



Dental Boutique News

Produced for the patients of Dr. Tannaz Goodjohn

Winter 2005/2006

fromthedentist

Our Sincere Greetings *To our valued patients*

Peace, hope, and joy are some sentiments that can never be expressed often enough. Another is our heartfelt gratitude to you, our patients, who have made the growth of our thriving practice possible through your loyalty and friendship.

It is truly astonishing to think how quickly yet another holiday season has arrived. Before we all get too caught up in what seems like an endless flurry of activity, we'd like to take a moment to reflect on the year that has just passed. There is no doubt in the minds or hearts of our team that the bonds of friendship and trust we share with our practice family make everything easier.

We are honored by your ongoing loyalty and patronage and look forward to sharing another year with you. From all of us to all of you, a safe, healthy, and happy holiday. If you have any questions or concerns, be sure to give us a call. You are important to us.

Wishing you a wonderful holiday,

Dr. Tannaz T. Goodjohn & Team

turnthepage

The grind of bruxism

The secret? Strength, of course!

Absolute discretion: dental implants

*We send you our
best wishes...*



...for a Happy Holiday!

Thank you for all your referrals - we appreciate them!



Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
<p>Veneers & Bonding</p> <p>Flossing and brushing with soft or ultra-soft brush</p> <p>Mild, non-abrasive toothpaste</p> <p>Electric toothbrush</p>	<p>Crowns, Bridges, Implants</p> <p>Interdental brush</p> <p>Sulcus brush</p> <p>Oral irrigator</p> <p>Floss & floss threader</p>	<p>Fixed Orthodontics</p> <p>Interdental brush</p> <p>Orthodontic toothbrush</p> <p>Multipurpose floss</p> <p>Oral irrigator</p> <p>Sulcus brush</p>

Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released
in your brain by:
sunshine
exercise
meditation
massage
smiling and laughing!



Discreet Dental Implants

Anyone
You
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

The Secret Is Strength

Crown & bridge can
restore your smile

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



Your Smile Foundation

Step by step. Smile by smile.

Most people are concerned about the appearance of their smile. In fact, in one survey, 80% of participants wanted to improve their smiles. We can give you a more attractive smile with procedures like porcelain veneers, gum sculpting, and dental implants.

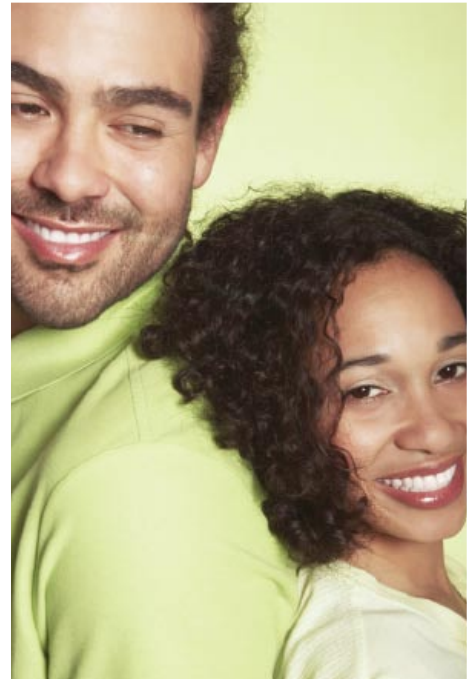
But first things first... Appearance and oral health are inextricably linked. Pink, healthy gums and a strong, supporting bone structure – both key to optimal periodontal health – are essential before any cosmetic procedure will have the desired dramatic impact.

Periodontal disease occurs when the number of oral bacteria increases, and the balance tips from harmless bacteria to harmful bacteria that form a film called plaque. Without regular brushing and flossing, plaque accumulates and will transform into rock-hard tartar that can only be removed by dental professionals. Periodontal pockets develop and house an over-proliferation of bacteria which

wreak havoc on your oral health.

Periodontal disease may be an autoimmune disorder in which immune factors in the body attack a person's own cells and tissue. This may explain its link to systemic diseases including diabetes, cardiovascular disorders, cancer, and osteoporosis. Obesity, stress, poor nutrition, and smoking are all contributors to periodontal disease.

Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile. We are always happy to discuss your cosmetic dentistry options, but first, we want you to have a healthy foundation.



Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.

officeinformation

Dr. Goodjohn's Dental Boutique

Dr. Tannaz T. Goodjohn

8733 Beverly Boulevard,
Suite 300

Los Angeles, CA 90048-1843

Office Hours

Mon/Wed 7:00 am – 6:00 pm

Tue/Thu 7:30 am – 4:00 pm

Friday and Saturday by special
reservations only!

Contact Information

Office (310) 652-6518

Fax (310) 652-3796

Email smile4me@acninc.net

Web site www.dentalboutique.com

Office Team

Troy..... Operations Director

Alisha, Jewel..... Dental Assistants

Tonya, Patricia..... Dental Hygienists

Yoshiko..... Massage Therapist

CareCredit DISCOVER



You Have The Power!

Brush. Floss. Rinse.

There's one lifelong mantra you need to know. Brush ... Floss ... Rinse. Easy to remember. Easy to master. It's a simple yet powerful strategy for oral health home care that brings a healthy sparkling smile and excellent dental examinations!

Brushing away plaque and food from your teeth, tongue, and gums should be done at least twice a day, but ideally after eating or drinking.

Flossing correctly once a day prevents the buildup of plaque and tartar that causes gum disease and its possible complications (infections that may be linked to cardiovascular disease, cancer, diabetes, and Alzheimer's).

Rinsing products can kill germs and bacteria, and freshen breath.

We would be pleased to recommend home care products and techniques specific to your dental needs.



Our office renovations are finally complete and our updated state-of-the-art facility is ready to serve you! With the latest technologies and the most efficient dental care possible, we are sure you will be pleased.

We welcome you to drop by and check it out.

Let us know what you think!

