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# THE FLOSS DEMOCRAT

Volume 13

Issue 1

Autumn 2007



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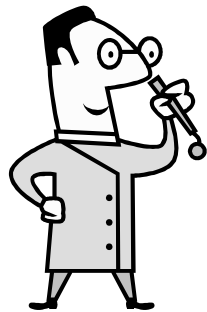
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## OFFICE HOURS

MON, TUE, WED 8 – 5 LUNCH 1-2

THURSDAY 7 – 3

AZMOUDEHDENTAL.COM 24HRS



After a brief hiatus, **The Floss Democrat** is back to report on all the latest news! We have produced some amazing smile make-overs this year, corrected bites left & right and placed and restored numerous implants. It is so exciting to hear the stories of how much you are smiling, or how you don't get headaches anymore, or how things are "just feeling so much better". If you are interested in writing a testimonial for our office, please let us know. We would like you to share your dental experience- your bite adjustment, your implant surgery or even your last hygiene visit. If we've made a difference, tell us. If we could do something better, we want to know that, too!

Since our last issue, we have had a few changes to our team. Marianne, our Tuesday hygienist retired. Her replacement, **Cindy** has been with us for over a year now. Cindy shares JoAnna's passion for healthy gums and the prevention of dental disease. An easy-going nature combined with an enthusiasm for dentistry, have made Cindy an indispensable part of our dental crew.

**Jennifer** had her baby – a beautiful baby boy! She has decided to stay at home with her new son and will not be returning to work. Also moving on to realize a dream is **Janeen**: she began dental hygiene school at the Junior College this fall. While we will miss them, we also know that our paths will cross again. Janeen is still our son's favorite babysitter, and he hopes to beat her at Nintendo Super Mario soon.

Replacing Janeen in the back office is **Julayne**. She is an experienced Registered Dental Assistant with Extended Functions. This means that she has in addition to a great, warm personality, a lot of education to serve your dental needs. Along with JoAnna, Barbara, Cindy, Julayne and Sharon, I am looking forward to a fun night on November 15<sup>th</sup>, we hope you can make it – and we hope that we get a break this year with the weather. (think dry thoughts)



## WHAT'S IN A SMILE?

The science of smiling began on the guillotine. In the 1840's, a Paris physician named Guillaume Duchenne was attempting to treat a patient's facial neuralgia when he noticed that applying an electrical current caused the underlying muscles to contract sharply. The technique was too painful for experiments on living patients. Duchenne started to work with the freshly severed heads of executed criminals and revolutionaries. By applying electrodes to different areas of the face, he found that he could indeed make the muscles contract into recognizable facial expressions, including the smile. Although it was greatly contested in his time, most researchers now accept that facial expressions are innate, not just something babies learn to do by watching the people around them. Our facial expressions, and especially the smile, constitute a system of unconscious communication that got built into our biology long before language itself.

To read the entire article on FACS (Facial Action Coding System): come into the office, or visit Wikipedia.com for an overview of the basics...

## Launch Party!

Our Annual Open House will double as a launch for our newly redesigned website! Azmoudeh Dental will feature links to new research, products and recommendations. You will be able to download newsletters and contact us at your convenience. A newly updated smile gallery will show the amazing smiles that we have been creating.

We hope that you will join us on Thursday November 15<sup>th</sup> from 4:30 pm – 7:30 pm. This should be an exciting evening – it is great to share a toast with the folks that make us smile.



*Mark your calendars, save the date  
November 15, 2007 4:30 pm – 7:30 pm*

Why can't a bicycle stand  
up?  
  
It's too tired.

*From the desk of Kamran Azmoudeh, D.D.S.*

As I read over my last newsletter, I realized that it's been over a year since our last publication. While many things have changed – the feeling from our office to you is always the same. I am continually awed by my patients, many who are now my personal friends. When I hear people complain about work, I realize how very lucky I am. I am thrilled and invigorated daily by my work, my wonderful patients and my fantastic team.

Implant surgeries are now a routine in the office; it has been a seamless addition to our repertoire of services. Barbara and Julayne have the back office humming, it is great to have two caring professionals as my right and left hands (sometimes they help with my memory, too!) JoAnna and Cindy balance out the team in the hygiene department, and keep me apprised of just who is flossing and who is not....

Personally, I have three century bike rides under my belt, and am feeling very healthy. Although Eva (now 14) objects to my wearing spandex, “Dad, it's gross.” I just reply, “what-ever” and make the accompanying “W” hand gesture. I've realized that the only way to raise a teenager is with a sense of humor, and maybe a beer. Sharon is okay with the spandex, but says the headband “just has to go”. I can't catch a break. Actually, Ian thinks I'm cool. I report this with a grain of salt as he's six and doesn't always remember to put on his underwear! Both kids are happily playing soccer: Eva is an Enforcer and Ian is an Apache. I am assistant coach for the Apaches with head Coach Scott, we are doing our best to mould a bunch of squirrely kids into Beckham-like stars. Sharon is serving a term on the Soccer Board and wants me to remind everyone to VOLUNTEER. Our kids need our support. Do it for the kids, the schools, the community and you'll be amazed at how good you feel.

In closing, I can't wait to see you all at the open house, if not before then. We are hoping to conjure the magician again this year for your entertainment. I think we'll lure him with the promise of a secured parking place.

## OFFICE CALENDAR

SEPTEMBER 27 - Afternoon  
Closed for ADA Convention

MONDAY, NOVEMBER 12  
Closed for Veteran's Day

THURSDAY, NOVEMBER 15  
4:30 – 7:30 pm  
OPEN HOUSE

NOVEMBER 21 – 25  
Closed - Thanksgiving Holiday

DECEMBER 21 – 31  
& JANUARY 1, 2008  
Closed - Season's Greetings



*Although we may be closed we will always be available to our patients for dental emergencies. Call 576-1416 for assistance.*

In the LIMELIGHT **SALIVA** Dental Education Series

Saliva is a miracle liquid that fights off cavities, prevents food from sticking to teeth and gums, neutralizes stomach acid and helps prevent heartburn. It even strengthens teeth by providing supplemental calcium and phosphorus.

Your salivary glands produce on average three pints a day, right inside your mouth where it works wonders on teeth and gums to keep you smiling. Unfortunately, sometimes salivary glands stop producing enough. While medical professionals no longer believe that old age automatically cause dry mouth, xerostomia can result from autoimmune diseases, radiation or prescription medications. If you have dry mouth, here are some tips:

1. Cut back on mouth-drying alcohol, in beverages or mouthwash
2. Drink plenty of water, not saliva but better than nothing.
3. Chew sugar free gum
4. Fortify with fresh fruits and vegetables. Fiber scours teeth carrying away plaque and bacteria.
5. Floss, brush and rinse (new one, huh?)
6. Stimulate salivary gland with medications, ask your doctor.
7. Regular dental visits. We can help.

## The HARD truth about SOFT drinks

Are you a soda drinker? Do you like fruit punch, juice boxes, bottled tea, lemonade? The typical American drinks 53 gallons of soda a year, and the consumption of soft drinks in general has increased 500% in the last 50 years. For instance, a 1950's soda was 6.5 ounces – less than one cup. Today a 1 ½ cup soft drink is standard, and a 2 ½ cup bottle is common! A “super-sized cup” has more than five cans of pop in one serving! Each regular soft drink contains an average of 10 teaspoons of sugar – and the more in your diet, the greater the risk of cavities, diabetes and coronary heart disease.

**Soft drinks – the cavity link** Soda is sugar water with no nutritional value. The more sugar in your diet, the greater your chance of tooth decay. When sugar in soft drinks combines with bacteria in your mouth, acid forms. Diet soda isn't safe either. It contains its own acid. The more you exposed to acid, the greater the risk of damage to your teeth. Each time you take a sip of soda an acid attack begins, each attack lasts about 20 minutes. Repeated attacks eat away your tooth enamel. Cavities start when sugars and acids damage the enamel, and your teeth begin to rot away.

**Nothing soft about them** Soda and sugar-filled drinks are loaded with empty calories that make you gain weight – even by just drinking one or two a day. Your jaws are made of bone, as your bones become weak from lack of calcium, so does your ability to hang on to your teeth. They'll rot and fall out. In later years, you may have weak bones that look like Swiss cheese. Another drawback, soft drinks will also stain your teeth with artificial coloring.

**Save Your Smile** Your smile is one of the first things that other people notice about you. After a soft drink, brush and floss. If you can't, rinse your mouth with water to dilute the sugar. Don't sip over a long period of time – each sip is a new attack launched on your teeth. Don't drink soda or juice before bedtime. The liquid collects in your mouth and coats your teeth and tongue with sugar and acid. Say “No” to soft drinks at your school, and tell your principal and teachers why! Ask for healthy options like bottled water, milk and 100% juices. Floss every day to remove plaque and debris from between your teeth and along the gum line. Take the time to read the label on whatever you drink. Brush at least twice a day with fluoride toothpaste. And last but not least, visit your dentist for regular check-ups.

OUR MISSION IS TO PROVIDE EXCELLENT DENTAL CARE IN A CARING AND COMFORTABLE SETTING. WE BELIEVE THAT DENTAL HEALTH IS ONLY ONE COMPONENT OF OUR PATIENTS OVERALL WELL-BEING. WE STRIVE TO PROMOTE LIFE-LONG DENTAL HEALTH BY ASSESSING OUR PATIENT'S INDIVIDUAL NEEDS AND MAKING RECOMMENDATIONS THAT STRESS THE PREVENTION OF DENTAL PROBLEMS.

