

Jared W. Ruminson, DDS

## DENTAL • EXCELLENCE

• N E W S L E T T E R •



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

Spring 2008

### fromthedentist

#### You - My Patients And Friends



I'd like to take this opportunity to thank you personally for your many years of continued support for our family cosmetic dental practice. It's been a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

My staff and I strive to treat you with the utmost dignity, respect, and compassion. And it's very satisfying to know that many of you give us the ultimate compliment by referring your friends and family to this practice. We are truly grateful for your trust.

I appreciate the fact that I have not only learned your names, but have learned who you are ... and what you need and want. I also truly appreciate that you have made a conscious decision to become my patient, which is such an honorable compliment that you have given me. I am pleased that this newsletter gives me the opportunity to let you know how I feel.

*Yours in good dental health,  
Jared W. Ruminson, DDS*

## Your Future Is Bright!

Two technologies that may be just right for your smile:

### Whitening At Its Best

We are excited to announce that we now offer the in-office **Sapphire Chairside Whitening System!** Restore your smile to its natural beauty. Sapphire Chairside Whitening System has been clinically proven to whiten your smile up to 12 shades in an hour and over seven shades in just 30 minutes. It is the only in office system specially formulated to prevent sensitivity ... and a gentle, fast and effective one visit procedure.

We use the **Sapphire Supreme Plasma Arc Curing Light** in conjunction with the **Sapphire Chairside Whitening Gel** to achieve whitening up to 12 shades. The Sapphire Curing Light is the single most versatile, powerful and safe chair side whitening and curing light for in-office whitening. The Sapphire Chairside Whitening Gel is a hydrogen peroxide formula and a premium product for teeth whitening. Sapphire is deal for anyone looking for immediate results, has sensitive teeth or the busy individual – making it the leading choice for safe, convenient and effective whitening.

Sapphire gently brightens your smile and achieves the results you desire... *Let Your Inner Radiance Shine!*

Depending on your type of tooth discoloration, we are happy to recommend a whitening treatment that's right for you.

### **REV It up!**

Yes! We carry and recommend **Perfecta® REV!** A revolution in take-



home tooth whitening. Tooth color varies from person to person and can darken with age. Discoloration can also result from genetics, medication, poor oral hygiene, smoking, tobacco, foods and beverages, or a combination of these factors.

Most patients are able to use our convenient Perfecta REV! take-home whitening system. You apply REV! whitening gel to your teeth in a custom-made, soft, comfortable plastic tray. The gentle oxygenating action of peroxide gel and finishing rinse of REV! allows you to choose the most convenient time to wear your tray. Throughout the treatment, we carefully monitor your progress. Normal treatment takes about two weeks.

Use **REV! Refresher Finishing Rinse** to enhance your whitening results... *Smile Whiter!*

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

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger

close gaps

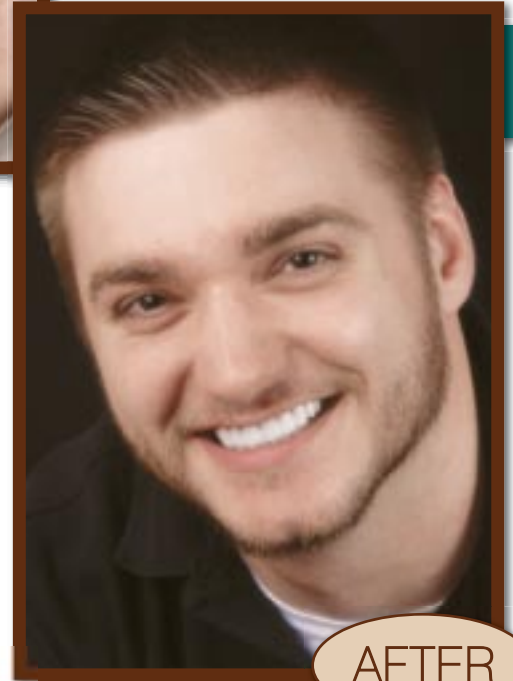
repair

straighten

brighten

camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





## 2 Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

### IMPLANT & VENEERS



### COMPOSITE FILLINGS



# Faster, Safer...

## & Environmentally friendly radiographs

We learn a lot about your oral health through a visual examination of your teeth and gums. But even with 20/20 vision, there are things that can't be seen with the naked eye. Technological tools are invaluable in helping us detect potential trouble, and by far the most effective of these is the *dental radiograph*, or x-ray.

We are now able to offer our patients a new type of x-ray, the *digital radiograph*, which offers benefits beyond the traditional x-ray. We place a sensor that is about the size and shape of a domino on the inside of your cheek. It sends signals to a computer which are translated into large, crisp, electronic pictures of your teeth, supporting bones, and gums. The pictures can be enlarged and colored for clarification and are stored in your file for future reference.

Because digital radiographs require 90% less radiation than traditional x-rays, you can relax ... the radiation is so low.

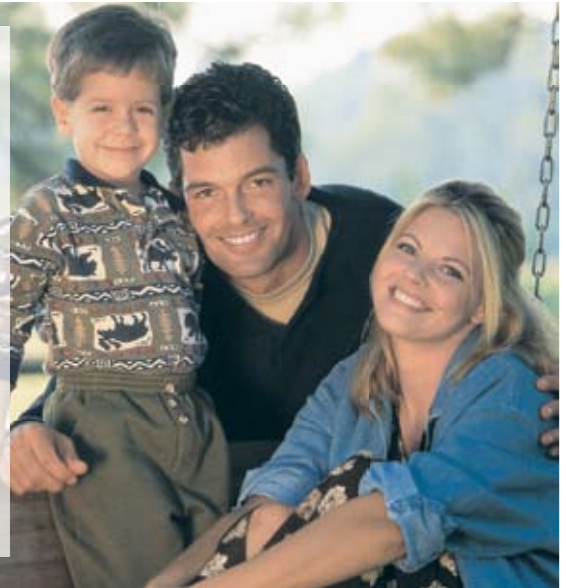
The digital radiograph makes it easier and less expensive to detect, diagnose and plan treatment long before problems become visible to the naked eye.

We'll recommend digital radiographs periodically, as you need them. It's the best and safest way to guard your smile against unexpected problems!

### Quick Tips

#### Information for everyday use

- Make sure your child wears a custom-fitted mouthguard when playing sports.
- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice.
- Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.



## officeinformation

### EL DORADO HILLS COSMETIC & IMPLANT DENTISTRY

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#### Office Staff

Chere ..... Office Coordinator  
Michelle..... Office Coordinator  
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Teresa.....Dental Hygienist/RDH  
Julie .....Dental Hygienist/RDH  
Angela ..... Dental Assistant/RDA  
Holly ..... Dental Assistant/DA  
Alissa ..... Dental Assistant/DA



## Prone To Cold Or Canker Sores?

### Our Odyssey® Diode Laser to the Rescue

We have a solution for you. Were you able to read the article on our **Leading-Edge Laser** in the last newsletter? If not, you can refer to it, or find it on our website under the Patient Newsletter section. It seems as if those cold and canker sores (an HSV virus) keep popping up and invading our oral comfort zone with their symptoms and soreness. About 20% of us are plagued with these painful mouth and lip ulcers. Luckily, there are easy ways to prevent and treat them.

- Take a deep breath -- Stress or too much sun may trigger an outbreak for the cold sore. Accidentally biting your cheek or lip, resulting in trauma to the tissue, is a sure way to a canker sore.
- There is immediate help -- our **Odyssey Diode Laser** is excellent in providing relief upon your visit. We can use this laser to treat the affected area, which takes about three to four minutes, to reduce pain and shorten the duration of the cold or canker sore. Now that's relief!

## Fight That Cold

### Time to change your Brush

We recommend you change your toothbrushes and electric/power toothbrush heads every three months, or with the seasons. Even sooner if you've recently had an infection such as: sinusitis, sore throat, cold or flu. Studies have shown harmful bacteria surviving on the bristles for up to a month!

Make sure to replace with a soft-bristled brush or brush head which are gentler on your gums. Hard, worn, or frayed bristles can actually damage your gum tissue and aid in gingival recession. Powered toothbrushes have been proven to remove plaque more effectively than the manual toothbrush.