



Golden Wellness Center's

Word Of Mouth

Produced for the Patients of Golden Wellness Center

Spring 2002

FROM THE DENTIST

Spring Is Here!

Open up the windows and breathe! The sweet smells of spring are all around us and it is wonderful. It's time to throw off the weight of winter and put some new life into your step. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. A cleaning will help spot potential problems and eliminate the causes leading up to them. We know you do your best at cleaning your own teeth, but sometimes food debris, plaque, and calculus can build up without you realizing it. Our trained, helpful staff would be happy to give you a refresher on how best to care for your teeth at home, as regular maintenance is the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. With the latest advancements we are able to whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. If this is something you have been thinking about, but just weren't sure what was involved, ask for a free consultation. Looking your best helps you to feel your best, and we're always happy to help. What better way to say *welcome spring* than with a dazzling smile?

- Linda J. Golden, DDS & Staff

BriteSmile™

Taking whitening to a whole new level!

We take pride in delivering to our patients the best, most caring, and up-to-date dental health care available. And in this new century, dental scientists and researchers are producing new techniques and products at an unprecedented rate.

Scientific studies have proven that the brighter your teeth, the younger and healthier you look. So we're truly delighted to introduce to our practice a new tooth whitening procedure that is the quickest, safest, and easiest method yet invented. And yes, this innovative, in-office procedure that allows us to whiten your teeth up to fifteen shades in a little over one hour, was actually produced with the help of a real rocket scientist! The *BriteSmile™* technology was developed under the supervision of Dr. John Warner Phd, a former NASA scientist and member of the Hubble Space Telescope Program, and a pioneer in the development of the excimer laser used in laser vision correction.

BriteSmile's own rocket scientists then produced a gas plasma light source which, when combined with a new wavelength-specific whitening chemistry, returns teeth to their optimal natural whiteness. This unique delivery system works on all the teeth



at once – offering our patients amazing results in just over ninety minutes!

As well, the BriteSmile system uses a special gel that contains only 15% hydrogen peroxide, as opposed to traditional whitening methods that contained up to 30% peroxide, which often resulted in a great deal of sensitivity. And independent scientific studies have proven that the BriteSmile procedure does not cause structural changes in enamel, is safe to enamel, and is not caustic or corrosive.

Please call us soon to learn more about BriteSmile. We'd be pleased to introduce it to you ...just in time to brighten your spring smile!



Whitening teeth lets you say goodbye to lack-lustre gray teeth, and hello to a pearly white smile.



Photos courtesy of BriteSmile™

Thank you for all your referrals – we appreciate them!

A Parent's Guide To Dental Emergencies

Dental emergencies can be distressing for both parents and their children. Some 14% of children will experience a dental emergency of some kind, so it's important to have a proper action plan prepared should an emergency happen. Here are some common emergencies and how you can handle them.

Toothache

The pain of a toothache can be sharp and piercing, or more generalized and throbbing. This pain usually occurs due to tooth decay.



If your child develops a toothache, you should know that the pain will likely become worse instead of better. For temporary relief, hold a warm cloth against your child's cheek. If the area around the tooth is swollen, you can also use a cool compress intermittently.

Chipped Or Broken Tooth

The best way to manage tooth fractures is to prevent them. For sports, or active play, your child should wear a professionally fitted mouthguard for protection. If a tooth does get chipped or broken, use warm water and try to rinse out as much dirt as possible.

Knocked Out Tooth

First, remain calm and have your child bite on some gauze or a clean cloth to stop any bleeding. Gently rinse the tooth then remove the gauze and try to stick the tooth back in place. Hold it there while you rush your child to us. If that's not possible, put the tooth in a container of milk, and bring it and your child immediately to our office. It is essential that treatment is sought immediately to ensure the best chance of saving a permanent tooth.

In all dental emergencies it is crucial that your child gets to our office as quickly as possible. We can evaluate the extent of the injury, and make necessary repairs quickly and safely.

If you've been to the drugstore lately, you probably noticed an explosion in the number of new herbal remedies now available off-the-shelf to help cure what ails you.

If you're tempted to buy a herbal solution to remedy a health problem, don't just ask your doctor, speak to us too. Like pharmaceutical drugs, some herbal remedies can cause harmful drug interactions and damage your oral health.

The popular ginkgo plant can make your gum disease take a turn for the worse. Ginkgo makes it harder for your blood to clot, and that means injuries can take longer to heal and diseased gums can bleed a lot more

than expected, sometimes uncontrollably.

Herbal tea can do a great job of relaxing and soothing your nerves, but it can also lower your blood pressure and put you at risk of fainting when you get up from a dental chair.

Those herbal anti-anxiety agents such as St. Johns Wort have garnered a lot of good press for their relaxation powers. But in combination with a prescription sedative you may get much drowsier than you bargained for.

Like all drugs, herbal remedies should be used with caution. Let us know if you are taking a herbal or homeopathic remedy. We can help you avoid any adverse effects.

A Hershey's™ Kiss

It's so depressing: "This snack will ruin your health. That dessert will clog your whatever." So here's some good news for us all. Chocolate may actually be good for your teeth. It contains tannins, a compound that helps prevent cavity-causing bacteria from sticking to the teeth and gums. When mixed with sugar, tannins reduce the bacteria that cause dental and gum disease. But don't let this good news fool you! After eating chocolate and other sweets, you still need to brush your teeth.

Even better news? Kissing has been linked to the prevention of tooth decay! Because it stimulates the flow of saliva that naturally buffers and neutralizes the acid produced by oral bacteria, kissing helps reduce the incidence of cavities. Saliva also washes out the mouth, and helps remove the cavity-causing food particles that accumulate after meals. So kissing is actually nature's cleansing process. Stuck for a partner? Chew sugar-free gum! It can stimulate the mouth to produce three times the regular amount of saliva.



**Using
HERBAL
Remedies?
Tell your dentist**



the path to your shining smile

The Tooth In Estrogen Deficiency

Everyone faces the possibility of losing their teeth if they fail to properly care for them. Research is showing that post-menopausal women may be at a higher risk than the rest of the population of developing gum disease, which may result in tooth loss.

The reason can be found in recent studies that have linked low estrogen levels, which occur in women that have gone through menopause, to periodontal disease. Add osteoporosis, a disease typified by the systematic loss of bone structure, and the problem becomes even larger. Women suffering from osteoporosis may lose jawbone density, increasing the possibility of losing teeth.

Some risk factors for developing osteoporosis include being an older woman with low estrogen, having a slender build, of sedentary disposition, being a smoker or heavy alcohol drinker, and not getting enough calcium. If you recognize these risk factors in yourself, it's important that you discuss these concerns with us. A daily dental hygiene routine should be practiced, and regular oral exams and tooth cleanings should be scheduled.

Your shining smile! When was the last time you saw it in all its glory? A few years, perhaps? Don't worry because you're not alone. The number-one esthetic concern among dental patients is discolored teeth. The good news is that help is available.

Why do our teeth become discolored? There can be many factors. The natural brightness of your teeth's enamel becomes dull simply due to ageing. Diet and general health habits also discolor your teeth. Red wine, coffee, or tea will leave dark stains over time. Smoking or chewing tobacco will also leave stains, not to mention serious damage to your tongue and gum tissues.

Certain medications, notably tetracycline, when used over a long period of time, will also cause the enamel to lose its lustre and appear a dull bluish-gray.

How can we help? First, we'll analyze the state of your smile to judge what is best for you. There are over-the-counter whiteners available, but we strongly recommend that your whitening program is done either in our office, or at home under our supervision. If improperly applied, whitening agents can do serious damage to your teeth and gums. If you're in a hurry for brighter teeth, we can provide in-office whitening. For most cases, however, we'll suggest a dentist-supervised at-home whitening.

During your first appointment we'll take an impression of your teeth to

produce a thin whitening tray that's custom-made to fit over your teeth. Along with the tray, you'll receive the whitening materials and be given instruction on how to wear the appliance. Usually a 3-6 week treatment is recommended.

Please schedule a consultation soon. Together, we can bring back the shining smile that you thought had gone forever.

Whitening teeth **discolored due to genetics or prescription drugs** lets you say goodbye to lack-lustre gray teeth, and hello to a pearly white smile.



Ageing or general health discoloration will virtually disappear with a whitening program supervised by our office.



If your teeth are **discolored because of smoking or chewing tobacco**, whitening can reduce stains, and help you smile with confidence.



Photos courtesy of Discus Dental®

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No Worries...

Distraction techniques can work for you!

In this practice, we understand and appreciate that visits to the dentist may be, for some patients, a very stressful (even disturbing) event. The last twenty years have seen enormous changes and improvements in the delivery of dental and oral care, but for some the old myths and fears about *the dentist* remain.

We want to do everything we can to put you at ease during your visits here – that’s why we’re on the leading edge in offering *distraction techniques*. We offer *video glasses* so that you can watch movies or television instead of watching what we’re doing. *Headphones* allow you to listen to relaxing music instead of dental drills, and *squeezable stress-balls* allow you to release pent-up nervous tension.

Massage therapy is another method we offer to help you to manage your anxiety. We have access to three licensed massage therapists, one of whom is also a specialist in *reflexology*. We can provide chair massages for you in our waiting room, and foot massages and reflexology while you are in the dental chair. If you like, we can even provide information on an *acupuncturist* who will come to the office to treat you during a visit.

Since your visit starts the moment you walk through our door, we’ve also designed our office and operatories to welcome you into a pleasant and relaxing environment. We’ve used the ancient Chinese technique of *Feng Shui*, to arrange furniture in a balanced and harmonious way, and used *color* theory



and *aromatherapy*, to create an atmosphere that will immediately help to put you at ease.

We are proud to practice *holistic dentistry*. This means that you are a whole person to us, not just another dental case history. We recognize that anything we can do to make you feel more at ease is beneficial to both of us. If you feel that any of these therapies might help you overcome your fears, please call us. We *know* that we can make a difference.

OFFICE INFORMATION

Golden Wellness Center

Linda J. Golden DDS, PC

General & Holistic Dentistry

Dr. Suzanne Posner-Katz

General Dentistry

Dr. Reid Winick

Biological Dentistry Oro-Facial Pain

444 Community Drive, Suite 204
Manhasset, NY 11030

Office Hours

Mon & Fri 9:00 am – 7:00 pm

Tue & Thu 9:00 am – 5:00 pm

Wednesday 7:00 am – 3:00 pm

Saturday 8:00 am – 3:00 pm

Contact Information

Office (516) 627-8400

Fax (516) 627-9047

Emergency (516) 386-9100

Email anygold@aol.com

Web site goldensmile.com

Office Staff

Lorrie Office Manager

Gillian Office Receptionist

Yudy Head Dental Assistant

Elianna, Jessica ... Dental Assistants

Ilene L, Cindy, Ilene P
..... Dental Hygienists

Stephanie, Mara, Michelle, Teresa ..
..... Massage Therapists

What Are Digital X-Rays?

This year marks the 100th anniversary of the use of dental radiographs, or x-rays, as a major tool in the practice of dentistry. And in this century, digital technology is quickly changing and dramatically improving the way we use x-rays.

While digital x-rays still require a patient to “pose” for a picture, the process and result are no longer the same. Instead of film, a highly sensitive electronic x-ray receptor is inserted into your mouth. An electronic image is captured instantaneously and stored on a computer’s database, and saved in your personal computer file. These digital x-rays give us a clear, high-resolution view of teeth, bone, root, and tissue. And we can point out to you right on the computer screen any dental problem, and clearly explain your options.

Digital x-rays are also safer and more environmentally friendly than traditional x-rays. That means no more chemicals for film development, and up to 90% reduced exposure to radiation.

This new technology is just one more tool we can use to provide you with the best and most efficient dental care possible.

Your Personal Recommendations Carry Enormous Influence

It’s absolutely true. Your personal recommendations can directly influence the decisions made by your family, friends, and acquaintances to a far greater degree than any advertising or promotional campaign.

It’s true in every aspect of life, from decisions on which restaurants to try and which consumer products to buy, to which professionals to use ... including dentists. When you make a specific and enthusiastic recommendation to family or friends, they will usually follow it. In fact, our dental practice is living proof. The majority of our best new patients come from the personal recommendations of our patients, like you, and not from our marketing efforts.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their continued recommendations.

Please be assured that every personal recommendation you give us and every referral you send us is not only appreciated and valued but is also recognized for the influence it represents.

Thank you.

