our office – or if you currently have a dental problem or concern – please schedule a **Complimentary Introductory Consultation**. We'll be happy to answer any questions you have. No charge. No obligation. Simply call **(916) 960-0452!** Thank you.



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Aicha Benbrahim, DDS  
2110 Professional Drive, Suite 115  
Roseville, CA 95661-3752

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