

dr | AZIMI | DDS

modern dentistry. downtown las vegas.



Produced to improve your dental health and awareness

Summer 2009

fromthedentist

Schedule For Summer *Avoid the rush!*

With the arrival of summer, we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible summertime scheduling for all of our patients. In fact, we encourage you to keep up with your recall appointments ... even when the dentist is on holiday!

Our dental hygienist helps keep your teeth and gums clean and healthy, and makes a general assessment of your mouth and overall health. The hygienist's key concern is the prevention of dental disease. The dentist's is the diagnosis and treatment of it. All of your x-rays and assessments are always reviewed by our entire team - including the dentist upon return from vacation.

Call for a summer appointment and avoid the back-to-school rush!

Sincerely,

Dr. Afshin Azimi

turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

Say "Wow" Now!

Smile brighter with Zoom! Advanced Power

Teeth whitening has never been safer, faster or more effective, thanks to Zoom!® Advanced Power™, the very latest in-office teeth whitening. It is so effective that your smile shade could literally zoom right off the whitening charts! The Zoom people call that the "wow factor" because patients are so completely wowed by the dazzling brightness of their smile!

Zoom! Advanced Power goes even beyond Zoom!™ and Zoom2® whitening procedures that you may have seen on ABC's *Extreme Makeover*. That's because optics experts have created an exclusive custom light technology that has the highest output of any chairside whitening lamp available. Combining this light source with Zoom! Advanced Power 25% hydrogen peroxide gel, will create your super-wattage smile!

Wouldn't you like to achieve in only 45 minutes what would normally

take weeks to achieve at home? And these results really last! In fact, we can provide a customized take-home touch-up kit with custom-fitted trays for an annual perk-up.

Perhaps your teeth have discolored from the most common causes - staining beverages and products like tea, coffee, red wine, berries, and tobacco. Possibly age or tetracycline are the culprits. Zoom! Advanced Power could be the answer you've been looking for! Call us today for your personal smile consultation. In only one office visit, your teeth could Zoom! to the top of the charts ... and then some!



ZOOM!
ADVANCED
POWER

Laugh ... you never know who's falling in love with your smile!



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

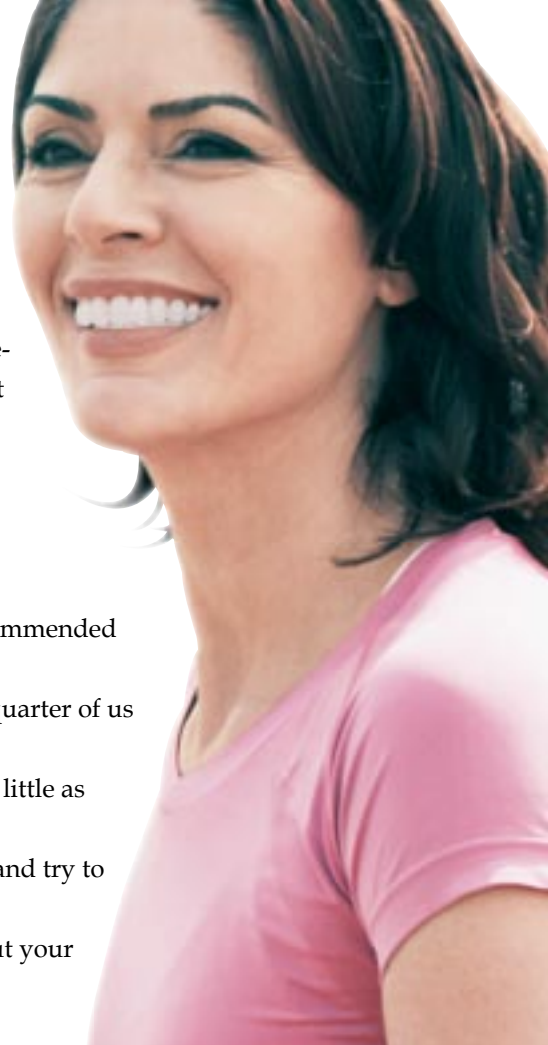
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE



TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.



Acid Overload

When what we eat ... eats back!

Many foods naturally contain acids like Vitamin C, which if consumed in moderation are good for you and which can cause enamel erosion only if consumed excessively – something that is in your control. However, our modern, consumer-based lifestyle has created another *hidden* epidemic of acid erosion.

Preservatives like Benzoic Acid and its salt forms, Sodium Benzoate and Potassium Benzoate have been added by manufacturers to prolong shelf life. Apparently one acid is not enough. Others which can do significant harm to tooth enamel are commonly added to magnify Benzoic Acid’s preservative power.

When combined with high sugar content, your teeth – and body – receive a double-dose-acid-attack.

These synthetic “acid bombs” can dramatically over-tax your body’s natural alkaline reserves and create a condition known as chronic acidosis. Harmful effects include leaching of minerals from organs and bones, kidney stones, diminished capacity to digest food, increased cellular ageing, diabetes, chronic fatigue, and chronic weight-gain.

Preservatives are used in some toothpastes and mouthwashes and commonly in items like jams, tomato sauces, salad dressing, juices, pickles, soft cheeses, ice cream, soft drinks, wine coolers and candies. Now that you know, you can choose moderation and avoid candy, sodas, sports drinks, and vitamin waters. You can also rinse your mouth after acid exposure, dilute acidic juices, and drink water.

If you’ve already lost enamel, let’s talk during your next visit about your options for the restoration and preservation of your smile.

Dental Anxiety Shifting the focus

Stay positive

In a study where people were asked to solve math problems, there was no difference between men’s and women’s scores until the women were required to wear bathing suits. Suddenly their focus shifted to self-consciousness. Uneasiness and anxiety can hold anyone back. Don’t let these feelings keep you from benefiting from preventive, restorative, or cosmetic dentistry.

What you can do:

- Share your fears with us;
- Keep appointments – delaying may complicate treatment;
- Avoid caffeine and sugar;
- Interrupt us if you need a break;
- Ask questions – knowledge is power!

What we can do:

- Consult with you to develop your best treatment strategy;
- Provide you with distractions;
- Use technology to minimize discomfort;
- Offer sedation so that you can have more treatments in one visit;
- Provide non-surgical treatments.

office information

Dr. Afshin S. Azimi
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Office Hours

Monday	10:00 am	–	7:00 pm
Tuesday	7:00 am	–	3:00 pm
Wednesday	10:00 am	–	7:00 pm
Thursday	7:00 am	–	3:00 pm
Friday	8:00 am	–	3:00 pm*

*Every other Friday

Contact Information

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Emergency	(702) 557-3992
Web site	www.drazimi.com

Office Staff

Araceli	Office Manager
Kim	Back Office Assistant
Karla	Back Office Assistant
Vieng	Hygienist

Dispelling Myths

...About root canal

Root canal treatment is a procedure that may save an infected or damaged tooth. Check out these popular myths!

1st Myth: Root canal treatment is painful. Root canal treatment relieves pain. Somehow the term “root canal” has become synonymous with toothache symptoms instead of the treatment which is usually comfortable. Symptoms other than pain? Visible trauma, swelling, and temperature sensitivity.

2nd Myth: It’s better just to remove the tooth – it will have to come out eventually. No ... and no. Root canal treatment is 95% successful. Removing a tooth will lead to shifting teeth and bone loss or the time and expense of restorations.

The fact is, we can save the roots and the tooth. If you are suffering with pain due to fear of any dental procedure, call us! We’ll quell those fears and have you smiling in no time!

