

# EL DORADO HILLS COSMETIC & IMPLANT DENTISTRY

COSMETIC • FAMILY • IMPLANTS • LUMINEERS™ • INVISALIGN® • WHITENING • LASER • CEREC® • TMJ • RECONSTRUCTIVE • GENERAL • SPORTS

JARED W. RUMINSON, DDS

DENTAL • EXCELLENCE

• NEWSLETTER •



Produced to improve **Your** dental health and awareness

Fall 2008

## fromthedentist

### Keeping You Informed

If you ask me, I'll say it's an exciting time to be part of the dental profession. Every day new advancements are announced, and I truly believe that it is vital that we share this news with you. That's just one reason why we send you our newsletter, and publish it regularly. We have formulated a guideline for the creation of each newsletter: (1) It must inform you about oral health to help you make educated decisions. (2) It must teach you about our dynamic team of professionals, their special qualities, qualifications, and talents, and inform you about our practice events and updates. (3) It must inform you about the cosmetic and restorative procedures we offer, and help you understand which options may be right for you.



Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason. Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and resources in 'Excellence'. Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

If you have suggestions for our newsletter, please let us know!

*Yours in good dental health,*

*Jared W. Ruminson, DDS*

## Your Dental Insurance

### Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.



If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2008 dental insurance expires. So give us a call!

## Attractive Solutions

### CareCredit®

Part of our job as your dental care provider is to try and work with you to ensure that your personal financial circumstances do not interfere with your dental health care decisions. This is why we recommend *CareCredit*®, an affordable payment program that has a unique no-interest payment plan. *CareCredit* enables healthcare providers to offer flexible payment options to cover many costs that many insurance plans currently don't.

With *CareCredit*, you can pay for treatment over time. There are no up-front costs, or annual fees, no prepayment penalty, and the application process is quick and easy. *CareCredit* offers monthly payment plans to meet almost every need so that you can focus on what's most important – ensuring good dental care.

Ask for a *CareCredit* application ... and begin treatment today!

## Thoughts On The Importance Of Smiling:

*"A smile is the shortest distance between two people." – Victor Borge*

*We appreciate your referrals. Thank you for your trust and confidence.*

# Show What You Know

Choose all that apply!

## The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

## Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

## You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

## The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



# Your Smiling Future

## Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

### Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.



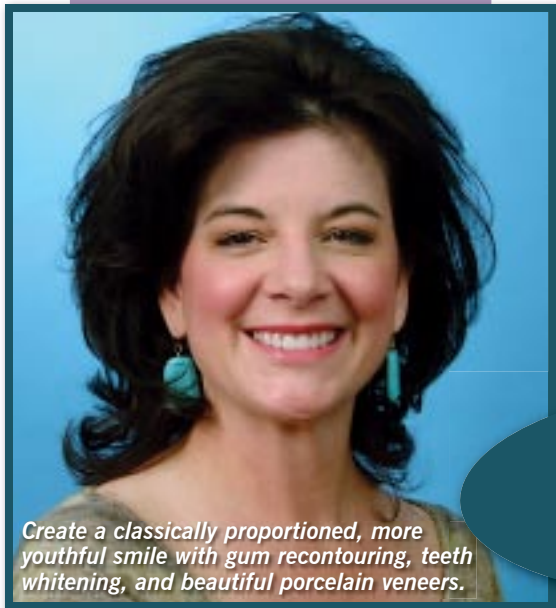
# Restore Your Balance

## Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!



Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

# Don't Chance It!

## Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

**Dentist-Supervised Teeth Whitening** - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

**Enamel-Colored Restorations** - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



## A Smart Investment

Dental implants: bank on a beautiful restoration

### IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

### HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

### APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

# Staff Team In The Spotlight

Michelle is one of the first smiling faces that you will talk with upon calling or visiting the practice. She has worked with Dr. Ruminson



Michelle

for almost six years as a Patient Care Coordinator. Michelle has a wealth of experience working 23 years in the dental field in office coordination, patient customer service and other team management aspects. She looks forward to helping you with questions and concerns you may have and will assist you with your treatment schedule needs. Her favorite aspect of dentistry is "connecting with patients and making them feel comfortable and like part of our family", and she says, "We have the BEST patients!" She is specifically interested in "all the new

technology and treatment options available to our patients." "I love to see the end results and happy healthy smiles." Michelle has a six year old son. She enjoys sports, the outdoors, community events and spending time with her son, dog, family and friends.

Teresa has a cheerful smile awaiting you when you arrive for your cleaning treatment. She is a Registered Dental Hygienist that has worked with



Teresa

Dr. Ruminson over the last three and a half years. Teresa received her RDH, BA Biology degree from Sonoma State University and has been working as a Dental Hygienist since 2002. Prior to her career in hygiene, she attended an ROP school in Placerville where she obtained her Dental Assistant and x-ray license in 1993. Teresa

is dedicated to giving you the best dental hygiene care and treatment you need. She is eager to educate and motivate her patients to achieve better oral health care. Teresa says that her favorite aspect of dentistry is that "I love working with people. I love talking with people about their lives and helping them over come any dental fears." In dentistry, some of her specific interests and passions are that "I love to teach others and hope to inspire them to become excited, as I am, about new dental techniques and technology." "Someday", she says, "I'd like to teach again and offer dental care to the underserved population in the U.S." Teresa met her husband in high school and they have been married for 12 years. They have three children; a daughter 5 years, and two sons who are 3 years and 1 year. She enjoys working out, creating art with her children, running half-marathons and camping.

## officeinformation

### EL DORADO HILLS COSMETIC & IMPLANT DENTISTRY

**Jared W. Ruminson, DDS**  
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El Dorado Hills, CA 95762

#### Office Hours

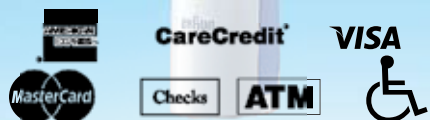
Mon-Thu 8:00 am – 5:00 pm  
12-1 closed for lunch

#### Contact Information

Office (916) 941-1515  
Email info@EDHdentist.com  
Website www.EDHdentist.com

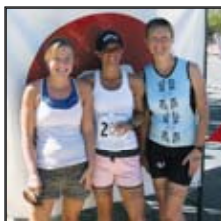
#### Office Staff

Chere'..... Patient Care Coordinator  
Michelle..... Patient Care Coordinator  
Nusha.....Dental Hygienist/RDH  
Teresa.....Dental Hygienist/RDH  
Julie.....Dental Hygienist/RDH  
Angela..... Dental Assistant/RDA  
Holly..... Dental Assistant/RDA  
Alissa..... Dental Assistant/DA



## What's Happening?

On August 3rd, staff members Alissa and Julie raced in the Olympic Distance Triathlon event at Rancho Seco Park.



This event was one of a three part Olympic Tri series put on by Total Body Fitness. Alissa ran 6 miles, Julie cycled 24 miles and a friend swam .75 miles. With adrenaline pumping and competition on their heels, they pushed hard and were rewarded with a First Place in the Women's Relay Division!

On May 30th, Dr. Ruminson and family were blessed with a healthy baby girl Kailan Melia. She was 7lbs. 2oz. 20in. and bald as a mouse. Her two older sisters are BIG helpers and can't stop kissing their little sis!



On August 23rd, staff member Michelle, along with her 6 year old son, hopped on their bikes to participate in a cycling event called 'Ride for a Reason'. This event put on by Bicycles Plus in Folsom is a charity ride benefiting Parkinson's research and programs for Cancer Survivors. Michelle and her son thoroughly enjoyed their 12 mile ride around Lake Natoma and all the FUN family activity and food stops along the way. All in all, they were well exercised, fed and even won a free t-shirt!

