

Dental Boutique News

by Dr. Tannaz Goodjohn

Produced for the patients of Dr. Tannaz Goodjohn

Summer 2008

Roll Out The Red Carpet...

Dr. Goodjohn achieves Academy status

Tannaz T. Goodjohn, DDS Achieves Accredited Status in the American Academy of Cosmetic Dentistry®

March 24, 2008 Madison, WI - Tannaz T. Goodjohn, DDS, of Los Angeles, CA has achieved Accredited status in the *American Academy of Cosmetic Dentistry®* (AACD) - joining 286 dental professionals in the world who have earned this prestigious designation. Tannaz T. Goodjohn, DDS reached this status through dedication to continuing education and careful adherence to clinical protocol.

"I am honored to become an Accredited member of the AACD. Through the challenges of the program, I have learned the keys to providing my patients with exceptional cosmetic dental services," said Tannaz T. Goodjohn, DDS.

Through the AACD's Accreditation program for dentists and dental laboratory technicians, AACD members must undergo a three-part process consisting of a written examination, submission of clinical cases for evaluation and an oral examination. Each candidate must also attend a series of workshops as part of the program. While each part must be completed in sequence, candidates have up to five years to complete the program after successfully completing the written examination.

Tannaz T. Goodjohn, DDS graduated from *UCLA School of Dentistry* in 1991. She maintains a solo general practice with an emphasis in aesthetic, reconstructive, and implant dentistry in Los Angeles, California. A firm believer in continuing education, she is a graduate



of *Esthetic Professionals, LSU Esthetic Continuum, Eubank Teaching Institute, and PacificAesthetic Continuum*. As a leader in the dental community, she served as the past president of the *Los Angeles Association of Women Dentists* and is currently a faculty member at *Esthetic Professionals*- a premier postgraduate dental education center.

The AACD is the world's largest non-profit membership organization dedicated to advancing excellence in comprehensive oral care that combines art and science to optimally improve dental health, aesthetics and function. Made up of over 8,000 cosmetic dental professionals in 70 countries around the globe, the AACD fulfills its mission by offering superior educational opportunities; promoting and supporting a respected accreditation credential; serving as a user-friendly and inviting forum for the creative exchange of knowledge and ideas; and providing accurate and useful information to the public and the profession.

Tannaz T. Goodjohn, DDS practices cosmetic dentistry at 8733 Beverly Blvd Ste 300, in Los Angeles, CA 90048 and may be contacted by telephone at (310) 652-6518 or via e-mail at drgoodjohn@dentalboutique.com.

Visit us online at www.dentalboutique.com

More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers

Reproportion

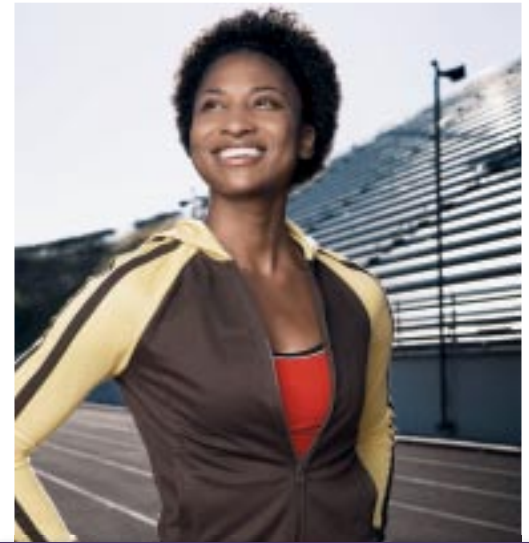


orthodontics & veneers

Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!



Dental Nutrition

Your quick guide to recommended foods



Foods both dentally and nutritionally recommended

High in nutrients low in sugar

These foods are high in nutritional value and since they are low in sugar they do not promote tooth decay.

Go for it!

- Plain milk or yogurt
- Cheese
- Raw or cooked fruits & vegetables
- Unsweetened fruit juices
- Meat, fish, poultry & eggs
- Whole grain breads



Poor nutritional value, but dentally acceptable

Low in nutrients low in sugar

Although these foods are low in sugar and are harmless to the teeth, they contribute little to your body's nutritional needs and should be eaten infrequently.

- French fries
- Popcorn
- Potato chips
- Pretzels & cheesies
- Other party snack foods



Unacceptable both dentally and nutritionally

Low in nutrients high in sugar

Try to avoid these foods as much as possible as they are low in nutrients and high in sugar. For the occasional indulgence, keep in mind it's better to eat them with a meal and not as a snack.

- Sweet baked goods
- Chocolate bars
- Breath mints
- Candies
- Soft drinks

office information

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Office Hours

Mon/Thu 7:00 am – 5:00 pm
Friday and Saturday by special reservations only!

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Tonya, Azita Dental Hygienists

CareCredit

Capital One | healthcare finance™



Chocolate Boosts Health? You bet it can!

Diabetics have found heaven on earth. So have dentists who have discovered the extraordinary health benefits of Xocai™ dark chocolate, coined "The Healthy Chocolate." Unlike most commercial chocolate that claims to have 80% or higher cacao content – Xocai (Sho-sigh) uses its own exclusive "unheated" process that keeps "alive" over 300 ingredients full of antioxidant, *eliminating almost all of the fat and sugar typically found in other chocolate.* In fact, 1 chocolate nugget is equal to ½ a pound of spinach – sharing the #6 position in the top 10 super foods.

With less than 10% of North Americans consuming enough fruits and vegetables to obtain the necessary antioxidants their bodies need, healthy chocolate like Xocai is a delicious option for slowing the ageing process, improving your health – and even reducing plaque and gum disease!

Dental Word Scramble

Try your hand at our dental word scramble. Good luck!

W T T Y R E G R U S H Z T
R I N R A A T B A S R T A
A E T E A C O G M M C T P
V W J H C N V C E I J E P
E U H U I U S S W L W E E
N H L I V N L F M E Y T A
E O T W T E X S O S L H R
E U H R C E N P N R S M A
R R A I P S N A C A M M N
S S G O E F K I T J R K C
L M S D L T M F N E P T E
G Q R Z P S B D D G S Q S
E S Y T U O H T I W U F S

eioldruf sornici
sofsl lamene
thosbhrtu0 iivtigngis
lomra lerotdpaoin
ctaiyv

Answers: fluoride, floss, toothbrush, molar, cavity, incisor, enamel, gingivitis, periodontal

