



# absolute dentistry

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Dr. Charles Brown

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## Modern Directions in Dentistry

The progress that has been made in preventive dentistry allows us to now focus some of our resources on improving the way patients look and how they feel about themselves. Driven by aging baby-boomers who seek to stay healthy and young looking, the demand for cosmetic and aesthetic dentistry is growing. The popular television show, *Extreme Makeover*, has opened up the world's eyes to new possibilities in dentistry, such as whitening, adult orthodontics, and porcelain veneers. Cosmetic dentistry is painless, non-invasive, and can provide amazing changes in your appearance and self image.

This trend in cosmetic dentistry is also producing a new view of metal-free restorations on back teeth. In addition to the cosmetic advantages of metal-free restorations, they also:

- ☺ Save tooth structure, maximizing tooth strength
- ☺ Increase longevity of the restoration
- ☺ Decrease the possibility that the tooth will need endodontic therapy (root canal)

We have entered an era of dentistry where, with a minimum of tooth reduction, a tooth can be restored to its original strength and beauty, something that will hold up for a good long time. Teeth that last longer take on increasing importance as our life spans increase. Not so long ago, dentures were accepted as part of life at age 60. Now, with life spans of 85-90 years, most people will be able to have the comfort and ability to chew food well enough to gain the proper nutrition throughout their entire life. These are some of the few pleasures that need not deteriorate with age.

The next time you are in the office, ask us about how cosmetic and aesthetic dentistry might help you stay healthier or have a healthier self image.



## In the Next Issue...

Many undiagnosed symptoms, such as headache, neck pain, dizziness, ear aches/ringing/stuffiness, or difficulty in swallowing may be related to myofascial pain dysfunction syndrome, also known as temporomandibular joint syndrome (TMJ). In our next issue, we will discuss the causes, symptoms, diagnosis, and treatments for this chronic illness.

## Meet our Staff



assistants, Myrian Soriano.

Have you noticed how quickly and efficiently Dr. Brown or Dr. Kushner is able to perform procedures on your teeth? This is due, in part, to the partnership the dentist has with one of our registered dental

Myrian came to this country from the Philippines in 1993. She worked in the front office of her aunt's dental practice. To help out even more, she began training to be a dental assistant. By 1996, she was working as a dental assistant, and with her aunt's encouragement, changed her major in college from nursing to dental hygiene. She earned her certification as a dental assistant from Cypress College as a prerequisite to becoming a dental hygienist. Although she had some temporary jobs, her first real job out of school was with Drs. Brown and Kushner, and she has been with us ever since (five years). She hopes to complete the dental hygiene program at Cypress College this year.

When Myrian and her family moved to San Bernadino last year, she left our practice to stay home with her daughter. However, when we called her back to fill in for someone who was on vacation, she realized that she enjoyed the job so much, that she is now working part-time, even with her long commute. Myrian says, "It is a real privilege to work with Drs. Brown and Kushner - I have learned so much and gained so much valuable experience as a dental assistant."

Myrian's favorite part of her job is interacting with children, making them feel comfortable in the dental chair and teaching them about good dental hygiene. In her "spare" time, she enjoys going to the movies, reading, and shopping. The next time Myrian is assisting the dentist when you are in the chair, be sure to ask how she is doing with her studies.



*Thank you for referring your friends and family to our practice.*

## An Ounce of Prevention...

Xylitol, a natural sweetener found in fruits, berries, mushrooms, birch trees, and corncobs, has been proven to reduce the incidence of dental decay. It was discovered to have cavity-fighting properties in the 1940s when, due to a shortage of sugar, the Scandinavian countries began to use it as a sugar substitute.

Although xylitol is a natural sugar, it is unique in that it contains only five carbon atoms in each molecule compared to the six found in regular sugar. This molecular structure prevents bacteria in the mouth from adhering to teeth, thereby reducing acid and allowing plaque to be more easily brushed/rinsed out of the mouth. This results in a healthier smile, fresher breath, and fewer cavities. Studies have shown the use of xylitol in toothpaste, gum, and candy can reduce cavities up to 80%.

While Drs. Brown and Kushner would prefer that you do not chew gum, if you must, however, the best gum to chew is made with xylitol. More information on xylitol is available on the Internet at [www.xylitol.org](http://www.xylitol.org). Products containing xylitol can be purchased at [www.xylitol.com](http://www.xylitol.com) and [xclear.com/shop.aspx](http://xclear.com/shop.aspx).



*free offer*



Are you interested in learning more about what cosmetic dentistry could do for your smile and your health?

Receive a complimentary cosmetic dentistry evaluation, complete with a preview image, at your next routine cleaning and exam.

Be sure to mention this special offer when making or confirming your appointment.



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