



**WESTLAKE**  
SMILE DESIGN

GENERAL COSMETIC & IMPLANT DENTISTRY

DR. DAVID HAKIMI & DR. ARMON EBEN

805-497-9585



Produced to improve your dental health and awareness

Summer 2014



## Protect Your Child

### With sealants

We routinely recommend sealants for your children through the ages of 6-15. The reason is that chewing teeth have folds and buckles that trap food which is often missed by brushing, and sealants can effectively reduce the occurrence of cavities.

It takes only a few minutes to apply a protective sealant made of clear or white resin to cover these depressions and grooves, and there's no drilling or numbing.

Remember – sealants don't take the place of brushing, flossing, and healthy eating. But using them is a proven, painless, and affordable technique that can help preserve your child's smile for a lifetime.

Summertime is a great time to schedule so please feel free to call.



# Biocompatible Dentistry

## In praise of metal-free dentistry

Over the years as dentistry has evolved, there have been a growing number of options available for repairing teeth. The goal of dentistry has always been to develop materials that would simulate natural tooth structure as closely as possible, in both appearance and physical properties, and avoiding any potential harmful side effects.

In the past few years there has been a growing concern for the potential health hazards imposed by use of dental materials that include toxic compounds. The most common source of concern has been the mercury found in silver fillings. Mercury is one of the most toxic metals found in nature and is a major component of silver amalgam fillings.

Other metals found in traditional metal & porcelain crowns have also been found to be toxic and actually cause allergic reactions in many patients, resulting in inflamed, tender, receding gums.

### BENEFITS OF BIOCOMPATIBLE & METAL-FREE DENTISTRY:

- These materials are Mercury free.
- They look and function much like your natural tooth.
- They are more conservative, so we can repair your tooth with less removal of healthy tooth enamel.
- These materials can actually bond to your tooth and thereby reinforce it.
- Bonded materials do not cause fracturing of the tooth from thermal expansion and contraction like mercury amalgam.
- Do not cause allergic reactions.
- Are healthier to gum tissues.



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THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

# Stop Suffering!

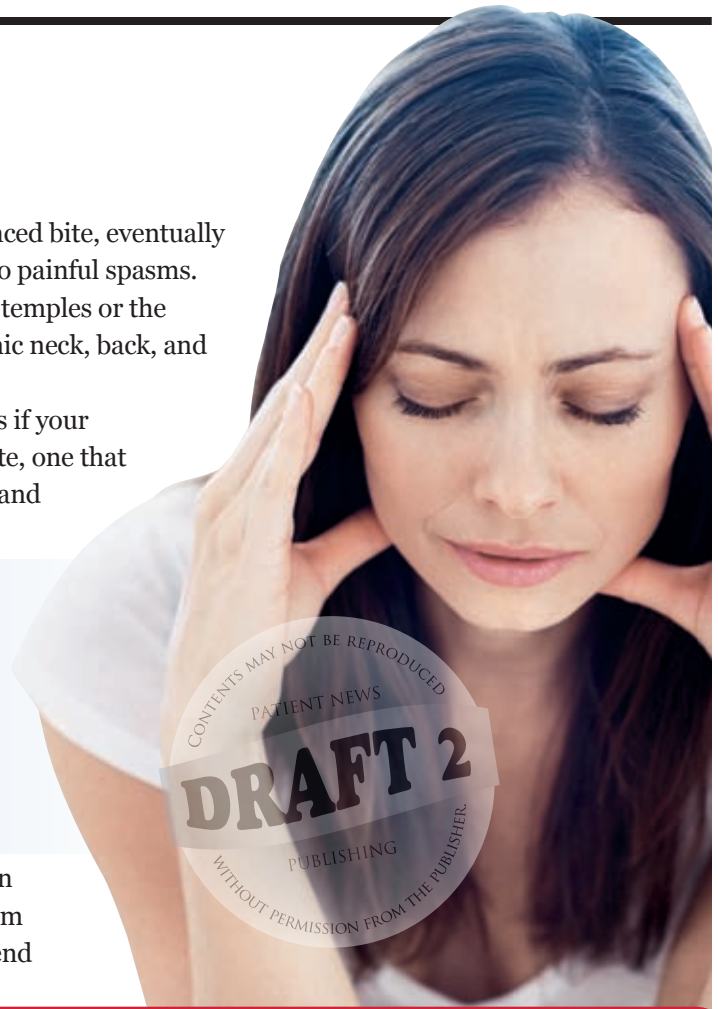
## TMJ Relief could be one visit away!

If you clench your jaws, grind your teeth, or have an unbalanced bite, eventually your chewing muscles can become fatigued, shorten, and go into painful spasms. Pain that originates in your jawjoints (TMJ) can spread to your temples or the back of your head and trigger migraines. It can also cause chronic neck, back, and shoulder pain.

We can reduce or even provide total relief of these symptoms if your discomfort is dental in origin. By determining your optimum bite, one that supports the jaw so your muscles can work together efficiently, and custom-crafting your treatment plan...

- Your aching jaw muscles could finally relax.
- You could get relief from tenderness of the jaw muscles, limited jaw opening, facial or head pain.
- You could eliminate those clicking, popping, and grating noises.
- You could conquer fatigue and disrupted sleep patterns that are a result of TMJ pain.

Chronic pain can lead to stress and tension which can worsen your TMJ symptoms over time. We recommend a thorough exam to help determine the cause of your discomfort and to recommend a treatment plan that will give you relief.



## office information



**WESTLAKE**  
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General, Cosmetic & Implant Dentistry

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### Contact Information

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### Office Hours

Mon & Tue 8:30 am – 6:00 pm  
Wed & Thu 7:00 am – 6:00 pm  
Friday 7:00 am – 5:00 pm

### Office Staff

Beth, Stephanie, Shannon.....  
..... Office Administrators  
Karla, ..... Hygienist  
Wendy, Alisha, Heather..... Assistants



## In A Heartbeat...

### Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded ... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

- **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**
- **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**
- **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.