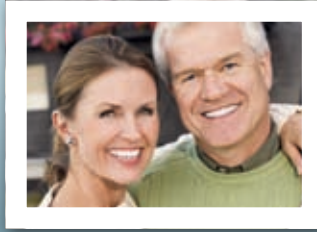




# DENTAL UPDATE



Spring 2011

## These Are Our Missions

### Quality dental care is our passion

At *Accent Dental Center*, our team has developed a reputation with our patients, which we are very proud of. We are known as professionals who are able to create beautiful, healthy, natural-looking smiles. This is accomplished by our dedication to our practice missions.

We have two main missions in our office. The first is: "To educate and guide our patients, with kindness and honesty, in developing positive dental care habits to achieve and maintain healthy beautiful smiles." By informing our patients about the latest developments in dentistry, this allows them to not only become more involved in their treatments, but to also make educated decisions regarding the procedures they receive. Plus, as we teach them optimal homecare habits, they can better maintain their own dental health, meaning less time in the treatment chair!

Now, our second mission is: "To build patient-provider relationships based on mutual trust and excellent customer service and delivering the best, modern treatments according to the individual patient needs in a comfortable, non-stressful environment". This goal is accomplished by establishing an inviting atmosphere where patients can feel completely at ease. Patient comfort is our priority even in the treatment room. We provide patients with video glasses so they can enjoy a movie while we complete their procedures!

If it's been a while since you've seen a dentist or if you'd like to experience our quality care, please give us a call or drop by our office today!



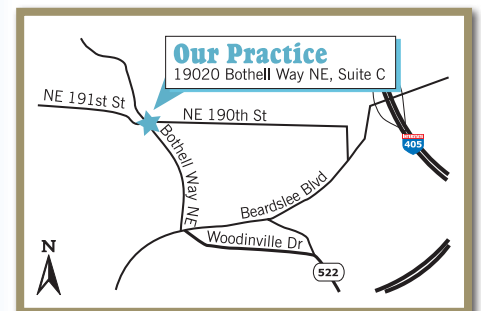
**CONVENIENT LOCATION • NOW OPEN FRIDAY!**

# NEW PATIENTS WELCOME

**CONVENIENT DENTAL CARE FOR THE ENTIRE FAMILY...**

**CALL TODAY! (425) 873-1919**

**See our specials on page 4 or call now to book your appointment.**



**Accent Dental Center**  
**Dr. Fernando Caballero**  
**Dr. Isabel C Perez**  
19020 Bothell Way NE,  
Suite C  
Bothell, WA  
98011-2996

# Feed Your Complexion

## FEED YOUR SMILE

Foods that promote a healthy mouth also fight wrinkles, so you can eat your way to a winning smile and beautiful skin!

### BERRIES & CITRUS FRUITS

**Smile:** Vitamin C contributes to healthy gum tissue.

**Complexion:** Antioxidants protect skin from free radical damage.

### EDAMAME (e-da-ma-may or baby soybeans)

**Smile:** High calcium content builds strong teeth.

**Complexion:** Amino acids build cells and repair tissue.

### LEAN PROTEIN

**Smile:** Amino acids help gums heal faster.

**Complexion:** Protein speeds the regeneration of skin cells and collagen.

### ORANGE PRODUCE (including carrots, yams, pumpkins)

**Smile:** Vitamin A increases resistance to mouth infections.

**Complexion:** Beta-carotene and antioxidants rebuild skin cells.

### GREEN LEAFY VEGETABLES (including spinach, beet tops, broccoli)

**Smile:** Calcium strengthens teeth.

**Complexion:** Antioxidants counter the ill-effects of free radicals.

## Bye Bye “Gummy” Smile

*We can help!*

Are you concerned that your gums show too prominently when you smile? Or whether or not your “too-gummy smile” is healthy? While it’s not an indication of poor gum health, a gummy smile could dampen smile appeal.

During your consultation, we can explain how a gum lift could make a tremendous difference ... perhaps even **create the smile of your dreams!**



To give you the smile that you’ve always wanted, let’s discuss options including:

- Crown Lengthening - A gum-sculpting procedure that can either raise or even-out your gumline, exposing an engaging balanced smile.
- Crowns or Veneers - Options that can correct the length and shape of your teeth, giving them a more attractive uniform look.

## 7 Factors You Can't Ignore

Do they apply to you or someone you love?

Gum disease is a chronic bacterial infection that is a major cause of tooth loss in adults and triggers an inflammatory response in your body. Scientists believe it may be linked to other inflammatory diseases such as heart disease and stroke, Alzheimer’s, diabetes, respiratory diseases, cancers, arthritis, and osteoporosis. As if this weren’t worrisome enough, research suggests that the incidence of gum disease may be 2-3 times higher than previously thought. This is alarming because only about 3% of those afflicted seek treatment.

Here are 7 factors that could make you vulnerable to developing gum disease...

# Improve Your Smile!

## Enrich Your Life!

### DENTAL IMPLANTS



If you are self-conscious about your smile, you may not be getting the most out of life. Missing teeth or worn restorations can age your face and make you feel less vibrant. They can also cause you to miss out on the things you once enjoyed, like favorite foods. Rest assured that there is a solution: *dental implants*, which are artificial roots secured by the jawbone, serve as anchors for replacement teeth. They offer superior stability and help preserve bone. Implant-supported teeth look, feel, and function just like natural teeth.

#### IMPLANTS CAN IMPROVE YOUR SMILE BY:

- providing a permanent anchor for attractive replacement teeth
- curtailing bone loss
- supporting face and lips, eliminating a “sunken” look.

#### IMPLANTS CAN IMPROVE YOUR LIFE BY:

- offering the convenience and comfort of non-removable replacement teeth
- restoring bite pattern and alleviating headaches and jaw aches
- aiding digestion by allowing you to properly chew foods.

Whether you need to replace one tooth, several teeth, or all of your teeth, there is a solution for you. We will be happy to discuss ways to bring back your healthy smile and vibrant lifestyle.



## Vital For Your Health

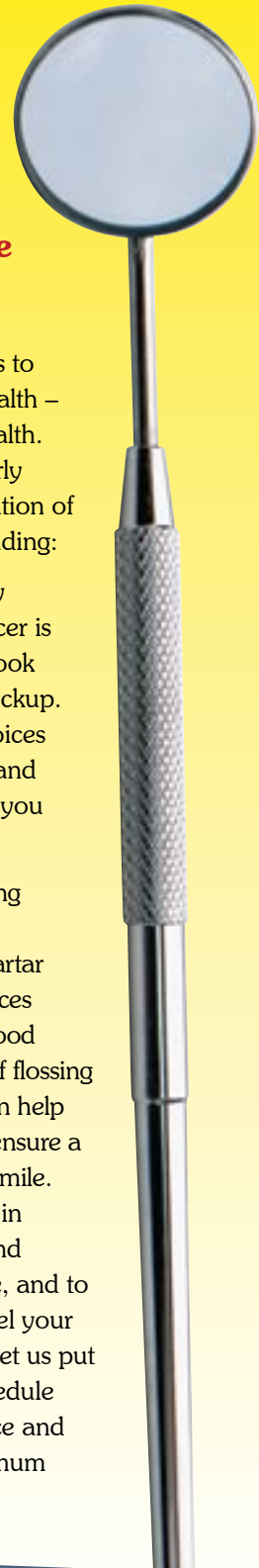
### Dental hygiene visits

Regular recall appointments help us to monitor your oral health – even your overall health. We can aid in the early detection and prevention of serious diseases including:

**ORAL CANCER** – Early detection of oral cancer is imperative, and we look for signs at every checkup. Making informed choices about diet, tobacco, and alcohol use can help you prevent this disease.

**GUM DISEASE** – During regular cleanings, we remove plaque and tartar and can detect instances of infection. With a good home-care regimen of flossing and brushing, you can help prevent disease and ensure a fresh sweet-smelling smile.

Our goal is to aid in the early detection and prevention of disease, and to help you look and feel your best. Call us today. Let us put you on a regular schedule of health maintenance and monitoring for maximum smile results!



#### Tobacco & Alcohol

Smoking or chewing tobacco and drinking alcohol are the leading causes of oral cancers. Doing both could put you at 15 times greater risk than others.

#### Genetic Susceptibility

About 30% of the population inherits the tendency to be six times more at risk for gum disease.

#### Hormonal Changes

Life stages that bring natural changes in hormone levels include puberty, pregnancy, menopause, and andropause.

#### Stress

Stress has been linked to cancers and can make it more difficult for you to fight off oral and other infections.

#### Diabetes

Diabetics are at higher risk for infections including gum diseases which can make it more difficult to control blood sugar.

#### Clenching Or Grinding Teeth

Excess force on the supporting tissues of your teeth could speed their deterioration.

#### Avoiding Dental Visits

Regular exams and confirmation of proper home care techniques can help you prevent gum disease. Our professionals can identify gum disease symptoms before you can, and help you to halt or even reverse its progression.

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PAID  
PNP 14304



## DENTAL EDUCATION FOR OUR NEIGHBORS

# Gum Disease SOS: Reduce Major Health Risk Factors

There is a vital link between oral health and whole-body health, so it's no exaggeration when we say that our offer of a free dental exam could be your first line of defense ... financially, emotionally, and physically.

Let us explain. Many oral health problems can appear painlessly. You might not even know that you have a dental problem – that's why gum disease has been called the silent killer.

*A timely dental diagnosis is so important...*

1. Early treatment for cavities and gum disease can halt and sometimes reverse damage.
2. Time increases the potential to develop pain, greater expense, and social and professional embarrassments such as bad breath and an altered appearance.
3. Gum disease has been linked with arthritis, cardiovascular diseases, Alzheimer's, kidney disease, and diabetes, as well as complications of pregnancy and now breast cancer - it's critical to your health, and the health of your family, to have the condition of your teeth and gums checked now.

We are totally committed to your oral and overall health. **Please call us at (425) 873-1919 to book your appointment today.** **We can even conveniently schedule your entire family at the same time.** Our team looks forward to meeting you!

Hey Neighbor...  
Go For These  
New Patient Offers!

**RECEIVE  
AN ELECTRIC  
TOOTHBRUSH OR  
TAKE-HOME  
WHITENING**

**Must complete your initial exam  
and cleaning to qualify for  
one of these special offers.**

**Invisalign® Clear Braces**

**FREE WHITENING  
FOR LIFE WITH  
INVISALIGN.**

**Call For Details Today!**  
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