



Team Dental at River Oaks



Produced to improve your dental health and awareness

Fall 2010

fromthedentist

Getting It Done!

Fall's the time

There's a saying that if you want something done, ask a busy person... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn.



As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products.

Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment. Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

Yours in good dental health, Dr. Michael King

Check Out Our Upcoming Open House Dates...

Mark your calendars and be ready!

Straight Teeth = Health

The added benefits of Invisalign®

We seek the maximum benefits from everything and your orthodontic treatment shouldn't be any different. Now with Invisalign®, you can improve aesthetics, occlusion (bite), periodontal health, and overall health.

Misaligned teeth can be difficult to clean. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and more. You can even begin to reap the benefits during treatment, because aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal problems.

Once Invisalign treatment is complete, your bite will be correct, and chewing and possibly even speech improved. And of course, your proud smile will be bright and beautiful!

Home Coming Open House! Saturday, October 16th Starting at 8:00am Special Promotion \$99 Includes: Check-up, X-rays and Cleaning One day only! Everyone is welcome!

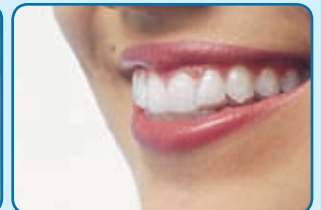
Invisalign Open House Special ONE Day Offer!

Tuesday, November 16th, 2010

4:00pm - 7:00pm

\$900 OFF complete set of Invisalign braces

Financing available - 0% interest - monthly payments as low as \$89/month



To be eligible to be invisible, you must have had an oral exam done within the past year and all major cavities filled. No exam completed, no worries, we can take care of you at our office.

Hurry - seating is limited to the first 25 patients!

Call for details and to setup your exclusive appointment - (703) 221-9759

Be Invisible! Get Invisalign!

We welcome new smiles!

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

**And it's getting more complicated...**

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

**How's that?**

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

**How will you know?**

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

**Is there any good news?**

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



## Oral Cancer Bites

**Start early & win!**

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!



# Reality Checks

## We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

# Cosmetic Veneers Can

...Reveal a different side of you

Nobody knows your smile flaws better than you. You can't help it - it's human nature. But have you ever really appreciated the natural beauty of your teeth? Exquisitely crafted and strong porcelain veneers can restore natural beauty and transform your smile.

How? Cosmetic veneers can:

- make your teeth stronger;
- resist plaque-causing bacteria;
- cover smile imperfections.

And still look natural? Yes. Each

hand-made custom-sculpted paper-thin veneer is layered like a pearl and fired by hand, ensuring translucency, opalescence, and fluorescence, all inherent in natural teeth. Translucency allows light to pass through. Opalescence is the reflection of a lustrous light from a tooth's interior. Like an opal, natural tooth enamel glimmers with subtle iridescent colors. Fluorescence refers to the natural light emitted by your teeth.



before



after

Actual patient of Dr. King

## office information

### Team Dental at River Oaks

**Dr. Michael King**  
**Dr. Quynh-Chi Nguyen**  
 16689 River Ridge Boulevard  
 Woodbridge, VA 22191-4630

### Office Hours

Mon/Tue 11:00 am – 7:00 pm  
 Wed/Thu 8:00 am – 7:00 pm  
 Friday 8:00 am – 1:00 pm  
 Saturday 8:00 am – 4:00 pm

### Contact Information

Office (703) 221-9759  
 Fax (703) 221-2782  
 Email drking@teamdentalatriveroaks.com  
 Website www.teamdentalatriveroaks.com

### Office Staff

Nada ..... Dental Hygienist  
 Hasiba ..... Dental Hygienist  
 Erica ..... Treatment Plan Coordinator  
 Yael ..... Dental Hygiene Assistant & Invisalign Coordinator  
 Angelica ..... Dr. Dental Assistant & Lab/Computer Coordinator



## Your Dental Insurance

### Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before this year's dental insurance expires. So give us a call!

## Veneer Stats – Check This Out!

**250** – Percentage increase in popularity of veneers over the last 5 years.

**10** – Number of years younger you could look.

**2** – Number of visits for a stellar veneer smile.

**.3** – Number of millimeters thickness of a hand-sculpted veneer – that's paper-thin!

**0** – Number of people who'll know you've got veneers.

The result? Veneers look vibrant and completely natural. Get re-acquainted with the natural vibrancy of your smile.

## Referral Rewards

### Everyone benefits!

They're here ... our brand new Pass on a Smile referral cards with a great reward for you and your friend! When we receive this card at your friend's first appointment, after their initial visit each of you will receive a \$25 gift card. We hope you will appreciate the gift even half as much as we appreciate you. Bringing your family to our practice keeps us busy and progressive. Sending patients to us helps keep our practice growing. And just because they know you, any patients you refer will get an added bonus! We're offering a Get Acquainted Special: a reduced fee for their introductory visit.

When your referral presents the enclosed card to us, we'll definitely ask them your name because we want to know who to thank for one of the best compliments we could ever receive!

### Get Acquainted

**\$99**

*Special!*

Includes x-rays, cleaning and fluoride treatment.

