



Couture Smiles
Dental Group

Visit us @ www.couturesmiles.com



Produced to improve your dental health and awareness

Winter 2011



from the dentists

Welcome!

Our new newsletter

Welcome to the very first issue of *Couture Smiles*, a newsletter designed to keep you informed of new ideas, technology, discoveries, and concepts in the field of dentistry. Over the next few issues we will bring you information on health-related topics for adults and children, common dental issues, nutritional facts, and important tips on the prevention of tooth decay and gum disease. We also hope to bring you information that is particular to our office, including the personal activities of our team members.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

Yours in good dental health,

*Drs. Terteryan, Gordon,
Butterworth, & Lee*

Don't Forget

Your Insurance Benefits Start January 1st!

CALL TO BOOK YOUR APPOINTMENT TODAY!

Smile Transformations

What can we do for your smile?

Dr. Terteryan and his team have helped many patients improve their smiles and their health... you could be next! Here are just a few procedures we offer using the latest cosmetic techniques.

Imagine what Couture Smiles could do for you!

Problem: You want a brighter, whiter smile

Solution: A safe and effective whitening treatment could be all you need to get rid of stains and discoloration. A whiter smile can be yours in about an hour with Zoom!® in-office whitening treatment!

Problem: You have chipped, cracked, or worn teeth

Solution: Recreate your smile with crowns or ultra-thin ceramic veneers that utilize the latest materials and bonding techniques. Cosmetically pleasing, they can actually strengthen restored teeth.

Problem: You have gaps between your teeth

Solution: Porcelain crowns, veneers, or even orthodontics may be recommended to close your gap, and give you the smile you've always dreamed of!

Problem: You have missing teeth, or problems with your bite

Solution: Major functional or structural problems (individual teeth, missing teeth, or general bite dysfunction) are best corrected using crown or bridgework. Missing or severely broken teeth can also be replaced with new, natural-looking porcelain and ceramics, including dental implants.

Couture Smiles is excited about helping you to make a change in your smile, and we welcome you to call us for a consultation. We'll discuss your smile options with you, and start you on the way to a better smile today!



before



after



before



after

Actual patients of Couture Smiles



Couture Smiles
Dental Group

We welcome new smiles!



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

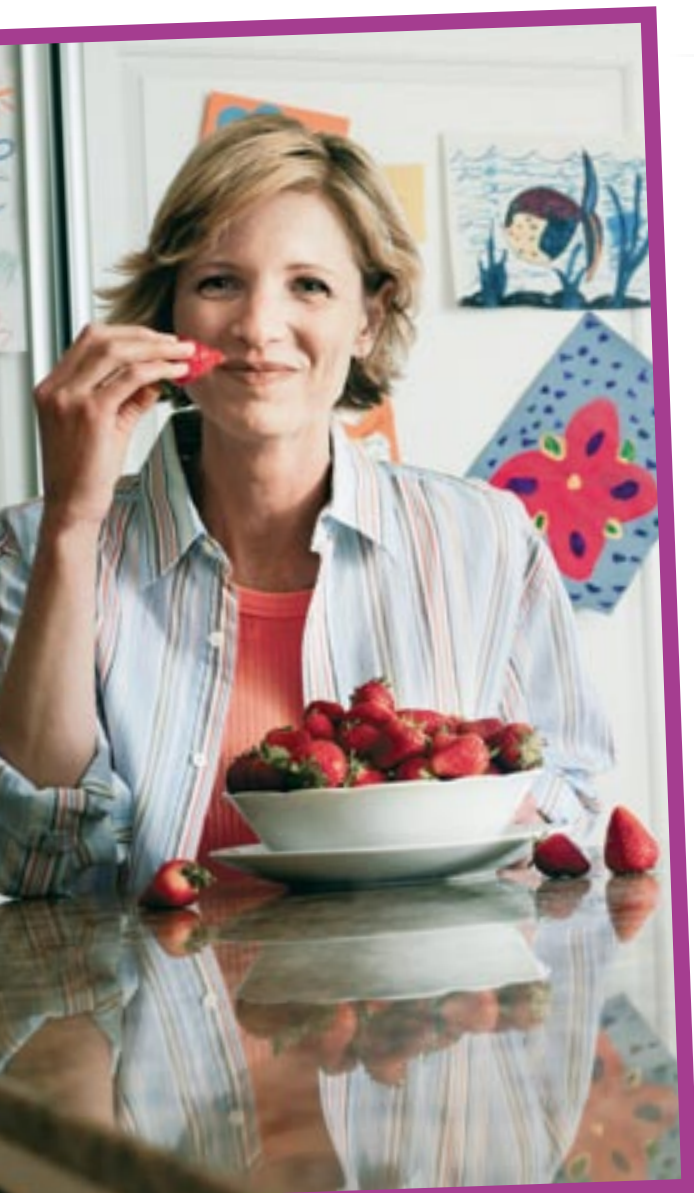
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

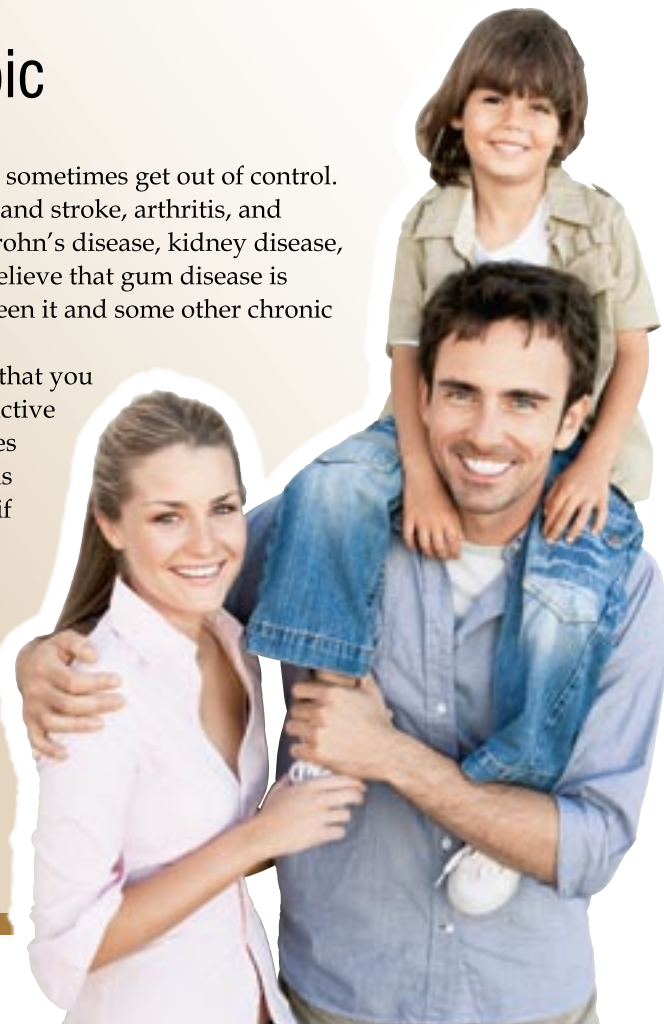
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



Listen Up!

Temporomandibular Joint Disorder

Ever thought that your jaw could audition for those snap, crackle, pop commercials? If the answer's yes, it could be a clue that you might have Temporomandibular Joint Disorder (TMD). The temporomandibular joints – among the most complex in the human anatomy – are located at the points where the lower jaw attaches to the skull on both sides of your face, just in front of your ears. If the joint movement deviates by only a fraction, you could be suffering from TMD which can lead to pain and discomfort.

You may have TMD symptoms if you experience the following:

- Clicking or difficulty when opening and closing mouth;
- Earaches without an infection;
- Ringing or sense of fullness in one or both ears;
- Frequent headaches;
- Sensitive teeth when no dental problems can be found;
- Neck or shoulder pain;
- Jaw pain or stiff jaw when chewing, biting, eating, or yawning.

If you have any of these symptoms, please see us soon. If TMD is diagnosed, we can design an effective treatment, and if necessary, use a team approach with specialists.



officeinformation

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Your Referrals Matter

Our new newsletter

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. In fact, we are so grateful that we'd like to offer you a \$10 Starbucks' Gift Card for each referral! Plus, those you refer can receive 20% off an exam and x-ray!

Thank you for all of your past referrals, and a special thank you in advance for your future referrals. We really do appreciate them!

Keep Our Number Handy

Child dental care

Brushing: When they can walk, they can try brushing. Use a pea-sized amount of mild-tasting toothpaste for at least three minutes. Try making it a game.

First visit: Start between ages two and three. You can play dentist ahead of time, and examine each other's teeth. Communicate fun!

Sealants: Plastic tooth-colored material will protect molar surfaces from cavities, without discomfort, for up to fifteen years.

Emergencies: Some 14% of children will experience a toothache, a chipped or broken tooth, or a knocked out tooth – so prepare an action plan. It is crucial that your child gets to a dentist as quickly as possible for evaluation and treatment. Please keep our phone number handy!