

EL DORADO HILLS COSMETIC & IMPLANT DENTISTRY

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

JARED W. RUMINSON, DDS

DENTAL • EXCELLENCE

• N E W S L E T T E R •



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

Summer 2008

fromthedentist

Thank you for taking the time to review this informative patient newsletter. I have thoroughly enjoyed serving the dental needs of this outstanding El Dorado Hills community over the past ten years. My personal goal in dentistry has always been one of 'excellence'.



To inform and educate you in dental health and the various procedures that are available to best accomplish your dental needs ... an important and valuable investment in yourself. My ultimate goal is to make you happy, giving you the pleasing results that you desire by using the latest, in dentistry techniques and technology, to provide positive aesthetic results that you can smile about. I believe trust must be earned and that communication is vital to a positive patient-dentist relationship. I realize that each person has individual dental needs, uncertainties and expectations. My office team and I strive to take the time to build trust and confidence by listening to each patient's needs. I aim to treat every person, whether patient or staff, like family, which impacts the effort and energy I invest into each procedure. I look forward to meeting with you and welcome the opportunity to serve your dental needs. I invite you to call or email with any questions you may have.

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

Keep Your Secret

With Invisalign®

The preferred method for straightening teeth used to be metal *train-track* braces. Dr. Ruminson is certified in Invisalign®, one of the most advanced components of adult cosmetics."

What is Invisalign?

It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners.

How does Invisalign work?

Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. There are no metal wires and brackets, and you can still enjoy your favorite foods, and brush and floss easily.

Can I benefit?

Adults account for nearly 25% of all orthodontic patients! The most common problems are crowded teeth, teeth spaced too far apart, protruding upper or lower teeth, and upper and lower front teeth that do not touch.

How do I get started?

After consultation and deciding on a treatment plan, we take an impression of your teeth, and submit it to Invisalign. Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You can view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

We know you'll be inspired to consider Invisalign! Please call us for a consultation.



• • • • • Patient Referral Program

If you are delighted with the excellent treatment you receive at our practice, then you might consider sharing the news with friends, family, and co-workers. You know they will experience the same commitment, compassion, and concern to which you have become accustomed. But you will earn more than gratitude of those whom you refer. *For each patient you send our way, you will receive a complementary gift. And there is more! If you have referred four of our new patients from four different households in the span of one year, you will receive an additional gift.* Making four people happy is reward enough, but this is our special way to thank you for sharing ... and we really look forward to seeing you smile!

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

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Ensure You Mix It Up

Could vitamin water hurt your smile?

There's a lot of buzz these days about flavored vitamin waters which appeal to just about everyone. They're so tasty you want to take your vitamins, they contribute to keeping you hydrated, and they can give you a little energy boost. Designed to provide a wide variety of vitamins and minerals to supplement your daily diet, they hold a definite attraction. But, dentally ... not so much.

For one thing, most brands of vitamin water contain a large amount of sugar which contributes to the formation of plaque which harbors the bacteria that cause tooth decay and gum disease. As well, many brands are high in vitamin C which is ascorbic acid.



Too many acidic foods or beverages can erode away the hard surface enamel of your teeth and lead to discoloration and teeth sensitivity.

Although these drinks have been supplemented with vitamins and minerals, they can be just as harmful as too many sugary soda, sports, and energy drinks, or acidic fruits, juices, and wines. So please try to rinse with water afterwards, switch beverage types, and resist the thought that if one bottle of vitamin water is a good thing, then more must be better.

Tooth enamel that's lost to decay or erosion won't grow back. We can repair the damage, but the best solution is prevention.

And The Winners Are...!

National Children's Dental Month winner was Rachel.



February No Cavity Club winners were Alexandra, Kiāna, and Steven.

officeinformation

EL DORADO HILLS COSMETIC & IMPLANT DENTISTRY

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Office Hours

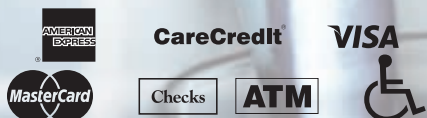
Mon-Thu 8:00 am – 5:00 pm
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NushaDental Hygienist/RDH
Teresa.....Dental Hygienist/RDH
JulieDental Hygienist/RDH
Angela Dental Assistant/RDA
Holly Dental Assistant/DA
Alissa Dental Assistant/DA



Are Your Benefits Half Full Or Half Empty?

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now - through summer to the end of the year - because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal - a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember... we have more appointment times available in the summertime! Call today! We'll fit you in!

Staff Team In The Spotlight

Chere' is one of the first cheerful staff team members patients talk to when calling or coming into the office. She has been a Patient Care Coordinator for *Dr. Ruminon* over the past five years. Chere' has extensive experience,



Chere'

working in the dental field over the past 20 years, in patient and office team coordination, insurance and customer service management. She will address your questions and help you schedule your dental procedures from your initial visit through your treatment plan. Her favorite aspect of dentistry is "working with people". She is specifically interested and focused on "helping people get the most out of their insurance benefits". Chere' has been happily married for 22 years and has a nine year old daughter. She loves spending time with her family and friends camping and at the lake.

Alissa enjoys working in the dental field as a Dental Assistant. She joined *Dr. Ruminon's* staff team in 2007 and is enjoying getting to know all the patients.



Alissa

Alissa is happy to assist you in your dental procedures and comfort. Her favorite aspect of dentistry is "helping patients have a comfortable dental experience". Alissa's specific interest and focus in the dental field that she enjoys is "that it's such a progressive field and there is always new technology coming available to help the patients experience a more comfortable visit ... and (the technology) keeps it exciting and new for us. Alissa enjoys running, helping her husband with his business, spending time with her dog, and spending time with friends.