



absolute dentistry

September, 2004

Dr. Charles Brown

Dr. Gerald Kushner



Safeguarding your Smile

Sports activities offer us exercise, competition, a chance to learn teamwork, and just plain fun. Although it is estimated that 200,000 injuries a year are prevented by the use of athletic mouthguards, unfortunately, millions of people will still injure or lose teeth during sporting activities this year. Sports injuries to the face/head can also cause injury to the brain, such as a concussion. Fortunately, many of these sports-related injuries can be prevented when athletes, both children and adults, wear properly made and fitted mouthguards.

Protecting your teeth with a sports mouthguard is no longer just for professional football players or those involved in contact sports. If you and/or your children participate in activities, organized or simply recreational, such as any of the following, you should consider wearing a mouth guard:

Baseball	Gymnastics	Skiing
Basketball	Hockey	Soccer
Bicycling	Martial Arts	Surfing
Boxing	Skate boarding	Volleyball
Football	Rollerblading	Wrestling

“Stock” or “boil and bite” mouthguards purchased in the sporting goods store come in a limited number of sizes, and must be held in place by clenching the teeth, often interfering with breathing and speaking. These types of mouthguards rarely fit well enough that athletes will regularly wear them.

Instead, consider the benefits of a mouthguard that is custom made by your dentist, just for your (or your child’s) mouth:

- ☺ *Better fit means more comfort, so the mouthguard will be worn*
- ☺ *Multi-laminated layers offer greater protection than “stock” or “boil and bite” mouthguards*
- ☺ *Does not interfere with breathing or speaking*

The cost of a custom fitted mouthguard is minimal compared to the cost of rehabilitating a damaged tooth or replacing a lost one. Why take a chance? Call Dr. Kushner today and learn how he can help you **safeguard your smile**.



Meet our Staff



In this issue, we’d like you to meet **Van Nguyen**, our Dental Hygienist. We have been fortunate to have Van with us for ten years.

Van has always liked the idea of working in the health care field, where she could meet and help people and make a difference in their lives. Since she grew up in a “dental” family - her sister, aunt, uncles, and cousins all practice in dentistry-related professions, it was only natural that she would look to the dental field. While Van was still in high school, she had the opportunity to try out her career choice by working as a dental assistant. She enjoyed the work and the people, and therefore decided to pursue a dental hygiene education. Van graduated from the University of Minnesota in 1990 and moved to California to practice dental hygiene.

Van is an active lady, who works out five times a week, and enjoys spending time with her family, watching movies, and going to the beach. She especially enjoys working with Dr. Brown and Dr. Kushner because of their ethics and philosophy of practice - “treating patients like people, getting to know the person behind the teeth, practicing conservative dentistry - doing what is in the best interest of the patient’s oral and general health.”

When Van cleans your teeth, it is easy to see how much she cares about her patients, and why she is so good at her job.



In the Next Issue...

Did you know that your (or your spouse’s) snoring could seriously affect your general health, not just be an annoyance? Your dentist is often the one to detect the problem and make a referral for the proper diagnosis and treatment. In the next issue of **absolute dentistry**, we will discuss what symptoms to watch for, when to seek treatment, and what type of treatment is available.




An Ounce of Prevention...



When your children sip on soda, fruit drinks, or even pure fruit juice over an extended period of time, the carbonic acid in the soda or the natural acid in the fruit juice can cause decalcification of their teeth, leading to cavities between the teeth or at the gum line. To prevent this problem, teach your children to consume such drinks quickly, over a time period of no more than ten to fifteen minutes, and then rinse their mouth with water, or better yet, **brush their teeth!**



A Special Offer to Protect the Smiles of our Patients

A year ago, Dr. Kushner's son sustained a severe dental injury while playing baseball. He was *not* wearing a custom-fitted, multi-laminated athletic mouthguard at the time. This event spurred Dr. Kushner to learn more about, and become involved in sports dentistry. Now, both of his children regularly wear custom-fitted mouthguards. Because he feels so strongly about the importance of athletic mouthguards, and that the construction and fit of the mouthguard make such a difference, Dr. Kushner is offering all current patients a \$275 custom-fitted, multi-laminated mouthguard for just **\$50**. Simply make an appointment before October 31, 2004, then complete the coupon below and bring it to the appointment for a \$225 savings on protecting your (or your child's) smile.





Dr. Charles Brown
Dr. Gerald Kushner
16100 Sand Canyon Ave.
Suite 380 Irvine, CA 92618
949.833.8020

Gift Certificate

\$225 Value!

This certificate entitles our current patient
(please write in your name) _____

to a \$275 Custom-Fitted, Multi-Laminated Athletic Mouthguard for \$50

Authorized by Dr. Gerald Kushner

Expires October 31, 2004

Not redeemable for cash. Redemption value not to exceed \$225.00.

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Courtesy of

Drs. Charles Brown and Gerald Kushner

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