

Dr. Clyde S. Ikeda's

# smile update

Produced to improve your dental health and awareness

Winter 2011

## from the DENTIST

### Season's Greetings

This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

*Happy holidays to you all!*

*Dr. Clyde S. Ikeda and team*

## SMILES FOR LIFE UPDATE

It gives us great joy to announce the completion of a successful *Smiles for Life* campaign for 2011! From March through June, Dr. Ikeda and his team donated their time, and *Discus Dental* donated the professional teeth whitening materials. We want to thank everyone who participated and was able to take advantage of the deeply discounted cost of a professional whitening system while helping disabled and underprivileged children locally and abroad. As a result of your participation, the Smiles for Life contributions from

our office were \$2870. Half of those proceeds stay within our local community. On September 21, 2011, we presented a benefit check in the amount of \$1435 to Judith Monte at our designated charity, *The Food Bank of Santa Barbara County*

earmarked for the *Children's Hunger Initiative*. The exciting news is that because of the partnership the Food Bank has with local growers and grocers, their affiliation with *Feeding America*, and the federal *USDA* program, your contributions are greatly multiplied. During the past year, they were able to turn every dollar donated into \$17 worth of distributed food. That means your dollars go a very long way! It feels great to know that through your participation in Smiles for Life to achieve a beautiful white smile, many children will benefit! It really is a win-win situation. Thank you!

*Lynn Rice*



warm holiday wishes  
from all of us!

*We Provide Memorable Smiles!*

# Don't Be So Sensitive!

## Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

### What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

## That Jarring Jawbone!

### Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce  
the power  
of your  
smile

## PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

# 3 Ways To Age Your Smile

## Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

**FIRST Receding gums.** When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

**SECOND Root cavities.** Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

**THIRD Tooth sensitivity.** Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



## IN PRAISE OF Olive Oil

### Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



## From Clyde's Recipe File

# EGGS WITH CHORIZO

### Ingredients

- 16 corn tortillas
- 16 eggs
- 14-16 ounces Mexican chorizo
- 1 onion, minced
- 2 Serrano chilies, minced
- 4 plum tomatoes, 1/4 inch dice

### Preparation

Stack tortillas and wrap in dish towel. Put 2 inches of water in a steamer with rack or bamboo basket, and bring water to boil. Set wrapped tortillas on rack or in basket, cover, reduce heat to simmer, and steam for 5 minutes. Keep tortillas warm and wrapped in towel until ready to serve.

Meanwhile, preheat oven to warm (175-200). Break 8 eggs into mixing bowl and beat lightly. Break remaining 8 eggs into another bowl and beat lightly.

Remove chorizo from casing. Place chorizo into cold skillet. Turn heat to

medium and cook chorizo, breaking up clumps with wooden spoon, until chorizo has rendered its fat and is thoroughly cooked, about 10 minutes. Drain chorizo in a sieve set over bowl. Remove 2 tablespoons of drippings.

Heat reserved 2 tablespoons drippings in 12-inch nonstick skillet over medium heat. Add onion, chilies, and tomato, and sauté until onion is soft, about 8 minutes. Transfer half the mixture to small bowl and set aside.

Raise heat to high. Add half the chorizo to vegetables in skillet and stir to blend. When skillet is hot, add beaten eggs from one of bowls. Let eggs set for few seconds, then scramble with spatula or wooden spoon. When eggs are done to your liking, transfer to heat-proof serving bowl and keep warm in oven while you prepare rest of eggs.

Wipe skillet clean with paper towel. Return skillet to high heat and add remaining sautéed vegetables and chorizo. Stir briefly to blend. When skillet is hot, add eggs from second bowl, and repeat scrambling as before. When eggs are cooked, transfer to serving bowl with first batch of eggs.

*Serve immediately with warm tortillas. Serves 8.*



## office information

### 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

### Office Staff

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



## Sharing Kind Words:

Your team has "it" right. Lynn is very positive and welcoming, excellent at setting the tone for my dental experience. Klara is very cheerful and it is great to feel that Dr. Ikeda's office is a positive place to be. No one wants to go to any doctor, but I always feel great coming into a cheerful and very professional dental office. Competence in dental skills of course creates confidence during each dental activity. I will recommend driving to Santa Maria to anyone needing a truly professional and positive dental team. SQ

I am always impressed with the professionalism and congeniality of your practice. I am assured of excellent dental care in a very warm and friendly atmosphere. I will be back...so that speaks well of your outstanding services. BF

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 medical professionals took the same approach. Thank you very much! RO