



WE SPECIALIZE IN:

- COSMETIC SERVICES
- IMPLANT SERVICES
- CROWNS
- BRIDGES
- ROOT CANALS
- TOOTH WHITENING
- INVISALIGN
- VENEERS
- DENTURES
- PARTIALS
- PERIODONTAL TREATMENT
- PATIENT CARE
- SEDATION DENTISTRY
- YOU!



We would like to thank all of our patients for allowing us to be your dental care provider!

The "A" Team!

## What is your dental need?

We usually don't think about our teeth until something hurts or just doesn't feel right. Or maybe you've spent a little time looking in the mirror wondering why your smile has faded. Perhaps you are tired of eating only soft foods, passing those peanuts on by for something you can actually chew. Whatever your need is, we can help you! But do you find yourself asking...what is the difference between a cosmetic, preventative, or restorative dentist? Let's take a look.

Every dentist's main concern is the health and function of your mouth. There are a number of specialties in the field of dentistry.

### Preventative Dentistry:

This is often called general dentistry and is concerned with the prevention of dental problems and maintenance of a healthy mouth. Most dental checkups include preventative dentistry treatments such as full mouth examinations, dental x-rays, oral cancer screenings, Periodontal screenings, and dental cleanings. With proper preventative care, most patients can avoid more costly and invasive restorative dentistry.

### Restorative Dentistry

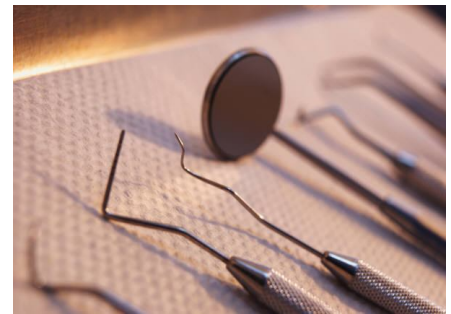
Restorative dentistry focuses on restoring structure and function to teeth that are missing, damaged, or infected. Dental fillings and crowns are the most common restorative dental treatments. A root canal may be used to remove infection from a tooth. Extractions may be the solution to an unsalvageable tooth. Dental implants, porcelain bridges, and dentures/partial dentures are used to replace missing teeth. Rebuilding bone for future implant placement falls into this category as well.

### Cosmetic Dentistry

Cosmetic dentists are primarily dedicated to enhancing the appearance of a patient's smile. Before undergoing any cosmetic dental treatment, a patient must first undergo a complete preventative examination to be sure there are no underlying problems such as decay or infection which could compromise cosmetic outcomes. Cosmetic procedures include tooth whitening, porcelain veneers, Invisalign orthodontic therapy to straighten teeth, and cosmetic tooth bonding.

### Our Practice:

Most dentists practice general or preventative dentistry with a team of dental hygienists and refer out complicated procedures to specialty offices. At Alouf Aesthetics our advanced training allows us to help you achieve all your dental wellness goals with preventative, cosmetic, restorative, and implant dentistry in one practice. **Ask us how we can help you Experience the Difference!**



Tools of the "Tray"!



© Dennis Holmes Designs \* www.ClipartO.com/64948

## How did Native Americans Brush?

The most common method was to chew the end of a green twig from a tree with flexible wood, usually birch, and then used the frayed end as a brush. The type of wood was important because most woods would shatter when chewed, as opposed to fraying. If they wanted a more thorough cleaning, they could put a small amount of sand on their teeth before brushing to create more friction and thus removing more particles. After brushing, they would often chew or make herbal teas from plants like wild mint or wintergreen.



Happy Thanksgiving!  
Remember to brush  
after every piece of  
pumpkin pie!

*May your stuffing be tasty*

*May your turkey be plump,*

*May your potatoes and  
gravy*

*Have nary a lump.*

*May your yams be delicious*

*And your pies take the prize,*

*Any may your Thanksgiving  
dinner*

*Stay off your thighs!*

*Anonymous*



## Did You Know?

- That all Alouf Aesthetic team members are trained in CPR? The clinical team goes steps beyond CPR and is also trained in Advanced Cardiac Life Support. We have an AED (emergency defibrillator) on premises and are trained to administer if necessary. We want our patients to know we are prepared for medical emergencies.
- That all Alouf Aesthetic team members are required to complete up to 15 hours of continuing education every year. We take classes in new technology, refreshers in current procedures, new information in the science of dentistry, and team building courses to make our team OUTSTANDING!

## November is National Diabetes Awareness Month

Diabetes affects 285 million people worldwide and the number is growing daily. The management of periodontal disease can not only help reduce the risk of developing diabetes, but also helps those already diagnosed, control their blood sugar levels. Studies clearly reveal the two way relationship between diabetes and Periodontal Disease.

Periodontal disease triggers the body's inflammatory response which can affect insulin sensitivity and ultimately lead to unhealthy blood sugar levels.

If you are a diabetic, please see your dental hygienist as prescribed and keep those blood sugar levels healthy!