

THE FLOSS DEMOCRAT

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REDUCE REUSE RECYCLE ISSUE

With all of the talk of global warming, global dimming and carbon footprints – we have been doing our best to use the three “R’s” of eco-stewardship to be a friendly ward of our mother earth.

Reduce – while our sterilization process requires us to use plastic wrap, paper drapes and multiple disposable items, we carefully set up our rooms to use only what is necessary. If we need one gauze or cotton roll, why put out two? It may not seem like a lot, but that could be 16 extra items per day, 64 per week and a whopping 3328 per year!

Reuse – well, this is not something we can do in the back office (try not to think about it!) but, in the front office we have several opportunities to reuse our supplies. Instead of throwing away x-ray holders, we use them for new sets; we try to use the back of reports for scratch paper; and lastly, we use “real” utensils and glasses instead of their disposable cousins.

Recycle – even before it was in fashion, we have recycled our used bottles, cans and all of our cardboard and paper products. Now with Emily in the back office, we are upping our recycling to new and uncharted areas – we hope all within the general recycling guidelines.

PAPER OR PLASTIC?

ARE YOU GOING TO MISS THAT PHRASE WHEN YOU GO TO THE MARKET?

THE TREND STARTED SLOW, GAINED MOMENTUM AND NOW IS IN THE PROCESS OF BEING LEGISLATED IN ECO-CONSCIOUS COMMUNITIES COAST TO COAST. BRING YOUR OWN BAG TO THE STORE, SAVE A NICKEL, DONATE A NICKEL OR LATELY, PAY A QUARTER FOR A BAG.

WELL, NOT BEING IMMUNE TO TRENDS, WE HAD A HIGH QUALITY CANVAS GROCERY BAG PRINTED FOR OUR PATIENTS. TO GET YOURS, STOP BY AND SEE US. AVAILABLE TO YOU, WHILE SUPPLIES LAST.

EVEN OUR TOYS ARE ECO-FRIENDLY



It seems as though going back to basics is fashionable again. Will four dollar gas bring back the carpool and the school bus? Our wooden toys have been around for along time. Each child that comes in to play with them uses their imagination to create a unique experience. As parents, we are beginning to realize the costs involved with the lure of cheap toys – lead paint, BPA and other hazards that come with unregulated means of production. While getting something cheaply might also be alluring in dentistry, trying to cut costs should never involve cutting the quality of the service that we provide. We have a commitment to you to provide only the best materials and NEVER cut corners when it comes to your personal safety and health.



From the desk of Kamran Azmoudeh, DDS

Hello again. It seem like only yesterday I was welcoming you at our Open House, and now here we are already enjoying spring. Last year we invested a lot of time, effort and capitol in improving our ability to provide you with the best care possible. We have upgraded our x-rays from chemical processing to digital imaging. I must tell you, that I feel it is one of the best investments we have ever made. The fact that the x-ray can be viewed immediately saves us time – the assistant or hygienist doesn't need to leave you waiting while the film is processed. We can assess the quality of the picture we've taken immediately. The x-rays can now be viewed at a size that we can all see what's going on - I won't have to give you a magnifying glass to show you the shadow at the base of the crown or root. Another benefit of going digital is the reduction in the radiation that we use. I am also able to calibrate the machine to take images for root canals and implant treatment that help in my diagnosis and planning process.

Of course like in any project, when you want to make one change it means a whole host of other issues will need to be addressed. We couldn't go digital without having computers in all of the treatment rooms. There was a bit of a learning curve while we ironed out how we were going to utilize having all this new technology available at our fingertips. We are currently undertaking the necessary steps to be an even greener office – “going paperless” is now in sight! We are updating our email contacts, so if you would like to receive your reminders via the internet give us your information at your next visit. It may not happen overnight, but little by little we are attempting to embrace the technology that makes your dental visit more efficient and effective. Technology doesn't have to mean robotic – it frees us up to make sure that you are comfortable and satisfied with your dental experience.

Remember, if you ever would like to discuss any aspect of the treatment that has been recommended or received in our office, call for a consultation. I'm always happy to see you.

OFFICE CALENDAR

MAY 26 - **CLOSED**
MEMORIAL DAY

JUNE 26- JULY 8 **CLOSED**
INDEPENDENCE DAY HOLIDAY

SEPTEMBER 1 & 2 **CLOSED**
LABOR DAY

NOVEMBER 20 **4PM-7PM**
OPEN HOUSE

MARK YOUR CALENDARS!!

10 Foods Dentists Hate

Some are sticky or sugary. Others get stuck between teeth or lower pH levels in the mouth. So if your kids eat them, be sure he brushes well afterward.

- Gummy Candy
- Caramel
- Taffy
- Carbonated Drinks
- Fruit Drinks
- Bubble Gum
- Raisins
- Potato Chips
- Hard Candy
- Honey



In the LIMELIGHT Radiographs Dental Education Series

Why do I have to have an exam and x-rays every year?

The Cause There are many conditions that cannot be diagnosed by just coming for your cleaning. While not to discount the importance of your regular hygiene maintenance visits, once a year radiographs and exam are necessary so that the doctor can take a closer look to make sure there are no between teeth cavities forming and address the health of any existing restorations, bone levels and their supporting structures.

The Treatment Annual bitewing x-rays and exam, every 5 years a new full mouth set of x-rays and exam.

The Result It is a more predictable and pleasing outcome when things are “caught” early. It's no fun to let decay run rampant and crowns fail before doing something about it. We hear all of the time that a patient has seen the same dentist every six months for years and never knew they had problems. We want to put you in charge of your dental health – we'll tell you what's going on – you decide how and when you want to proceed.

As far as radiation and waste – we have recently transitioned to digital x-rays. It reduces the amount of radiation you receive by 50% and enables us to show you the image at a size you can see. We have also discontinued our contract with Medical Waste Disposal – we have no more toxins from x-ray developing to report!

Our x-ray room has transitioned into the CEREC milling lab – helping to reduce noise pollution while your crown is milling away.

Whole Body/Mind Health

guest columnist **Roseanna Woods, L.Ac.** www.roseannawoods.com

There's a lot of talk about diet and exercise as ways to improve our health. It runs the gamut of every persuasion and is often controversial as to what is the "Right" way to eat and exercise. An aspect that is often overlooked in supporting our well-being is self-reflection and meditation: The act of sitting quietly from 5 to 20 minutes on a regular basis. The benefits of this action or rather, non-action are immense. Meditation is a way of synchronizing the body and mind. In our fast paced world this allows us time to gain a broader view, which gives us a proper perspective on the correct course of action – rather than reacting or being on automatic pilot. To stop and not "do" allows our body to recalibrate; our nervous system shifts from fight or flight to calm and restorative.

We not only calm the body processes, but align ourselves with what's truly important and this gives way to choices that are more supportive. Body/Mind working together for our best interests, as well as affecting our interactions with others – we do not "harm" and we spread peace.

There are many techniques of meditation but the common thread is to follow the breath – in and out – wherever we feel it the strongest- the nostrils, the rise and fall of the belly or chest. Often people think meditation is about getting rid of thoughts. This is not possible! The nature of the mind is to think. This is useful!! Meditation allows us to see more clearly and notice what thoughts are arising. Rather than following the predominant ones, we can just let them go and come back to the breath of the moment. We begin to see the coming and going of many thoughts which gives us a larger perspective. We begin to just "let be" instead of getting caught up in "doing" and strategizing. This allows us to relax into what is in the moment. This way we are observing the ever changing sensations and thoughts. Over time we begin to connect with our own wisdom of what course of action is truly beneficial. This has enormous implications for our health.

When people come for an acupuncture treatment or participate in one of my yoga classes, I encourage this process of body/mind synchronizing by guiding the attention, to help anchor the mind in the moment by moment process. In this way people drop into deep relaxation and feel clarity and a sense of restoration.

Online Service Update

As an adjunct to the service you receive in our office, we have also made available 24 hour service at azmoudehdental.com. You can contact us, review the procedures we provide and hey, just look at our smiling faces.

We are, of course perfecting this service, so let us know how our website could best serve you. Our newest newsletters are available there, as well as interesting articles you can download for the improvement and enhancement of your dental health.

We are in the business of helping you to achieve better dental health. If you have articles that you are interested in sharing or news items that afford mentioning, please let us know. If you would like to offer a testimonial about the care we provide, we would be happy to have that as well. It is also a good place to send a friend in need of a dentist, so they can see for themselves what our office has to offer.



Oral Health: The Mouth –Body Connection

Opening your mouth is somewhat like cracking open the hood of your car. An expert taking a quick look can get a good sense of what is working, what's not, and what should be tuned up regularly to keep your body's systems up and running at their best.

Your teeth and gums speak volumes about your well-being. For starters, cavities and gum disease may point to diabetes and heart disease, and loose teeth could be a sign of osteoporosis.

When there is an underlying condition at play – more than 90% of systemic conditions such as heart disease are linked to systems in the mouth – your dentist can draw an important connection between your oral health and your overall health, and you can start getting everything from your teeth down to your toes back on track.

For the entire story, click on:

www.webmd.com/oral-health-the-mouth-body-connection

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*Please recycle when finished reading!

The Binky Break-Up

The Rules

Don't cut holes in a pacifier. Some parents try this to make binkies less appealing to kids, but it can create a choking hazard.

Do unplug to talk. If your child wants to say something to you, tell him he has to take his pacifier out of his mouth first.

Don't cave. If you break down and give your toddler her pacifier after an epic length tantrum, she'll think that acting up is her ticket to getting it.

Fun Farewells – check out these clever ways to make pacifiers disappear.

Binky Fairy - The “Binky” fairy must take the pacifier from under the pillow, because she’s a big kid now, and “give it” to a baby that needed it.

Pacifier Present – If you know someone who just had a baby, ask your baby to wrap up the binky for the new baby. Throw them in the trash when he’s not looking.

Toy Trade – Bundle up your child’s pacifiers and take them to the toy store to trade for toys – pay the clerk under the counter, of course.

Thank you to the **Santa Rosa Mother’s Club** for their kind words and referrals; it is always a joy when we hear that our patient’s children are “excited” to come see us! We hope that the great experience will help these little ones have excellent dental health for a lifetime.

Thanks for spreading the word...

Thank you for referring your friends and family to our office. We promise that we will take the same time and care with them as we have always provided to you.

As you know, our dental office is committed to total patient care. In other words, I believe that a patient is more than a set of 32 teeth. Teeth are the first step to our digestive system, they aid in the absorption of critical nutrients that make our bodies healthy. We also know that diseases that affect our bodies have a relationship with how healthy we keep our teeth and gums. People that avoid regular dental care are usually more prone to disease and infection and have an overall lower quality of general health. Spreading the word of how dentistry can improve your health is way to show you care about your friends and family. Refer a dental-avoider to our web-site, it is full of good information on the systemic connections.

We would like to especially thank the following for sharing our concept of total patient care with others that are looking for the quality care we provide:

Sonoma County Executive Association
WACCO Bulletin Board
Santa Rosa Mother’s Club
Our valued patients... (HIPPA, shhh!)