



Comfort Dental Family News

For more information visit www.comfortdental.net



Diana Tabakh, DDS

Our Motto:

"Comfort Dental Care" is our philosophy. With us you aren't just another number. That's because we don't just treat teeth and gums, we treat people."

Welcome

We are proud to introduce the first edition of our very own quarterly newsletter. With this publication we hope to inform our patients not only what is going on in our office, but in the dental world as well. There are many things that we feel you should be aware of and we would like to be the ones to educate you about your oral health. In addition, we would like to form a stronger relationship with you, our patients, and hopefully this newsletter will bring us one step closer to that goal. We hope that you enjoy this publication and if you have any feedback or even some story ideas that you would like for us to publish, please send an email to newsletter@comfortdental.net.

The New Additions

What you can find:

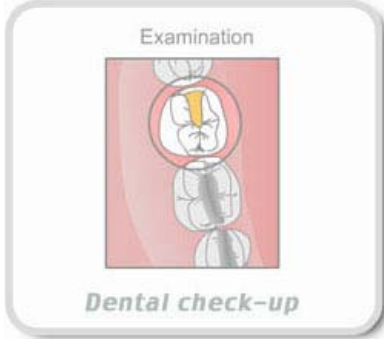
- * New technology in our office and additions (digital x-rays, our new shelving system, improved website, and art gallery)
- * Learn what veneers really are
- * Find out how to finally relax at the dentist.
- * Why your mouth is a mirror of your health.



William Brockmann, DDS has been working at Comfort Dental since May and has brought his numerous years of dental experience to help patients get the smile they deserve.



April Newton, RDH, BS joined the Comfort Dental team in July and has brought her great sense of humor with her to really put a smile on your face.



Contrary to most people's beliefs Dental exams are not only for your teeth and gums.



The Mouth: A Mirror of Health

The mouth is often called the body's "barometer" or "mirror" of health, because it's so easy to observe and because so many diseases have oral signs and symptoms.

Many diseases can manifest themselves in the mouth and tongue. That's why when we examine your mouth, we look for more than tooth decay. Disorders that can show up in the mouth include:

***Vitamin deficiencies.** A burning or sore tongue is a common symptom of iron, folic acid and vitamin C B12 deficiencies. Bleeding gums can be a warning sign not only of gum disease, but also of scurvy, a Vitamin C deficiency.

***Diabetes.** Early signs can include red, swollen gums and teeth that are sensitive to tapping.

***Leukemia.** Signs can include sores inside the cheek, in the throat and on the tonsils and lips.

***Bulimia.** The compulsive pattern of consuming enormous quantities of food and then vomiting may lead to loss of enamel and dentin on the inner (tongue) sides of the teeth.

***Infectious mononucleosis.** Inflamed gums and tiny hemorrhage spots on the roof of the mouth sometimes signal this condition.

***Sinusitis.** This condition is an inflammation of the sinus cavity, which can feel like a toothache.

Regular professional care has always been your best way to maintain the health of your teeth and gums. Now you know that dental exams help you care for the rest of your body; too.

What are veneers?

Veneering is an exciting cosmetic technique that will improve the appearance of your teeth. Veneers are custom-made shells that are affixed directly to the teeth. They are specially prepared to make your teeth look natural. The materials used to make veneers include acrylic, composite resins and porcelain. Those materials are selected for their durability, stain resistance, and natural appearance.

stained or discolored, or if small gaps between the teeth detract from your appearance.

Veneers also provide dramatic improvement in appearance to teeth that are poorly shaped or slightly out of alignment. With veneering, your smile can be quickly, comfortably and beautifully transformed.

Give our office a call to discuss your options.

Veneers might be appropriate for you if your teeth are permanently



This picture shows how dramatically veneers can transform the appearance of your teeth.

Cosmetic Bleaching For A Hollywood Smile

\$199.00

Reg. \$300.00 · Full Mouth

Comfort Dental Care, LLC

You Can Finally Relax

If you get nervous about having dental treatment, you're not alone. An estimated 35 million adults experience anxiety at the thought of a dental visit. But you can be an active participant in making your dental care pleasant and pain-free.

*Share your feelings with us. By bringing your fears out in the open, you will gain control of them. This should help you to relax.

*Set aside a stress-free time for your dental visit, when you won't be rushed or troubled by concerns. A Saturday or early morning appointment may be less stressful than hurrying to see the dentist on your lunch hour or after work.

*Try to identify specific fears. Uncomfortable childhood experiences or the fear of pain are understandable, yet they are often unrealistic given the modern techniques now used in dentistry.

*During the dental visit practice relaxation techniques to take your mind off of the treatment and to reduce tension. Focus on pleasant distractions such as soft music, a colorful poster, or practice deep slow breathing.

*Ask us to explain each step of the dental exam or procedure. The more you know about the reasons for a certain procedure and what will be done, the more relaxed you will be.

*Get a good night's sleep and eat a light breakfast the day of your appointment. To allow easier body movement, wear loose, comfortable clothes.

*Schedule short appointments by having different procedures done on different days, if possible. Also, arrange a break from lengthy procedures now and then. If you are feeling any discomfort, you can signal the dentist to stop with a prearranged sign.

*Once the dental visit is over, praise yourself for a job well done, and treat yourself to a special reward.



When getting a dental procedure done you can relax in either of these main dental procedure rooms.



Office News

We have made a lot of improvements including updating our technology and improving our services for our patients.

***Digital X-Ray System-** This is the first major change that we have made. This system has about 40% less radiation than the previous one, which is a healthier alternative. Since everyone has to take x-rays, we figured that the less radiation the better. This system also gives the x-rays better quality and more convenience for communication with other dental specialists and insurance companies. The fact that they are stored in the computer make it so that the patient gets the opportunity to view them as well on the screen. This is a great system that we hope to use for many years to come.

*** A New Shelving System-** If you have been in the office recently, you may

have noticed a great change behind the front desk counter. That is because we have started using a brand new shelving system. Since the HIPPA laws came into effect April 14, 2003 we decided to make sure that we were protecting your personal information. The special feature it has is a locking option to insure that when not in use patients' privacy is protected along with more space for storing that personal information.

***A great Website-** We have a very useful website to better serve you. You can learn about our hygienists and dentists, take a virtual tour, fill out new patient information and a lot more. Hopefully when you're not in our office you will visit our website and keep in touch with us.

Art Gallery- We have roughly thirty Art pieces from the heart of Russia displayed in our office. If you have some time, feel free to take a look at them. If you are interested in purchasing any please contact Eugene. This is a unique part of the office that is for the pleasure of our patients.

We hope that you have enjoyed the first addition of our quarterly newspaper. Thank you for reading and be prepared for the next issue in the winter. Thanks again and keep smiling!