

# THE FLOSS DEMOCRAT

Volume 12

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Winter 2006

KAMRAN AZMOUDEH, DDS

GENERAL & COSMETIC DENTISTRY

*a higher standard*

1200 FARMERS LANE SANTA ROSA, CA 95405  
707.576.1416

## OFFICE HOURS

MON, TUE, WED 8 – 5  
LUNCH 1-2

THURSDAY 7 – 3  
LUNCH 12-12:30

AZMOUDEHDENTAL.COM 24HRS

## OPEN HOUSE



In just a few hours, 1200 Farmers Lane was transformed from your favorite dental office, to a hip and happenin' party destination. Thanks to an amazing crew of decorators, caterers and music specialists – it was a magical evening.

Thanks to all who braved the weather and parking, our second annual open house was a huge success. It is our way to say "Thank You" to our amazing patients, to the folks that have been here since the beginning, and the new faces, too. We feel fortunate to be able to serve you.

If you weren't able to make it last year, mark your calendar for next –

✓ NOVEMBER 9, 2006



Food, fun & friends.



Smiles all around...



Chocolate, too!



From the desk of **Kamran Azmoudeh, DDS**

Happy New Year! It was great to see all that braved the rain to come to our Holiday Open House. We hope you have a great time, we sure did. We had so much fun that we are already gathering ideas for the next one!! To all of you that are wondering, our fabulous magician, Jon E. King, ended the night with a car vanishing act. After we all stopped laughing (it was hard to believe), we realized he was serious and his car had been towed. A word of warning for next year, be careful where you park.

It was a great season for our little soccer stars. The Pandas (Ian's Team) mostly learned that you were supposed to kick the ball in your own goal, not your opponents (because it was closer).

Eva's team, the Scorchers, came in Third in City Cup and first for the League! I was so proud to be a part of such a hard working team. It was a great experience for me as I enter into our daughter's teenage years. I realized that fashion and soccer can mix, and young girls sure do talk a lot! 🌍

And yes, as most of you know, for me, there are always advances and challenges in dentistry. I have recently attended a course in Chicago to enhance our use of the CEREC. We are now able to produce your in-house crowns and onlays much quicker than before... The restorations are perfect. I have been extremely happy with the way the CEREC has removed the need for temporary crowns, and impressions. I am happy to be free of the day when I had to return a case to the lab because of improper fit or poor shading. Technology is a wonderful thing!

On a final note, many thanks to all of you, who have expressed their confidence in our office by referring your friends and family. It is a great honor for me to share my philosophy of comprehensive and preventive dentistry with patients that care about their teeth as it relates to their overall health. Remember it is my goal to help you to stop getting cavities, bleeding gums and broken teeth. It is a pleasure being your dentist.

### OFFICE CALENDAR

JANUARY 16 — CLOSED  
MARTIN LUTHER KING DAY

FEBRUARY 20 — CLOSED  
PRESIDENT'S DAY

MARCH 3<sup>RD</sup> UOP CONVENTION  
BEACH BLANKET BABYLON PARTY

APRIL 17-23 — CLOSED  
SPRING BREAK

MAY 29-30 - CLOSED  
MEMORIAL DAY

AS ALWAYS, BE SURE TO  
SCHEDULE AHEAD TO GET YOUR  
PREFERRED DATE AND TIME.



IF YOU HAVE A DENTAL  
EMERGENCY, PLEASE CALL THE  
OFFICE NUMBER, 576-1416,  
AND YOU WILL BE DIRECTED TO  
THE DOCTOR ON CALL.

*Valentine Whitening Special*

*\$195.00*

*Give a smile. Get a smile*

*Offer expires 2/28/2006*

# Athletic Mouth Guards



**If you or your family are in active sports, we have good news for you!**

**Over five million teeth will be knocked out at sporting events this year alone. (Not including tailgaters!!) A custom fitted guard protects your teeth. Precision fit helps you speak and breathe better than the boil and bite variety.**

**According to experts in preventive sports medicine, lifetime dental rehabilitation costs can approach many of thousands of dollars for each tooth lost in a sporting injury. We recommend that you play safe with a custom mouth guard.**

## In the LIMELIGHT **My Bite** Dental Education Series

Why is my dentist worried about my bite? In some cases, patients with a bad bite will know by the pain in their jaw that something isn't right. In other cases, they will think they have no symptoms at all. Things to look out for: broken teeth, sensitive teeth, habitual grinding/clenching.

**The Cause** When your teeth are not properly aligned with the correct position of the jaw joint, this creates interferences between the cusps of your upper and lower teeth. These interferences cause trauma and a desire to subconsciously grind them away and/or eliminate them through cusp fracture. Malocclusion can be inherited or acquired, and can usually be eliminated.

**The Treatment** Occlusal equilibration entails marking the contacts between the upper and lower teeth while your jaw is properly positioned, and making a series of slight adjustments. Over the course of these treatments your bite will evolve into an ideal occlusion. This may take more than one visit. Once your ideal bite is achieved, you will be fitted for an occlusal guard. In most cases, an occlusal guard (which can be worn at night, driving, sitting at your desk, wherever you need it) acts as a deterrent to clenching and grinding.

**The Result** When done properly, occlusal equilibration will reduce the risk of fracture to natural teeth and dental restorations, sensitivity and muscle soreness. When done in conjunction with an occlusal guard, it will allow your jaw to be at rest, free from clenching and grinding.

This process generally takes one to four appointments and requires no anesthetic. It is tolerated easily by even the most fearful of dental patients. The usual comment initially is "my bite feels a little weird."



## Dental Diet Tips

Brush your teeth right after meals to keep you from snacking beyond being satisfied.

Drink water to curb your appetite, to avoid excess calories and to keep your mouth fresh.

Chew sugarless gum while cooking so "sampling" doesn't turn into snacking.

Get your teeth cleaned professionally and regularly. You'll enjoy the clean look, feel and taste too much to stain them!

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ASK ABOUT OUR “NEW PATIENT SPECIAL”



**This Year I Resolve To:**

(a dentists' wish list)

**Be nice to my dentist**

**Brush my teeth after every meal**

**Smile more**

**Eat healthy snacks**

**Find sugar free chewing gum and  
mints with Xylitol**

**Wear my nightguard every night**

**Visit my dentist as recommended**

**Oh yeah – FLOSS**

(Did you really think I'd forget that one?)