



Dr. Clyde S. Ikeda's

smile update

Produced to improve your dental health and awareness

Spring 2011

from the dentist

Helping Children - One Smile At A Time

It's not often that you get the chance to help others while helping yourself. But this year from March through June, we are giving everyone the opportunity to give children a reason to smile - while giving themselves the gift of a brighter, more beautiful smile.

During our *Smiles for Life* campaign, we will offer professional teeth whitening services to our community at a significantly reduced cost, and donate 100% of the proceeds to support children in need.

"The professional tooth whitening procedure is painless and only requires a few minutes in the dental chair. Patients can have whiter teeth in just three days - but those minutes that you spend at home and in the chair can help touch a child's life forever" explains Dr. Ikeda. "My team and I are ready to professionally whiten people's teeth for a great cause, and I'm inviting all members of our community to make an appointment with us during our Smiles for Life campaign to give themselves - and a child - a reason to smile."

The Smiles for Life Foundation is the children's charity organization of the *Crown Council*, an organization of leading-edge dentists throughout North America. Each year over a four-month period, Crown Council dentists participating in the Smiles for Life campaign offer professional teeth whitening services at a considerably reduced price and donate 100 percent of the proceeds to children's charities.

Since 1998, the Crown Council's Smiles for Life Foundation has raised almost 27 million dollars. Half of the donations this year are earmarked for *FOODBANK's Children's Charities*, and the balance goes to the Smiles for Life Foundation to be distributed to worthy and approved children's charities across the U.S. and Canada. Participating charities include *Children's Miracle Network*, *Children of Romania*, *St. Jude Children's Hospital*, *CURE (in Cambodia)*, *Smiles For Hope*, and the *Kids Cancer Care Foundation*.

"Dentists and their office teams perform all services for free, the people at *Discus™ Dental* donate all of the whitening supplies, and children that really need our help get 100 percent of the money to get a great start in life," explains Greg Anderson, director of the Crown Council and one of the founding members of Smiles for Life. "It's a win-win situation - everyone gets a reason to smile."

To whiten your smile and brighten the life of a child, contact us at 934-4500 and schedule an appointment before the end of June.



We provide memorable smiles!

Tick Tock

Forget the clock!

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know - as you wait ...and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



Look Younger Without Surgery!

Ask us about your dental facelift options



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

Cosmetic Dentistry:

The non-surgical alternative to a facelift!

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

Smiles That Go Miles

Home and pro care

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your "attractive quotient." Isn't it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don't smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

VIVACIOUS VENEERS

Once we've decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we'll take into consideration your face shape and the proportions and symmetry of your face and smile.

We'll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

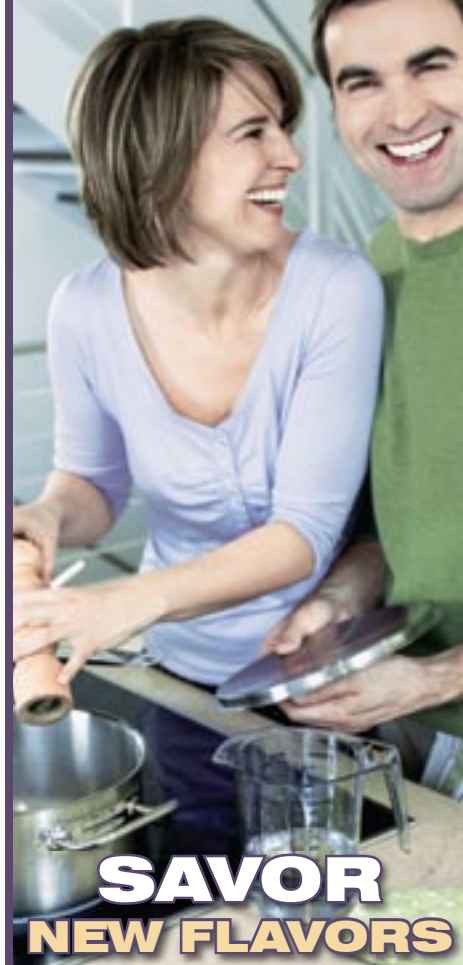
Based on these dimensions, your occlusion (bite), and your preferred smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

A new smile in just a little while

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications
 - gaps that trap food and make you feel self-conscious about smiling
 - overlaps and crowding that create an accordion appearance, especially in profile
 - unsightly chips or cracks that catch on dental floss and attract stains like magnets.
- ### Reproportioning
- an uneven or too-gummy gumline
 - teeth that appear too long due to receding gums
 - poorly shaped or sized teeth that don't suit the proportions of your smile
 - worn down teeth from clenching and grinding or enamel erosion.



SAVOR NEW FLAVORS

Train your taste buds

Ever since you were a kid, you've known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

- Experimenting with aroma, texture, shape, and color can all improve anyone's dining experience.
- Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means "savory" in Japanese. You can mix 'n' match foods and seasonings that are more healthful and yet appeal to your palate.
- Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!

From Clyde's Recipe File

Grilled Cheese and Fried Egg Sandwich

Ingredients

12 slices of pancetta (Italian bacon)
2 tablespoons butter
4 slices sourdough bread
8 thin slices provolone cheese
4 large eggs
1 small green onion, chopped
Parmesan cheese shavings
12 fresh basil leaves or arugula leaves

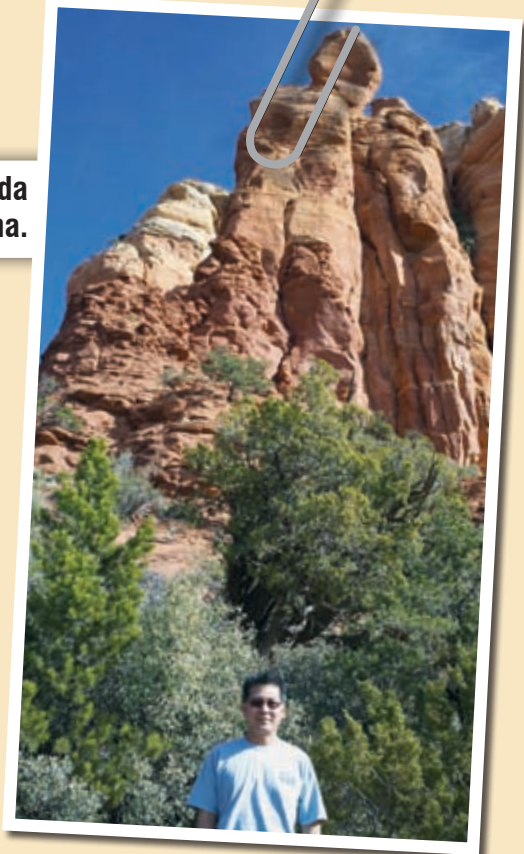
Preparation

Cook pancetta in large nonstick skillet over medium-high heat until crisp. Transfer to paper towels. Reserve skillet with drippings.

Melt butter in extra-large nonstick skillet over medium heat. Add 4 bread slices; top each with 2 provolone slices. Sprinkle with black pepper. Cook until cheese melts, 3 to 4 minutes.

Meanwhile, heat skillet with drippings over medium heat. Crack eggs into skillet; cook until whites are set but yolks are still runny, 2 to 3 minutes. Set 6 pancetta slices and 2 eggs atop each of 2 cheese toasts. Top eggs with onion, Parmesan, and basil, then remaining bread slices, cheese side down. Cut sandwiches in half and serve.

Right: Dr. Ikeda hiking in Sedona.



office information

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Office Staff

Sandra.....Dental Assistant
Klara.....Hygienist
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CareCredit



VISA



Sharing Kind Words

This dental office is really top-notch: Clean, professional, accommodating, effective & efficient – this comment comes from someone with decades of experience in the dental practice setting. Please keep up the good work! – DB

Exceptional dental practice. A very different experience reaching new levels of professionalism and courtesy. Thank you! – KE

Everyone is always courteous and caring. It is a pleasure coming to Dr. Ikeda's office. You're all fabulous! – DC

Get Hooked On

Hygiene!

And seal the deal

Healthy, bright smiles breed self-confidence, help convey a sense of personal pride and promote good general health. No wonder parents are willing to wear the label of "pest" to establish good oral health habits in their children.

Dentists recommend scheduling regular "smile-checkups" to monitor oral health, but to effectively reduce the occurrence of cavities, molars and premolars can be coated with dental sealant. "Chewing teeth" have folds and buckles that trap food often missed by brushing. Applying a thin plastic coat over folds and indents prevents cavities from taking hold, and this simple procedure requires only that teeth be cleaned and dried before application.

Good oral health habits and dental sealants are a one-two combination for delivering life long smiles.