



Dr. Clyde S. Ikeda's

# smile update

Produced to improve your dental health and awareness

Spring 2011

## fromthedentist

### Here We Are...

#### Welcoming spring!

Like all good things, I've been looking forward to spring for a long time - *and now it's here!* Let's all approach the new season with a good healthy focus on our oral health.

During the winter holidays, many of us partake in more sweet foods and drinks than usual, so I encourage you to take the time to check on the state of your smile. Together, let's ensure that these prime causes of tooth decay alongside hectic schedules have not caused damage.

Your oral health is our first priority, and I look forward to continuing to provide you with optimal dental care. Plus, we always enjoy hearing your news about family activities and personal experiences. Please call and schedule your next appointment now, so that you'll smile with confidence!

*Yours in good dental health,*

*Dr. Clyde S. Ikeda*

## turnthepage

Save money ... and your sanity!

5 harmful habits. Are *you* guilty?

Work out the green way!

## Our Holiday Dinner At Far Western Tavern



WOW! It is hard to believe that another year has gone by! To celebrate the end of 2010, and the holiday season, Dr. Ikeda treated his team members and our spouses to a holiday dinner at Far Western Tavern in Guadalupe. During the evening, we enjoyed delicious steak dinners, a smooth local Pinot Noir, and each other's company. It was fun to get together, converse, and celebrate.

Thank you Dr. Ikeda for showing your appreciation for your team. We appreciate everything you do, and have done for us. You provide a wonderful environment for your team, and patients as well.

We wish every patient of our dental family a happy and healthy 2011. Thank you for trusting us with your dental needs. We look forward to seeing you soon!

*- Klara Karsai*



Our office team of Lynn, Clyde, Klara, and Sandra, courtesy of Kenneth Morgan Photography.

*We provide memorable smiles!*

## The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- |   |  |
|---|--|
| <input type="checkbox"/> Garden           | <input type="checkbox"/> Play tennis     |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim            |
| <input type="checkbox"/> Canoe or sail    | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk             | <input type="checkbox"/> Run             |
| <input type="checkbox"/> Bike             | <input type="checkbox"/> Hike            |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



## Whitening & Veneers



## Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

# Pregnancy Perio Risk

## Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

*No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.*

*We screen for gum disease at every visit ...because we like to see you smiling.*



## Easy On You

### Easy on your wallet

*Here are some budget-friendly ways to de-stress:*

**Picnic in the park.** Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

**Dine at home.** Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

**Step back.** Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

**Create a home spa.** Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

# Just Lose Five

Drop these now...

### Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

### Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

### Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

### Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

### Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

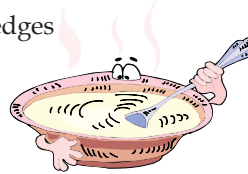
# Curried Lentil Soup Makes 6 servings.

Recipe by Molly Wizenberg. Courtesy of Bon Appetit, December 2010.

## Ingredients

- 3 tablespoons olive oil, divided
- 1 medium carrot, finely chopped
- 2 tablespoons (or more) curry powder
- 4¼ cups (or more) water, divided
- 1 tablespoon fresh lemon juice
- 2 green onions, thinly sliced
- 1 medium onion, chopped
- 2 large garlic cloves, chopped, divided
- 1 cup French green lentils
- 1 15-16 ounce can chickpeas, drained, rinsed
- 2 tablespoons butter
- 1 lemon, cut into wedges

\*French green lentils are small, dark green, and speckled with black; they can be found at some supermarkets and at specialty foods stores.\*



## Directions

Heat 1 tablespoon olive oil in heavy large pot over medium heat. Add onion and carrot; sprinkle with salt and pepper. Cook until onion is translucent, stirring occasionally, about 4 minutes. Add half of chopped garlic; stir until vegetables are soft but not brown, about 4 minutes longer. Add 2 tablespoons curry powder; stir until fragrant, about 1 minute. Add lentils and 4 cups water. Sprinkle with salt and pepper. Increase heat and bring to boil. Reduce heat to medium; simmer until lentils are tender, about 30 minutes.

Meanwhile, puree chickpeas, lemon juice, ¼ cup water, remaining 2 tablespoons olive oil, and remaining garlic in processor.

Add chickpea puree and butter to lentil soup. Season to taste with salt, pepper, and additional curry powder, if desired. Add water by ¼ cupfuls to thin to desired consistency. Soup can be made up to 1 day ahead. Cool, cover, and refrigerate. Rewarm before continuing.

Divide soup among bowls. Sprinkle with thinly sliced green onions and serve with lemon wedges.



Dr. Ikeda standing on the Military Demarcation Line separating North and South Korea.

## officeinformation

**Dr. Clyde S. Ikeda**  
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### 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

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Web site [www.drikeda.com](http://www.drikeda.com)

### Office Staff

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



## Sharing Kind Words

*Dr. Ikeda's team is first class in service and they also seem like friends and family. Dr. Ikeda gets the same kudo's plus being a great dentist. You're at 100% and rising. -JW*

*I think you all are just perfect. The girls are so lovely and caring and Dr. Ikeda could not be nicer and is an absolutely fantastic dentist! As far as I am concerned you do not need to change one thing. -JH*

*I would never go anywhere else for dental care. I recommend your office all the time. -LR*

## Referrals Inspire Us

### ...To raise the bar

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational – from the time you arrive, to the attention, care, and support you are given while you're here – to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

So, please keep the referrals coming. Your inspiration benefits everyone – you, as well as your family and friends.