

THE FLOSS DEMOCRAT

VOLUME 18

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AZMOUDEH DENTAL
a higher standard

It's been a while....

There is a gap between Facebook, face-time and our busy lives. While we were busy incorporating our website and other electronic media into the office, we left one thing out – The Floss Democrat! It has been nearly five years since our last edition. We have an archive of our past releases, and in reading through them, I realized we had lost a great way of getting the dental news to you. We have in the past reminded you of the benefits of fluoride, alerted you to the potential harm from taking Fosamax, and given you advice on how to take care of your teeth and gums. Since some of you have not EVER received this mailer, and we will be using the postal service, give us your feedback – we can put you on our email list; you can catch it on azmoudehdental.com; or say “no, thanks.” We hope you enjoy this issue and find it informative as well as entertaining.

In this issue:

✂ Meet the Crew

Introductions and updates

✂ MI Paste and other products we sell

✂ The right age to brush “solo”

✂ BPA Update

✂ Most harmful drinks (to your teeth)

✂ Herbal Supplements and Dentistry

✂ Denture Adhesive Alert

✂ Office Calendar

May we recommend...

How many times have you been told to buy something, only to get to the store and realize that there are 100 things that all look and do the same thing? Which one is right for you? About 15 years ago, I decided that to sell these products at our cost was a greater benefit than to solely recommend them. I found that patients changed their toothbrush head more frequently and purchased the paste that was right for them, if it was handy.

As you enter the office you may have noticed the display case of toothbrushes, tooth pastes and home of the “treasure box”. These products are offered as a convenience to you.

So what's in there?

- ✓ Fluoridex – Prescription fluoride toothpaste
- ✓ GelCam – Berry and Mint Rx toothpaste
- ✓ Prevident – Rx Toothpaste
- ✓ MI Paste – Various Flavors, see next section
- ✓ Braun Oral B Vitality Toothbrush
well priced no nonsense electric toothbrush
- ✓ Various toothbrush heads – for the above
- ✓ Biotene Dry-Mouth Sample Kits
- ✓ Tote Bags – get them while they last!

We try to negotiate the best deal with the suppliers, so we can pass the savings along to you. Which toothpaste is right for you? Ask one of the dental professionals next time you are in the office. †

Fun Fact From The Guinness Book of World Records



Did you know that the largest mouth on a land animal belongs to the adult male hippopotamus? He can open his jaws to 180 degrees, which is on average 4 feet!

From the desk of Kamran Aymoudeh, D.D.S.

Happy New Year! I am so happy to be back in the U.S.A. Many of you know that over the holidays I went to visit my mother in Tehran. While it was a nice visit seeing family and friends, and the first time my two brothers and I chatted as adults; it was heartbreaking to see how hard life has become for average Iranians. It doesn't feel like the country of my youth any longer and that is very sad. Fortunately with an active Iranian-American Community we can help to keep some of the cultural traditions alive such as 'Charshanbeh Soori' and 'Norooz' – my kids think that everyone jumps over fire on St. Patrick's Day, as we combine two cultures for a great night!

Last year I was able to earn the "California Triple Crown" – this means I completed three two hundred mile bike rides in one season. This was in addition to the annual Women's Recovery Service's Sea to Sierra Ride - Again, I am grateful for your generous donations. As a Marshall in Levi's GrandFondo, I was able to re-implant a tooth right on the roadside! You never know what life will throw in your path. After a long hiatus and a few mid-winter pounds, I am back in training mode. This year's goal - "The One Thousand Mile Club"; five two hundred milers and a few other hurdles. For what? A jersey? My wife thinks I'm crazy.

Dentistry, you ask? I love my work. Incorporating implant and periodontal surgery into my practice has been truly fulfilling. I began my surgical training back when implants were new to the U.S. It is amazing that they have become ubiquitous. I have had a hand in many complex restorative cases and love to have an office that combines the hard stuff with the "heart" stuff. I Like watching the senior class go off to college, signing a new batch of kindergarten readiness forms and mainly doing what I love, with people I love to see. Thanks for another great year.

OFFICE CALENDAR

FEBRUARY 20

Closed for Presidents
Day

MARCH 16 – 25

Closed for Spring
Break

JULY 1 – 15

Closed for Summer
Vacation

NORMAL OFFICE HOURS

M – W 8 – 5

THURSDAY 7 – 3

In the LIMELIGHT

MI PASTE

Dental Education Series

Saliva helps provide essential minerals that strengthen your teeth and protect the enamel. Various activities can create an acid imbalance that makes it difficult to produce saliva and protective minerals. MI Paste is a one-of-a-kind product that restores minerals and helps you produce saliva. It is the only dental product with RECALDENT™ (CPP-ACP), a special milk-derived protein that is a breakthrough in oral health care in helping to remineralize teeth.

MI Paste and MI Paste Plus with RECALDENT™ (CPP-ACP):

- Strengthens your teeth with tooth-replenishing calcium and phosphate
- Releases vital minerals into your mouth when and where they are needed
- Produces a saliva-like environment that maintains normal acid levels and healthy teeth
- RECALDENT™ CPP-ACP is milk derived with lactose content less than 0.01%.*
- Helps condition, protect and rebuild your tooth surfaces
- Is a water-based, sugar-free crème that comes in five delicious flavors

MI Paste with RECALDENT (CPP-ACP) fortifies your teeth to keep your smile vibrant for a lifetime.

❓ When can my child start brushing his own teeth?

➤ Not until a child can write cursive – around 7 or 8.

If he needs a step stool, he probably still needs your help brushing.



“In order to effectively clean your teeth, you have to be able to move the bristles at a 45 degree angle so you can go between the tooth and gumline, where most of the plaque hides” says the President of the American Academy of Pediatric Dentistry. “Children younger than 7 or 8 don’t have the coordination to position the toothbrush properly. That is a skill they will pick up as they start to master the semicircular motions of cursive.” But that doesn’t mean your younger kid can’t help. Let him hold the brush while you guide his hand, or do a follow-up scrub after he takes a turn. This way, he’ll know the drill when he’s at Grandma’s or any other time you’re not around.

Denture Wearers Beware

If you use denture adhesive, such as Poligrip, be sure to use the “zinc-free” variety. Excessive ingestion of zinc can lead to myeloneuropathy and blood disorders.

PLASTIC ADDITIVE CALLED TOXIC

The News Bisphenol A (BPA), a compound used to make plastics and epoxy resins, was formally declared to be a toxic substance by the Canadian Government, making it much easier to ban its use.

Behind the News Environmentalists, medical doctors and the plastic industry have been arguing for decades over whether the bisphenol A that leaks into food products from plastic containers is a health threat. Studies have found that it imitates estrogen in lab animals; nearly everyone in the United States has some in his or her body. Several states and the European Union restrict its use in food containers.

Dental Myths Revealed

Why do we ask so many questions when you just want your teeth cleaned? We know - it is a long form. We know - we are nosy. We know – you are very healthy and you just take a little Echinacea in cold season.

YOU DO WHAT???

Did you know that Echinacea may pose a risk of poor wound healing and infection and should be stopped 24 hours prior to some dental procedures?

Below is a partial list of supplements that can interfere with your dental work:

Ginko Biloba – raises the risk of bleeding

Garlic – prevents clotting

Ginseng – increase bleeding & exacerbate low blood sugar – avoid for seven days

St John’s Wort – speeds up metabolism & interfere with other medications, stop for five days

Ephedra – irregular heartbeat

Kava – can increase the sedative effects of anesthesia

Valeria – increase the sedative effects of anesthesia

We like you, we want you to be comfortable and have a great dental experience. Please be sure to let us know when you are taking medications – either prescription or over-the-counter.

Most Harmful Drinks

KMX Energy Drink.....	28
Snapple Classic Lemonade.....	22
Red Bull.....	18
Gatorade (lemonlime).....	15
Powerade.....	12
Amp Energy Drink.....	10
Nantucket Nectars....	8
Propel Fitness Water.	6
Fanta Orange.....	4
Coca Cola.	2

0 5 10 15 20 25 30
Mg/cm² enamel destroyed in 14 days of continuous exposure



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ASK ABOUT OUR "NEW PATIENT SPECIAL"



MEET TEAM AZMOUDEH

JOANNA – HEADING UP OUR HYGIENE DEPARTMENT IS JOANNA. FOR OVER 12 YEARS SHE HAS BEEN GRACIOUSLY ASKING YOU ABOUT YOUR ORAL HYGIENE ROUTINE, AND MAKING RECOMMENDATIONS TO KEEP YOUR PEARLY WHITES SHINING. WHEN SHE CAME ABOARD, HER TWINS WEREN'T EVEN READY FOR PRE-SCHOOL, NOW THEY ARE ALMOST IN HIGH SCHOOL. AS YOU KNOW, IF YOU HAVE A FAVORITE TIME ON WEDNESDAY OR THURSDAY YOU BETTER BOOK IT EARLY.

BARBARA – IF ANYBODY KNOWS, BARBARA KNOWS. CAN I TAKE MY ASPIRIN AGAIN? LET'S ASK BARBARA. MY TOOTH IS ITCHING. LET'S ASK BARBARA. HEY, WHERE'S BARBARA? SHE IS DR. AZMOUDEH'S RIGHT HAND, AND ALWAYS THERE WITH A SMILE AND WAY TO HELP YOU UNDERSTAND. EIGHT YEARS OF DEDICATION, ALL THE WHILE EARNING HER MASTERS DEGREE.

NOEMI – OUR NEW ADDITION TO THE HYGIENE DEPARTMENT. FOR ALMOST A YEAR, NOEMI HAS HELPED MAKE TUESDAY A PLEASANT ONE FOR OUR HYGIENE PATIENTS. HER WARM RELAXED STYLE WILL MAKE YOU FEEL LIKE FLOSSING EVERY DAY.

CHRISTI – JOINED OUR TEAM LAST FALL. CHRISTI BRINGS OVER 18 YEARS OF DENTAL ASSISTING EXPERIENCE AND HAS HELPED TO STREAMLINE OPERATIONS IN THE BACK OFFICE. SHE IS EXCITED TO HELP MAKE YOUR DENTAL EXPERIENCE A PLEASANT ONE.