



La Mesa Dental Newsletter Summer 2007

La Mesa Dental
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2007 Annual CDA and Disneyland Trip

Once again our office attended the California Dental Association spring convention in Anaheim. We learned about new techniques and new products that you may have seen in our office, such as the Tres White bleaching trays. We also visited Disneyland and had a blast.



High Stress May Contribute to Gum Disease

According to an article post on WebMD Aug 2007 There is mounting evidence that there's a strong link between stress and gum disease, according to a new review of research on the issue.

Researchers found 57% of recent studies reviewed showed a positive relationship between gum disease and stress related psychological symptoms like stress, anxiety, depression, and loneliness.

Although it's difficult to pinpoint the negative effects of stress on your gums, researchers say the studies suggest that elevated levels of the stress hormone cortisol may be involved.

In addition, stress may make people more lax about their oral habits.

"Individuals with high stress levels tend to increase their bad habits, which can be harmful to periodontal health.

They are less attentive to their oral hygiene and may increase their use of nicotine, alcohol, or drugs," says Preston D. Miller Jr., DDS president of the American Academy of Periodontology, in a news release. "Patients should seek health ways to relieve stress through exercise, balanced eating, plenty of sleep, and maintaining a positive mental attitude."

Researchers reviewed 14 studies published between 1990 and 2006 on the relationship between stress and gum disease in adults. The results, published in the *Journal of Periodontology*, indicated that most showed a positive relationship between stress and psychological factors and gum disease.

"More research is needed to determine the definitive relationship between stress and periodontal diseases," says researcher Daiane Peruzzo, PhD, of the State University of Campinas, Piracicaba in Brazil, in the news release.

"However, patients who minimize stress may be at less risk for periodontal diseases."

La Mesa Dental Staff Changes

As some of you may know our hygienist Teresa is leaving our office to be a full time mommy. She may come back part time in the future but for now we all wish her the BEST.

In her place we have hired Sara, a new highly skilled hygienist from the Bay area to take her place. We



know you all will love her.



We also have a new Registered Dental Assistant. Her name is Amanda. She has been assisting for over 10 years and is great.

We now have the new **ZOOM! Advanced Power Light ZOOM! Whitening** is now at our lowest price of **\$399**



Have you checked out the Rota-Dent?

Now with Lifetime Warranty only the Rota-Dent has patented microfilament brush tips designed to reach underneath the gum line and in between the teeth.

Clinically proven to reduce harmful bacteria beyond the brush tip.

- Proven to Save Teeth
- 90,000 Filament Sweeps per Second
- Superior to Leading Powered Sonic Brushes
- Clinically Proven as Effective as Brushing and Flossing
- Patented Micro Access Technology



	Treatment of Time	Results	Notes
ZOOM! Chairside	45 Minutes	Avg. 8 shades	<ul style="list-style-type: none"> ✓ Immediate Results ✓ Long lasting ✓ Less fadeback ✓ Safe & comfortable ✓ Performed by a Dental Professional
At Home Trays	7-14 Days	6 shades	<ul style="list-style-type: none"> ✓ Self applied ✓ Trays ✓ No immediate results
Whitening Strips/Paint on Gel	7-30 Days	3-4 shades	<ul style="list-style-type: none"> ✓ Inconsistent tooth whitening ✓ No immediate results
ToothPaste	1 month +	1-2 shades	<ul style="list-style-type: none"> ✓ Results fade if you stop using the toothpaste ✓ Superficial stains only