

# ANACAPADENTALARTINSTITUTE®

## Magazine

### Inside This Issue:

- Do You Love to Eat?
- Implants Help A Lot

“I am proud and pleased to recommend ADAI’s work and the adventures in general to anyone.”

– Ruth Y On **Page 5**



## Why Choose a Prosthodontist? GO TO A PRO

A PROsthodontist is a dentist who has received two to three years of further training after dental school at an American Dental Association (ADA)-accredited institution. The program focuses on treating damaged and missing teeth and correcting less than ideal smiles using several treatment methods.

Often other dental specialists may participate in your treatment to help establish a solid foundation for your restorations. Every prosthodontist develops a treatment plan customized for each individual patient, and he will determine if adjunctive procedures by another doctor are necessary.

PROsthodontists are the experts in dental rehabilitation and have mastered many procedures including: crowns, caps, bridges, veneers, removable partial dentures, dentures and dental implants.

## Benefits to You!

As a result of their training, PROsthodontists are masters in complete mouth rehabilitation and act as the architect, and “quarterback”, of any extensive treatment that may involve other dental specialists.

Having the expert eye of a specialist diagnosing the condition of your mouth will ensure that no necessary treatment will go unhandled and that the restoration of your mouth will be achieved to the highest possible standard of care, leading to a more natural and longer-lasting result.

One of the major objectives of a PROsthodontist is to restore full balance and health to a mouth, and their extensive training experience will help you achieve more aesthetic results and better oral health.

In addition to restoring dental implants with restorations, many prosthodontists are trained to surgically place implants as well.

### Fact:

Less than 2% of all Dentists are PROsthodontists.

In layman’s terms, a PROsthodontist is a dentist who has completed three or more years of additional education after dental school to become an expert in the restoration and replacement of teeth.



## Anacapa Dental Art Institute

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## It's Not JUST About Teeth, It's Also about Whole Body Life and Death

Back to our missing tooth. The tooth that grows down into the missing tooth's space is now threatened by gum disease because of its awkward, poor position. The space where the missing tooth was creates a trap for food and bacteria that gives you an absolute fit while trying to keep clean.

Gum disease is an infection that spreads from the gums into the body, doubling the risk for heart disease, heart attack and multiple other health related problems. It really is something that effects how long you live.

So literally, what was once "just a missing tooth" in the back can now be life threatening. And, if one tooth missing can cause this many problems, multiple missing teeth can cripple you.

Missing teeth change the way you chew for the worse...your comfort in chewing diminishes, sometimes so severely that eating becomes a pain....a pain you are forced to live with every day of your life....a pain that doesn't get better by itself..... a pain that only gets worse.

The more teeth you have missing, the worse it is.....AND

### Diseased Teeth And Gums Threaten Your Health... (AND YOUR FAMILY'S HEALTH!)

Some people hold on to teeth that are diseased because they don't want to lose their teeth. For some patients, this is something that diminishes their long term health. In fact, not many dentists understand the significance of this and watch as chronic infections stay around the teeth and gums contributing to long term medical problems.

Sometimes, teeth and gums are so diseased they should be removed because they threaten the patients own health and, worse, the health of the ones they love the most!

These same bacteria you have with these infections are infectious to others around you--such as your closest family members, spouses, and partners.

An explanation: The bacteria on your teeth and in your gums travel to other parts of the body, wreaking havoc along the way, creating such conditions as:

- Heart Disease is worsened
- Heart Attack risks are increased –up to 200%
- Stroke risk is increased
- Worsened arthritis
- Increased low birth weight in babies
- Pre-disposes you to illness generally
- Generalized decreased energy to cope with life
- An Increased chance of pancreatic cancer
- Worsened diabetic conditions-more difficult to control and maintain
- Increased risk of developing Alzheimer's
- Predisposes denture wearers to nursing home confinement

We know it is this bad. And even more research is being done in this field. (It is likely that the effects of oral disease are far more dangerous than we what presently know right now.)

## Now here is the real kicker: those with diseased teeth and gums can and do spread these bacteria to their spouses, children and family members.

Who doesn't share a spoon or glass or bit of food? According to some studies the chances are about 70% that people who live together will "share" the same bacteria. Who hasn't experienced one member of the family getting the flu and subsequently everyone else in the family does too!

Given these statistics it is crucial that every family member should work to attain and maintain dental health. It is just the right thing to do. No sane person wants to contaminate his/her spouse and or children.

By the way, nothing else says "do this for yourself and do it right now" more than the success stories of our other patients. Here are just a few (many more are at our website [www.anacapadental.com](http://www.anacapadental.com)).

### Ruth Y

"When I first saw my dentist with my five hopeless teeth, I was certain that there would be no option other than dentures. Next best would seem to be extensive bridgework. I was pleased and enthusiastic at the possibility of implants.

The best help was Anacapa Dental Art Institute's careful explanation of the future work. At the time it was all hard to imagine. However, as the work progressed it was systematic and obvious. One of the most interesting parts of the adventure was to see the actual plaster molds of my jaw with all the new work in place.

Now the implants have been well used and admired for seven years. I am now 75 years old with 20+ years of Diabetes, so an ok was needed from my M.D. All went well during and after the procedure. I observe that Anacapa Dental Art Institute has fine dental skills, also people skills. Besides these qualities, they have the artistic skills of Michelangelo and the craftsmanship of Paul Revere.

I am proud and pleased to recommend Anacapa Dental Art Institute's work and the adventures in general to anyone."

*Ruth Y, Implant & Sedation Dentistry client, LA*

### Martha

"It is virtually painless (in fact, I often doze in the chair while they work on my teeth). I have a quick recovery time and have never had problems afterwards."

*Martha, General Care Client, Hollywood Retiree*

### Kathy

"I was amazed at how easy it was. It ached a little that night after surgery but beyond that there was no pain - the very opposite of what I imagined. Cost is an issue for me, as it is with a lot of people. I am willing to forgo going somewhere else just to save a little more or have better insurance coverage. My comfort and the quality of the work is the most important. Considering my caliber of teeth, I know I am going to need more work. I will definitely do it here."

*Kathy, Implant & Sedation Dentistry Client, Santa Barbara Radiologist Technician*

### Richard

"This is my story and how it begins with fillings, crowns, bridges, unable to eat certain foods and a limited smile. Finally, I realized it was time to decide between dentures or implants. After a great deal of thought, dentures were not the solution.

I obtained all the information I could on implants and implant procedures. One day I received an advertisement in the mail from Anacapa Dental Art Institute. I waited several days before making my appointment. The receptionist gave me a warm welcome. I found the reception room and dental rooms very neat and clean. Anacapa Dental Art Institute was pleasant and explained in full detail about the procedure.

I have my implants now. My smile is back and I am able to eat a variety of foods. Anacapa Dental Art Institute and the staff were wonderful and client throughout the procedure."

*Richard, Implant and Sedation Dentistry Client, Westlake Retiree*

By the way, our patients will actually talk to YOU about what they experienced. Come in for your consultation and as part of your exploring what my Method can do for you, we'll get you some phone numbers of patients with similar situations that are living live to the fullest again.



## Do You Love To Eat?

### Why Enjoying The Taste And Experience Of Your Food Is More Important Than Ever

Eating is one of life's pleasures...the foods we eat fill our senses...just the sight of a beautifully prepared meal can make one's mouth water in excited anticipation...the sweet aroma... can bring those you love rushing to the table ...the feel of foods in your fingers and in your mouth amplifies the experience of the pleasure of eating...the sound of laughter and congenial conversation fills dinner tables throughout the land.

And of course, the taste of your food...

Ahhhhh... the taste...the tangy orange... the tart lemon...the salty potato chip...the sizzling steak...the crisp apple...the crunchy raw carrot...the hard cashew and the soft banana...the sweet chocolate...

All of these are part of the food experience that almost all of us relish.

Meal times are when we join together and enjoy not only the foods but also the relationships of family, friends and those "special someone's" making moments that make life worth living.

Our meals are times we unite with those we care about and put aside the stresses of the day.

It is a rejuvenation of not only our bodies with needed nutrients....but also a rejuvenation of our relationship with those we value...with all of those who add richness to our lives.

Knowing how important these times are to your health and happiness makes having teeth that look good, feel good, and function properly that much more vital to the quality of life every single day.

### Dentures Decrease Function And Change The Foods You Eat For The Worse

There are very good reasons why dentures and partials fail you and why you can't chew comfortably and smile confidently no matter how hard you try.

Natural teeth with their roots implanted in the gum and surrounded by bone are able to exert up to 250 pounds per square inch when biting very strongly. For normal chewing, natural teeth exert an average pressure of 45 pounds per square inch of force, ranging up to 75 pounds.

- **With dentures, the average chewing pressure is reduced to 14 pounds per square inch and for those wearing dentures for many years it can be as little as 5 pounds per square inch. THIS IS A 500% to 1500% DECREASE IN CHEWING PRESSURE AND EFFECTIVENESS! It's no wonder that denture wearers have problems eating many foods.**
- **If you are a denture wearer, you very likely know this tremendous loss of pressure means having to completely change your eating habits. Many foods need to be eliminated completely. You have to cut your food into small pieces.**



- **The average lower denture shifts side to side approximately a half inch during chewing and is one of the problems which make getting used to it so difficult. For many patients, they are never able to truly get used to the lower denture.**

The types of food that are easier to chew are carbohydrates and high calorie foods because of their softness. Therefore denture wearers often fall into two categories:

Very overweight, because of all the calories, and at the other extreme,

Very Underweight – because of the inability to chew food correctly.

It's simply very difficult for those missing most of their teeth or wearing dentures to have a well rounded health promoting diet.

- **Denture wearers also complain that the taste, temperature, texture and enjoyment of foods are decreased. They may add additional salt and spices to food to give it more taste.**

It's not really surprising that this occurs because the plastic of their dentures insulates the tissue that is responsible for giving a person "the sense" of their food. The combined result of increased weight and excess salt can lead to high blood pressure and problems of the digestive tract. Forty percent (40%) of heart disease is related to high blood pressure and arteriosclerosis.

- **According to Dr. Misch, world renowned implant dentist, the average denture wearer has a 10 year shorter life span!**

"I basically couldn't smile and was embarrassed by the way my teeth were. I was terrified of the surgery as well. Fortunately, Anacapa Dental Art Institute sedation techniques got me through everything with ease. Now with my implants and cosmetic teeth I'm smiling and getting my social confidence back. My dating life has improved too!"

*Ann—Sedation and Implant Dentistry Patient*

### Don't Let Missing Teeth Rob You of The Pleasures of Living

Who wants to cut his food up into baby sized pieces in order to cope with "getting it down". It's too embarrassing. Who wants to bite into their food and realize a normal sized piece is just way to big to manage? Spitting into a napkin is never fun!!!

Some people try to cope with their lack of chewing ability by swallowing foods almost whole! This alone can be life threatening. People die from choking every day. Assuming the un-chewed chunk doesn't choke you, it gives your digestive tract fits, constipation and irregularity and "who knows what else" as the result.

So what is the other choice? Give up the foods you like to eat that provide the nutrients you need. If you can't chew your food, change your diet to soft foods...and you become reduced to eating foods that have the same consistency as baby food. You know a steak just doesn't seem the same after going through a blender!

# HOW TO GET YOUR TEETH IN ONE DAY

## Implants Help A Lot !!

Last time we looked at the fact that those in dentures lost up to 1500% of their chewing pressure. What happens when your teeth are solid again with implants?

Studies indicate that after 2 months of having implant supported replacement teeth, patients were able to increase their maximal biting force by 85%.

**After 3 years the average chewing force increased 300% compared to before implant treatment!**

*Overall, the chewing ability of patients with implant supported teeth is roughly equal to patients with healthy, natural teeth, and vastly superior to patients with conventional dentures.*

### *Dentures Decrease Function And Change The Foods You Eat For The Worse*

The bone which surrounds the teeth must be stimulated from within or the body dissolves (resorbs) it. This results in dentures or partials which repeatedly need to be relined or remade. It also results in more creases and wrinkles in the face.

The space between the nose and chin decreases. The nose then appears larger or more prominent. The face looks like it is frowning when at rest because the corners of the mouth pull down and form creases. The lower part of the face looks fallen in.

*The chin looks like it comes to a point or a "witch's chin".*

Jowls may form and make the face look unnatural. The tongue may actually enlarge because of the increased demands placed on it from missing teeth. This can cause speech and chewing problems. Thankfully, the tongue adapts well to implant-supported replacement teeth.

No wonder dentures may affect a person's health, both physically and psychologically. A sense of security may be lost. It may affect success in personal or business relationships. It may alter your speech, looks and function.

Many a patient has come in looking older than their chronological age (a fifty year old who looks seventy, for example).

After dental implants they enjoyed dental and facial rejuvenation. Often the change makes them look 10-15 years younger than their actual age. Moreover, those who receive treatment with implants slow down "the clock of aging" substantially. They look younger, longer.

If you're ready to reverse some of the effects of ageing, to stop looking older than your natural age, or to reset the clock and look decades younger, implants are very likely part of the solution.

Schedule your consultation at our Oxnard location (805) 988-8985 or our Woodland Hills location (818) 888-3750.

*Anacapa Dental Art Institute*

*"More than mere dentistry, helping you build a better life"*



**"I just couldn't stop looking at myself in the mirror!"**



## Denture Adhesives Are Not A Good Solution

In the United States each year more than 90 million dollars is spent by the public on denture adhesives. The denture adhesives themselves have unpleasant tastes, must be reapplied often, give an inconsistent fit of the denture, have continued costs, and create embarrassing circumstances. *It has just been revealed that denture creams are literally poison to some patients.*

If you are using denture creams, you're already aware of their unsavory nature--the smell, taste, and general messiness of the matter. Those reasons alone are more than enough for many patients to say "I've had it!" and to get their dental implant treatment done using my unique Methods of dentistry.

Now you can add one more reason to say goodbye to denture cream and gain secure, comfortable, beautiful teeth that help preserve your facial bone using dental implants.



### Toxic denture cream.....

A recent scientific report in a medical Journal (Neurology June 2008) found several patients in which zinc poisoning was a result of their denture cream. Neurology is the study of the body's electrical system (the nervous system). It's technically pretty complicated and there is more research to be done on this topic (if you'd like to see the original article it's at [www.neurology.org](http://www.neurology.org) search under 'denture cream').

[By the way, I was the very first dentist in Seattle to bring this study into the publics' awareness.]

As these patients found, even minor changes in the amount of electrical particles (ions) that operate the human electrical system can have disastrous results.

### What were the symptoms?

Some of the symptoms in the studied patients wearing denture cream included:

- **Numbness and weakness in the arms and legs resulting in wheelchair dependence.**
- **Urinary tract infection (bladder infection)**
- **Mental cognitive decline**
- **Hand weakness and numbness**
- **Poor balance**
- **Progressive numbness**
- **Loss of sense of vibration**
- **Poor muscular coordination**

### *It should be noted*

These were patients in their 40's and not long-time adhesive wearers!

If you've been putting off getting rid of the denture cream, this truly is one of the most profound reasons to find a way to make your implants happen.



## 89% Better Outlook On Life

For many people in our culture the loss of teeth is associated with aging. Implants give a psychological lift to these people with missing teeth who would otherwise have some feelings of inadequacy related to aging and loss of teeth.

In fact, in a study by Branemark, an implant inventor found that 89% of patients treated with dental implants judged their psychological health improved compared to before treatment.

The majority of these patients perceived their implant supported replacement teeth as an integral part of their own body--just like their natural teeth!

If you're ready to discuss eliminating denture adhesive from your life or want a better outlook on life in general, it's time for a consultation.



## But What about Partial Dentures and Holding on to Badly Diseased Teeth?

### Partial Dentures Cause Bone and Tooth Loss Too!

At the end of 5 years, only 40% of partial denture wearers are still wearing the partial denture made for them. Those patients still wearing partial dentures are all losing bone! What is the use and value of that?

- Of those wearing a partial, 50% chew better without it!
- In one study, after 8 years, 40% of teeth which hook to the partial were lost through decay or fracture.
- Partials exert pressure on the gum and bone causing bone loss which makes the partial even more difficult to wear.
- Even though partial dentures are proven to cause more tooth loss some dentists are recommending them.

Needless to say, this device doesn't have a place in the Anacapa Dental Art Institute Method.



### *Holding Onto Diseased Teeth Too Long Can Actually Destroy Your Jaw Bones!*



Gum disease (periodontal disease) is a very destructive process that not only causes loss of teeth but also the remaining bone. Many people as a result of their deep desire to keep their teeth and who are trying to avoid dentures are suffering with severely diseased teeth.

The damage caused by this disease is often extensive and permanent. This causes severe loss of bone that could have been used to support implants!

It is possible that these teeth can be removed and also possible to have a complete restoration of function without full dentures.

Sometimes it is possible to treat some of these teeth and incorporate them, along with implants, into a fixed, non-removable full set of teeth.

The critical thing to understand is that it is detrimental to your health and your tooth replacement options to hold onto long standing diseased teeth.



## Dental Implants Even More Predictable than Dental "Bridges"

Several studies have been published which indicate implant treatment of the patient with missing teeth is more predictable long term than many other more typical therapies in dentistry, including the often used 4 tooth fixed bridge.

The success rate for 4 tooth bridges on natural teeth is about 85% over a 5-10 year period.

For implant supported teeth the success rate is 90% or more for the same period of time.

A study by Branemark reported a 93% success rate over the last ten years for the subperiosteal implant (a particular implant type that sits on the bone under the gum). Turner and Small have scientifically reported success rates between 94% and 98% for the last ten years.

All of these studies reported implant treatment for lower jaws with no lower teeth. This is particularly good news because the lower denture is the one that is the most problematic.

Of course, success cannot be guaranteed, but it is nice to know that success rates are so high.

My own success rates are now at 90+%.

To schedule your consultation and to get going on your next step, call our Oxnard location (805) 988-8985 or our Woodland Hills location (818) 888-3750.

*Anacapa Dental Art Institute*

*"More than mere dentistry, helping you build a better life"*

## What if I'm Only Missing 1 or 2 Teeth?

Dental Implants Work Very Well with A Single Or Multiple Missing Teeth



We've talked about dentures (missing all teeth) and partial dentures and bridges (missing some teeth), and there's good news for those missing just 1 or 2 teeth.

Today we can replace single teeth, several teeth in a section of the jaw, or the entire arches of teeth. Dental implants allow you to go from the state of advanced gum disease with its loose and uncomfortable, infected teeth to a full set of non-removable teeth.

Every situation involving missing teeth presents its own set of unique requirements and there are ways to meet almost every need.

### Almost All People with Missing Teeth Can Benefit From Implants

It is rare that a person cannot receive an implant or a combination of implant types. There are simply too many new versions available. Even if you were recently told it's not possible, it's very likely that it is and that's why this special Method is sought out.

There are no two people alike in their need for dental reconstruction and different needs for implants within the same jaw exists too. Today we have many types of implants available and designed to accommodate multiple problems. The ability to utilize multiple implant techniques is an essential ingredient to the successful use of implants. No one design will cover all situations.

Function, appearance, comfort and amount of inconvenience you are experiencing dictate implant selection.

**"I can't recommend having your implant care done with sedation dentistry highly enough. It is the only way to have treatment. Before, my dentist could never get me numb. It always hurt. None of that happened with Anacapa Dental Art Institute. I can order what I want on the menu now instead of pasta for every meal and my teeth look great! I even got to eat what I wanted on vacation for the first time since I can remember."**

*Don—Banker, Ventura, Sedation, Cosmetic and Implant Dentistry Patient*

## More Advantages of The Anacapa Dental Art Institute Method™ Implant Dentistry

Here are even more reasons that the Anacapa Dental Art Institute Method is preferred:

1. Proven success of dental implants for our patients
2. Experienced know-how that solves your problems, using what works for you in your individual situation and that looks at the needs you will have over the course of your life ahead (call it lifetime dentistry)
3. Preservation of existing teeth that are healthy
4. Rejuvenation of the form and shape of the face
5. Wrinkle elimination in many cases. Often a dental facelift is a happy by-product of dental implant treatment with this Method.
6. Gorgeous smiles
7. An advanced "smart" system of diagnosis and treatment
8. Restored chewing ability
9. Relief from the pain of dentures and partials
10. No embarrassing accidents of teeth falling out
11. Enhanced zest for life
12. Getting noticed by that special someone you want to notice you
13. More smiles. A lot more smiles
14. A system that carefully considers how to make your teeth look their best while functioning properly and staying healthy
15. Built on a thoroughness approach that gives you predictable results
16. Stops your situation from getting worse
17. A "physician of the mouth approach" applying the science of the comfort, health, function, and longevity of the teeth, gums, jaw joints, and chewing mechanism, based on solid principles...time tested and true...coupled with the latest dental research.
18. An investment in yourself that pays big dividends every day of your life.
19. A demanding discipline that is a daily challenge, but one that my team and I embrace. We won't compromise results. We will give options, but refuse to give a bad option.
20. A unified system that uses "the best of the best" in techniques and technology.
21. An ever-evolving system of care designed to get great treatment results, enhance comfort and reduce anxiety and leave you with a radiant smile.
22. The result of an extended study of over 11 years that costs huge untold sums and thousands of hours of additional training and research beyond what is required to be a dentist.....that continues on even today.
23. The end of Dental Embarrassment!
24. A comprehensive approach combining the best practices of treatment learned and observed inside and outside the profession.
25. A system that carefully considers how to make your teeth look their best while functioning properly and staying healthy
26. The artistic pursuit of beautiful teeth and gorgeous smiles
27. Comfortable, confident chewing in social situations
28. Preservation of your youthful appearance- resistance to aging.



If you're ready to put these advantages to work for your benefit then call us right away!



## What If

### I've Had Bad Dental Experiences and Am Afraid of Dentists

I get this question every week.....and there's good news.....

#### **If Dentistry Has Been Difficult For You, The Dread Is Gone! It's Over! You Can Relax!**

Really you can, I know. I know. It can be hard for you especially if you have had a nightmare of an experience. But no longer because.....



#### *Stone Age Dentistry Is a Thing of The Past*

Dentistry of just 10-20 years ago was absolutely Stone Age compared to dentistry today in our office. I recognize what has stopped so many from having a beautiful smile that they are proud of and achieving real dental health for life are based on these previous bad experiences and fears of going to the dentist.

And, we have done something about it. My Method uses newly developed techniques and technology to make your visit easier, faster and more comfortable.

**"I basically couldn't smile and was embarrassed by the way my teeth were. I was extremely scared to have any of my treatment.**

**Anacapa Dental Art Institute's recommendation was to use sedation dentistry to make me relaxed. I was very comfortable during all of my treatment. Now, thanks to my implants and cosmetic teeth, I'm smiling and getting my social confidence back. My dating life has improved too!"**

*Ann—Sedation and Implant Dentistry Patient*

The commitment to your comfort starts with a unique office design created to produce a noise reducing, quiet environment.

The dental chairs themselves feature Swedish foam that comfortably molds to your body making it easier to relax.

Even the colors were chosen scientifically to help create a relaxing environment.

We use CD players and stereo headphones so you can hear the sounds you want and drown out the sounds you don't!

## We are "Armed to the Teeth" With Technology and Techniques to Create a Better Dental Experience

We have an understanding of what the typical fearful or anxious patient experiences- and just how different it can be for them. If this describes you, you'll be comforted first by a special chair side manner that puts you at ease.

**Then there is the matter of getting numb. We use a unique, virtually painless numbing method that is easy to experience.**

**"Based on previous experiences at other dental offices over the years, I found that even minor surgery was always very painful afterwards. My surgery was pretty serious that Anacapa Dental Art Institute had to perform but I was AMAZED at how comfortable I was after my surgery. I was virtually pain-free, and I don't remember a thing. Unbelievable!"**

*Al—Los Angeles School Teacher*

You'll be offered a blanket to keep you warm. Then, we'll give as brief or detailed explanation as you would like: about what we find, what we do and why. This full explanation helps you know what to expect.

**"My treatment seemed simple to me even though I know it was complex. I was one of those patients that were fearful beyond belief but Anacapa Dental Art Institute sedation techniques took care of all of that. I went back to work very quickly and without any pain. Things turned out the way I expected including the way they worked with my personal time frame and without any disruption to my family life. I would recommend ADAI's implant care to anyone considering it. Going into it with a positive attitude really helps as well."**

*Ellen—Sedation and Implant Dentistry Patient,  
Eagle Scout Mom, North Los Angeles*

### *For those of you*

For those that have had those experiences that lead to racing hearts and white knuckled visits, Anacapa Dental Art Institute is one of just a handful of doctors certified to provide a medical level of sedation to comfortably get you through your appointments- in most cases with no memory of your visit. It's one more ingredient in my Method designed to get anyone (we mean anyone) comfortably through even the most complex dental treatment.

## Looking Good!

The cosmetic question has never been better answered than it is today by using implants. The function of stability and retention is assured by replacement of problem teeth or dentures using dental implants.

With the materials and techniques I've developed that are available today we are able to create a natural appearance.

- Lost lip and cheek support from the shrinkage of gums are managed well using implant techniques.
- Dental implants increase your ability to taste and savor food because of the fact that there is less plastic covering sensitive taste buds hidden for years behind bulky appliances/dentures that ruin the taste of your food.
- Many times when there has been a great deal of bone loss, lip and cheek support can be built right into the tooth portion of reconstruction restoring lost support for the face and reducing the appearance of age.
- When the distance between the upper and lower teeth is stable with dental implants, it's akin to having a free face lift from the nose to the chin.

## Attractiveness Determines How Other People Perceive And Treat You

Scientific research has proven what many people already know; the better you look, the better others treat you. It's not even a conscious choice by those around you; it's just the way human nature works.

The point here is that the advantage of attractiveness is very greatly underestimated. Yet, the size and reach of attractiveness in life is huge.

*Why? Because people who are considered attractive are believed to be smarter, more talented, kinder and more honest.*

This is true throughout our entire society. In other words, your smile and teeth determine a great deal of how much other people want to be around you.

With a great smile you become more promote-able...more attractive to the sexes.....more likely to be viewed as someone that others want to be friends with ...more trustworthy.

## There are Social Advantages Of Looking Good

Good-looking people enjoy a tremendous social advantage:

- They are viewed as more intelligent.
- They are better liked.
- They are seen as having more desirable personalities.
- Attractive people are more persuasive and more likely to be given help by others.

## An Investment In Yourself

Most people find the increased confidence provided by secure implant supported teeth, as well as improved appearance and vastly improved chewing function more than offset the relatively minor discomfort and inconvenience associated with the implant procedures--including the cost. Next time, we'll go more into the investment required.....

## Dr. Jivraj

Dr. Saj Jivraj completed his dental degree at the University of Manchester in England and his advanced prosthodontic training at the Herman Ostrow School of Dentistry at the University of Southern California. He is the former Chairman Section of Fixed Prosthodontics and Operative Dentistry at University of Southern California School of Dentistry.

Dr Jivraj has published numerous articles on esthetic and implant dentistry in peer reviewed journals, and has presented on aspects of Implant dentistry and advanced prosthodontic procedures both nationally and internationally.

He is co-author of the textbook "Treatment Planning in Implant Dentistry," published by the British Dental Association. He is on the editorial board of the Journal of Esthetic and Restorative Dentistry, ad hoc reviewer for the Journal of Prosthetic Dentistry and is Associate Clinical Editor for Dental Teamwork magazine.

He currently holds a Faculty Position as an Associate Clinical Professor at the USC School of Dentistry, clinical teacher at the Eastman Dental Institute in London and is on the Board of Directors for the British Academy of Restorative Dentistry.

He maintains a private practice limited to prosthodontics and implants dentistry in Oxnard and Woodland Hills, California.



## Dr. Reshad



Dr. Reshad has published in numerous peer-reviewed journals on various topics related to prosthodontics, implant dentistry and aesthetic dentistry. He maintains a private practice limited to prosthodontics in Woodland Hills.

Mamaly Reshad is a prosthodontist and the former Chairman for Fixed Prosthodontics and Operative Dentistry at the University of Southern California in Los Angeles. He qualified as a dentist in 1993 from King's College London. He completed his master's in Conservative Dentistry with Distinction at the Eastman Dental Institute. He has also completed a three year full-time specialist training in advanced prosthodontics at University of Southern California School of Dentistry.

He is licensed to practice in California as well as the UK and practiced as a specialist in prosthodontics at the University of Southern California faculty practice. He has published in and is on numerous peer-reviewed journals and textbooks on various topics related to prosthodontics, aesthetics, and implant dentistry.

Dr. Reshad is on the editorial board for the highly prestigious Journal of Aesthetic and Restorative Dentistry. He is an honorary clinical teacher at the Eastman Dental Institute and a member of the faculty of the Global Institute for Dental Education.



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