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Confident!



Outgoing!

What *Your* Smile May Be Saying... Inside Page

Update On Dentistry

ABOUT YOUR SMILE...

2ND QUARTER / 2003

Office Hours

Monday	10 am - 7 pm
Tuesday	10 am - 7 pm
Wednesday	10 am - 7 pm
Thursday	10 am - 7 pm
Friday	9 am - 6 pm

Appointments & Emergencies

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Be assured of our heartfelt gratitude for referring your friends and family.

They're the highest compliment you can send...

Thanks!

You choose your clothes to project a certain image—not just to keep warm. Now you can choose that certain smile that conveys a smarter and more successful you.

Recent improvements in dental technology now offer a tailored smile with off-the-rack prices and ease.

- Thin porcelain veneers bonded to your front teeth allow us to change the shape, color and length of teeth in just a couple visits.
- Tooth-colored fillings offer a naturally attractive smile that goes all the way back to the molars.
- Bonding that's tinted to match the color of your own teeth can fill in unsightly chips and gaps.
- Whitening can brighten tooth enamel and minimize discoloration—producing a dazzling smile.
- Quick and easy gum surgery can minimize gum tissue and maximize a favorable impression.
- Orthodontics straighten teeth and correct overbites—done now almost invisibly.

Best of all, many of these appearance boosters will also improve your overall oral health. That confidence and a brighter, straighter smile may be the best fashion accessory of all. Call us if you'd like your smile to look sharp! ■

HOW
WE CAN
IMPROVE
YOUR

Smile!

*Susan Ezzati
Cyrus Ezzati*



Choosing the best Beverage

It's not all black and white. Sometimes it's red or green.

Two thumbs up

A glass of red wine per day can strengthen your heart and ward off dementia. Green tea can destroy cancer cells, leaving healthy cells unharmed, plus fight bad breath.

Down with this— or down the hatch?

Grapefruit juice, a great source of vitamin C, may be a no-no in some situations. Because it can prevent or accelerate certain medications in doing their job, your pharmacist may recommend that you refrain from drinking grapefruit juice while taking certain drugs. ■



Ask the Dentist

BUGLE OR BASSOON?

So your Little Boy Blue wants to blow his horn!

Things to consider

- Primary teeth, permanent teeth, or a mix?
- Orthodontic appliances?
- Overbite or protruding lower jaw?
- Large front teeth?
- Jaw problems?
- Whistling ability?

Excellent. But let's first take a look at which instrument may be best suited to this particular mouth.

A child with a natural affinity for a given instrument can overcome physical obstacles to bring melodies to life. But music-makers can make the most of their talents by

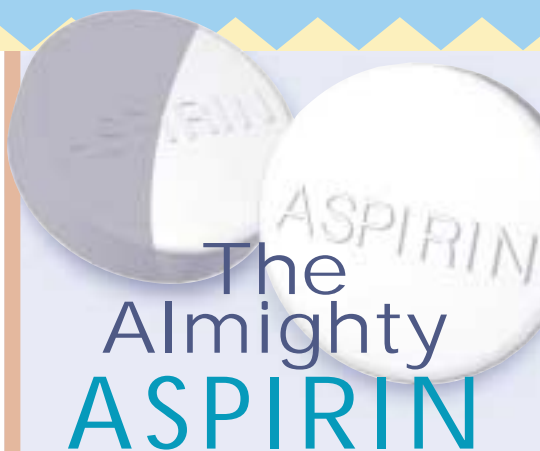
harmonizing that horn, trombone or saxophone with their unique physical characteristics.

A dental evaluation is especially important if the instrument of choice is a woodwind—a clarinet, say, or an oboe. The pressure on your teeth when you play some of these can soon have your whole mouth singing the blues.

Certain instruments tend to worsen woes that were only minor. In fact, the instrument doesn't have to go *in* the mouth to be a poor match. The viola—that supersized violin that must be supported by the chin and collarbone—will rarely be recommended for someone with jaw problems. Unless the musician tunes up with a custom dental appliance to prevent further complications.

The family that plays together stays together...

Tightening up wobbly dentures or going for dental implants can help adults get back into the musical habit. Then dust off the old trombone or piccolo and join the kids. Then, when they chorus, 'Can mom and dad come out to play?' it'll be music to your ears. ■



The Almighty ASPIRIN

"Panacea"—that's a fancy word for a pill that will cure everything that's wrong with you. Well, no such thing exists. But the humble aspirin tablet comes mighty close.

Recent testing and trials have demonstrated its abilities in areas beyond headache relief:

■ Heart attack prevention/control.

For those who tolerate aspirin, a single 300mg dose is recommended to help counter a heart attack in progress. A low, daily dose regimen is recommended for patients with a history of heart problems.

■ Stroke reduction.

British researchers have determined that aspirin reduces risk of stroke in patients showing pre-stroke symptoms.

■ Reduces cancer risk.

Studies have shown that routine low-dose aspirin use can reduce risk of colon, lung, and pancreatic cancers. ■

Important warning!

Aspirin tablets aren't sugar pills. They shouldn't be taken by certain individuals:

- **The aspirin-intolerant.** Some people are allergic. Others develop stomach problems. Always seek a doctor's advice before self-medicating.
- **Young children.** Be certain you avoid giving baby aspirin to little ones with the flu, chicken pox, or breathing difficulties. Baby aspirin contains salicylate—which can accumulate in a young body. It significantly increases the potential of a condition known as Reyes Syndrome, which can dangerously affect the liver and the brain. So think twice before you give your baby an aspirin! ■

