



# Smile Symposium

with Dr. Charles Tozzer

(949) 857-1270 • [www.tozzerdental.com](http://www.tozzerdental.com)

Produced to improve your dental health and awareness

Winter 2011

## Season's Greetings

This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

**HAPPY  
HOLIDAYS** *from*

DR. CHARLES TOZZER & TEAM

# Dr. Tozzer Gives Back



As many of our patients know, Dr. Tozzer is not only a great dentist; he is a great philanthropist as well. About twenty years ago, Dr. Tozzer saw that though there were numerous programs in the underdeveloped world, there were few organizations that addressed one of the most basic needs of underprivileged children – dental care. When Dr. Tozzer saw the pain, decay and infections these children were suffering as a result of this, he decided to do something about it and *Dental Care for Children (DCFC)* was born.

DCFC is a 509(c)3 organization (IRS approved for tax deductible donations) dedicated to providing free dental care for children in impoverished communities around the world. With a growing throng of dedicated volunteers, DCFC has spearheaded free dental clinics in Haiti, Mexico and Southern California and helped launch clinics in Guatemala, Nicaragua, El Salvador and Uganda and Morocco.

As the holidays approach, we want to take this opportunity to say a great thank you to all of our patients, volunteers, USC dental students and donors who have made this possible throughout the years. If it weren't for their dedication and selfless acts of kindness, none of this would have been possible. With their help, we were able to help almost 1,000 patients and provide \$530,000 worth of free dental services this year. The best year yet for DCFC!

So from everyone at *Tozzer Dental*, thank you! We appreciate all that you do!

If you would like more information about how to get involved with DCFC please go to our website at [www.dentalcareforchildren.org](http://www.dentalcareforchildren.org) or email [Lindsey@dentalcareforchildren.org](mailto:Lindsey@dentalcareforchildren.org).

WANT WHITER TEETH? ASK US ABOUT WHITENING FOR LIFE!

# 5 TOP TIPS

## 4 Prevention

### Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

#### Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



## INSIDIOUS INFILTRATORS

**Fact:** Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

#### WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

# A GREAT GRIN IS *Ageless*

## Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us  
today for  
solutions  
to your  
ageless  
smile!*



## **“Ascared” Of The Dentist?**

### **Not your kid!**

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

**Show no fear.** Even if you experience anxiety, do not communicate this to your child.

#### **Set the bar high.**

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

**Start early.** Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

**Instill pride.** Praise your child for taking good care of their smile ...not for their bravery.

## **Ice Cream Owww!**

### **Icy incidents**

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

**Ask us. We'll inform your brain, not freeze it!**



# A Fear That's Conquered

...Never has the same power over you



I'd like to remind all of you that I can provide sedation, even if it's only for your cleaning. If you know others who are nervous about dentistry, then I sincerely encourage you to pass the word along. I am always available to answer questions about anxiety-free dentistry, and if I sound like a man on a mission ... I guess I am. I have seen the sometimes devastating consequences for people who miss out on necessary care.

It's true that an obviously neglected smile can damage your self-esteem and affect how others see you. Yet today, we understand that poor oral health can affect your general health as well. Gum disease, for example, has been linked to heart disease and stroke, diabetes, respiratory diseases, and cancers among a long and growing list of disorders.

With sedation, there's no need to be embarrassed about your smile or endure pain from cavities, gum disease, or even dentures that hurt because they don't fit. And using a busy schedule as an excuse has gone the way of the dinosaurs. You can fix years of dental damage in only one or two visits.

So please, book your appointment and pass the word along. With anxiety-free dentistry, you'll feel relaxed, wake up refreshed, and feel good about yourself again.

## office information

**Dr. Charles Tozzer**  
14785 Jeffrey Road  
Suite 112  
Irvine, CA 92618-0410

### Office Hours

Monday 9:00 am – 6:00 pm  
Tuesday 7:00 am – 4:00 pm  
Wednesday 7:00 am – 4:00 pm  
Thursday 7:00 am – 4:00 pm  
Friday *appointments available*

### Contact Information

Office (949) 857-1270  
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### Office Staff

Debbie, Michelle..... Team Leaders  
Colla..... Front Desk/RDA-EF  
Nuvia ..... RDA-EF  
Nitta..... Registered Dental Assistant  
Michiko, Heather, Jamie .....  
..... Registered Dental Hygienists  
Lindsey..... Marketing Manager

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## Now Is The Right Time

### To make referrals

Making and keeping a dental appointment, especially at this time of year, is very important and makes complete sense. Competitive sports are ramping up and to play it safe, mouthguards are a requirement. People also want to look their best for the holidays, or are realizing that they need work done before this year's dental benefits expire.

No worries! We have appointments available and we ask you to ensure your regular checkups are on track, and if not, invite you to schedule one.

Also, please refer your friends, colleagues, and family members to us. When you refer, it's an excellent reminder to others that preventive care is a top priority. We hope you know how much we value your referrals – they are high praise, and for that we are grateful to you!

## Special Holiday Offer - Whitening for Life

To keep your smile  
sparkling and white!



For all our valued patients we would like to offer Whitening for Life at a special Holiday price of \$49. You will receive custom whitening trays made just for you and free whitening gel every time you come in for your hygiene visit to keep your smile white and bright for life.



*before*



*after*

It's a great way to start off the new year with a dazzling new smile. Call now, this is a limited time offer. Some restrictions apply.