

Dr. Clyde S. Ikeda's

smile update

Produced to improve your dental health and awareness

Winter 2010

fromthedentist



THE TIME IS RIGHT

Special thanks this season

Although I always try to extend my thanks and holiday greetings in person, I'm very happy that you're reading this newsletter so I can be sure no one is missed. Please accept my sincere best wishes for the year ahead.

It means a lot to me that you have chosen me as your dentist and this practice as your dental home. I am grateful to be able to look forward to another special year with you and your family.

Yours in good dental health,

Dr. Clyde S. Ikeda

turnthepage

Let your smile speak for itself!

Don't whine over your wine!

Bad breath? Busted again!

Sign Up For Success

It's the right fit that really counts!

Who among us has not used one or all of these excuses for ditching our fitness program: we're too tired ... too stressed ... have no time ... don't have the right outfit! How many people do you know who sign up for the gym in January and are toast by February? Here are some ways to silence your inner dodger, avoid the burnout trap, and keep your fitness resolve this year.

Write down the health benefits that come with regular exercise and post them where you'll see them...

- better cardiovascular fitness
- increased insulin sensitivity
- lower blood pressure and cholesterol
- less anxiety and depression
- a lower risk of early death and disease
- looking great.

Start with something that works for where you are now. Maybe a gym membership isn't for you. There are

lots of ways to fit in exercise at home, work, or after hours, and with a buddy is even better...

- walk the dog
- clean the house
- do some gardening
- commute by bike
- take the stairs
- park and walk the rest of the way
- walk-jog
- join a masters swim club.

Whatever you do, make it a habit - just like grabbing that first cup of coffee or taking the same route home every day. According to research, if you can commit for a minimum of 21 days, your habit will stick!

Make sure you're
fit inside & out!



We provide memorable smiles!



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea

for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 Protect your damaged tooth by capping it with a crown.

2 Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

The Gourmet BLT

Ingredients

- 2 slices crusty country-style bread
- Monterey Jack cheese, sliced thin
- Mayonnaise
- 2 leaves crunchy lettuce, such as iceberg, romaine, or butter lettuce
- 3 slices tomato
- 4 slices apple wood bacon, cooked crisp
- 1 egg
- 1 tbsp unsalted butter

Preheat oven to 400°; toast both slices of bread. Cover one with cheese and set in the oven to melt, approximately four minutes.

Spread mayonnaise onto one side of the other piece of bread, cover with lettuce, and then set tomato slices atop the lettuce.

Fry the bacon (press often to avoid curling), then carefully layer it onto the melted cheese.

Fry an egg – without breaking the yolk – then carefully lay it on top of the bacon.

(Tip: Keep a layer of lettuce between bread and tomato so your sandwich doesn't turn soggy.)

This article first appeared in the August 2010 issue of Men's Journal.

Enjoy!



officeinformation

Dr. Clyde S. Ikeda
2503 South Professional Parkway
Santa Maria, CA 93455-1657

Office Hours

Monday 9:00 am – 5:00 pm
 Tuesday 7:00 am – 3:00 pm
 Wednesday 7:00 am – 3:00 pm
 Thursday 7:00 am – 3:00 pm

Contact Information

Office (805) 934-4500
 Fax (805) 934-5263
 Emergency (805) 934-4500
 Email drikeda@drikeda.com
 Web site www.drikeda.com

Office Staff

Sandra.....Dental Assistant
 Klara Hygienist
 Lynn..... Business Administrator



Sharing Kind Words

I was very impressed! I have never had such an enjoyable dental appointment before. I see that your office focuses very much on the patient and their comfort as well as their dental health. I find it a refreshing approach. I wish more professionals took the same approach. Thank you very much! - RO

Don't change a thing! Coming from someone who generally dislikes the dentist, coming to you was like going on a vacation. I will refer you to every single person I know. You are that fantastic! - SH

I refer to Dr. Ikeda's group as "The Dream Team". Thanks again for the superb service! - DM



Dr. Ikeda checking out the street food in Seoul, South Korea