

# DR. TRANG LUU'S SMILE UPDATE

Winter 2006

## The #1 Whitening System

### Zoom2® your smile!

We are very pleased and proud to offer our patients the newest generation of the world's leading whitening system! Zoom2® is the fastest, most comfortable, and most effective in-office whitening system ever. It is 33% faster than its predecessor, with 67% less sensitivity. In just 45 minutes, your teeth will be dramatically whiter. This whitening procedure is ideal for anyone looking for immediate results, and its convenience makes it the perfect choice for the busy individual.

The Zoom2 procedure is simple. It begins with a preparation to isolate your lips and gums. We then apply the special Zoom2 gel with *amorphous calcium phosphate* (ACP) technology which is activated by the Precision Light Guide System. Teeth typically become at least six to ten shades whiter, and sometimes even

more. A five-minute fluoride treatment completes the procedure. You will be amazed with the results! In fact, in most cases, teeth continue to get even whiter the first few days after the procedure.

The Zoom2 whitening procedure includes a take-home touch-up kit that can be used whenever discoloration is noticed. Most often, a touch-up once a year will maintain a whiter smile that sparkles for years. Please call for an appointment to make sure your dream smile becomes reality.

#### Zoom2 Facts

- Safe and effective
- Completed in just 45 minutes
- Perfect choice for the busy individual
- Simple and painless
- Whitens an average of 8 shades
- Lasts for years
- Includes a take-home touch-up kit



## Office Information

### Your Neighbourhood Dental Office!

#### Get Acquainted Special!

Regularly \$200

Includes:  
Exam, x-rays, &  
teeth cleaning.

now  
**\$80**

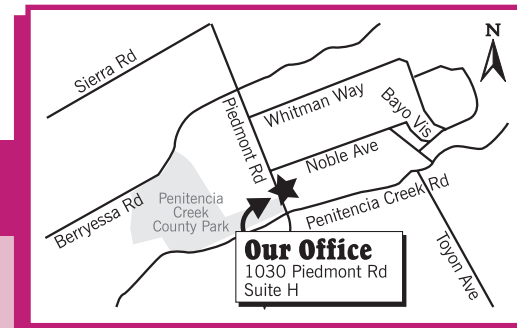
Offer ends:  
March 31st, 2006

**Trang Luu, DDS**  
1030 Piedmont Road, Suite H  
San Jose, CA 95132-2867

#### Office Hours

Monday	10:00 am – 6:00 pm
Tuesday	10:00 am – 6:00 pm
Wednesday	10:00 am – 6:00 pm
Thursday	10:00 am – 6:00 pm
Friday	10:00 am – 6:00 pm
Saturday	9:00 am – 4:00 pm

**Call Today!**  
**(408) 929-5555**



#### Our Services Include:

- ❖ Family dentistry
- ❖ Tooth whitening
- ❖ Cosmetic veneers
- ❖ Tooth-colored fillings
- ❖ Dental implants (*restorative phase*)
- ❖ Gum treatment
- ❖ Children of all ages welcome
- ❖ Relaxing & friendly environment
- ❖ Saturday appointments
- ❖ Most insurance plans accepted
- ❖ Languages spoken: Vietnamese & Chinese
- ❖ Visa, MasterCard, and checks welcome



# Are You For Real?

Smiles can communicate who you *really* are

Sometimes we override our natural impulse to smile because we're ... well ...embarrassed about how it looks.

In surveys, virtually everyone rates the smile as the first thing they notice when they meet someone new. Is it any wonder that cosmetic dentistry is a growing industry? That's because people know that their smiles communicate who they are.

It's also because there are many non-surgical, non-intrusive procedures that can resurrect your smile – many in as little as one visit...

**Whitening can lighten discolored teeth.**

**Tooth-colored composite can replace dark, silver-colored fillings.**

**Crowns can restore damaged teeth.**

**Veneers and bonding correct gaps, crooked, stained, or chipped teeth.**

**Bridges and implants replace missing teeth.**

**Gum sculpting makes teeth look longer and re-proportions your smile.**

**Orthodontics straightens teeth and closes gaps.**

With cosmetic dentistry, you won't have to hide your smile, and you can benefit your health by improving function as well as appearance. But by far, the most transformative effect is bringing back your smile and communicating what you mean.

Giving a smile can feel every bit as good as getting one. We welcome a consultation to discuss your smile with you!

## Did you know that...

- Hiding your teeth doesn't just cancel your smile – it sends out a totally different message.
- A smile with compressed or down-turned lips can communicate anger, dislike, grief, or sadness.

## About Oral Cancer...

### 7 Things You Need To Know

1. sixth most common cancer;
2. oral cancer kills;
3. the worst five-year survival rate of all major cancers;
4. can be cured with early diagnosis;
5. often goes unnoticed;
6. it is usually painless;
7. it can be observed, if you know what to look for.

### SMOKE SIGNALS

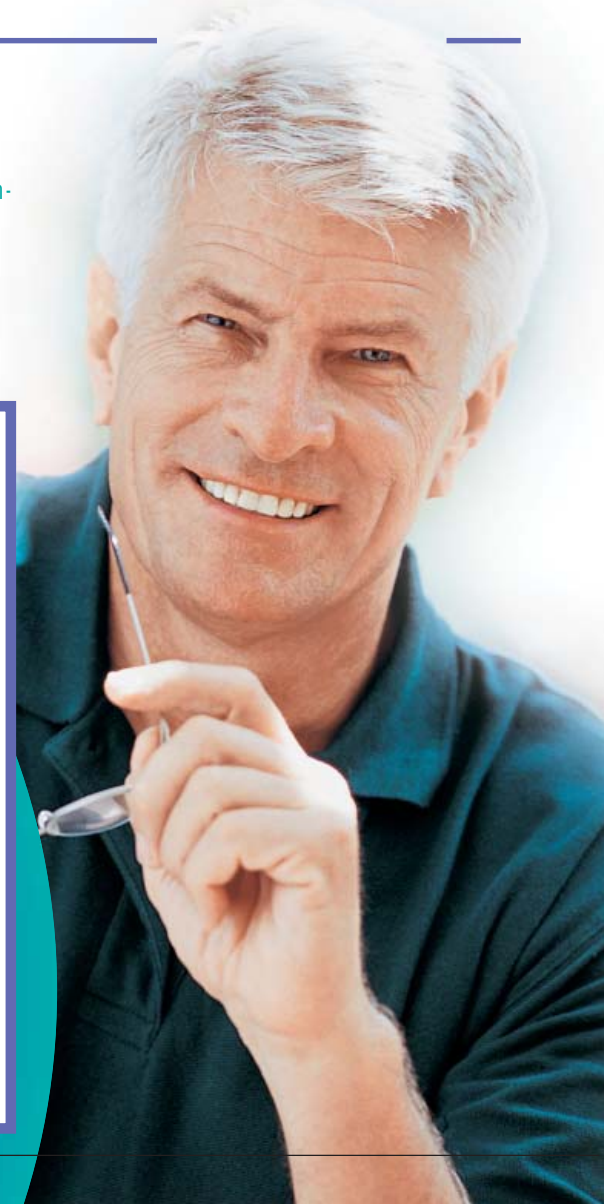
#### Second-hand facts

Smoking tobacco has been linked to oral and other cancers, but did you know that second-hand smoke is *more dangerous* than directly inhaled smoke. It contains the same 4,000 chemicals as smoke that is directly inhaled, but in even greater quantities. Approximately 50 of these carcinogenic chemicals cause cancer. Second-hand smoke contained in a car is 23 times more toxic than in a house!

### 7 Things You Need To Do

Check for 5 symptoms every month:

1. a sore on any oral tissue that bleeds easily or does not heal;
2. a color change of the oral tissue;
3. a lump, thickening, rough spot, crust;
4. a small eroded area;
5. pain, tenderness, or numbness; and...
6. avoid regular sun exposure, tobacco, and alcohol intake;
7. visit your dentist for an exam and evaluation.





# The Migraine Mimic

*Dentistry can help solve the mystery*

Are you one of the 90% of North Americans who experiences headaches? Ever thought of asking a dentist about them?

Problems with your oral health can mimic the symptoms of migraine or tension headaches. A number of dental problems can cause pain to radiate along the jaw, the neck, and around the head. Here are some examples:

- Temporomandibular Joint Disease (TMD), a misalignment of the jaw;
- Myofascial Pain Dysfunction Syndrome or muscle spasms caused by grinding teeth and clenching jaws;
- Abscessed, infected, or cracked teeth;
- Gum disease.

Using dental diagnostic tools and dental technology, a dentist can detect these problems and provide options that could change your life.

Consider a dental consultation. It could provide the solution to your mystery "migraines."

## It's No Secret!

**We can put you at ease**

You know how you try not to think about a secret in front of people, just in case you blurt it out ... *and then you do?* Same thing happens with dental anxiety.

Research shows that when you're trying *not* to think about things, your brain has to remember what it is you aren't supposed to be thinking about. Ironically, you end up being pretty focused on the thoughts you want to avoid.

What to do if you're fearful about dental visits? Instead of internally monitoring your thoughts, bring your concerns out in the open. Share them with someone trustworthy. Discuss your fears with a dentist.

Dental professionals are trained to help put people at ease with a welcoming atmosphere and a relaxed environment.

# Get In The Pink

And restore your balance

**Pink, healthy gums add up to more than a healthy mouth.**

**Research has shown that...**

- we see teeth as whiter when they are surrounded by pink gums.
- even the whitest teeth are not perceived as attractive without healthy gums.

**And there's more...**

- a too-gummy smile can make your teeth look too small, too short, or too square.
- receding gums can make your teeth look longer, making you look older.

**How can cosmetic dentistry help restore esthetic balance to your smile?**

**Gum sculpting** is a cosmetic dental technique that can be used to create a more natural, more proportioned smile simply by non-surgically removing excess gum tissue. Teeth that look too long can also be re-proportioned and look more youthful with a simple procedure called grafting.

**Veneers** are ultra-thin hand-sculpted pieces of tooth-colored porcelain that fit over the front of individual teeth. Veneers can be sculpted to make your teeth look longer or wider or shorter. Each hand-crafted veneer is a work of art customized for your unique smile.

Other techniques like **bonding, crowns, and bridges** can give you a smile that looks and feels completely natural – and balanced.

Enhance your smile – and your gums – by keeping regular visits to the dentist and maintaining a good home care routine.



*We'll be happy to schedule your cosmetic consultation. Call today!*



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# Not Just A Pretty Face A beautiful smile!

Today's tooth-colored invisible fillings can give you more than just a pretty face – they can strengthen your teeth, seal out bacteria, and decrease tooth sensitivity to hot and cold. After all, besides wanting to look great, there are many reasons for replacing older fillings. Chewing can eventually wear down restorations (allowing bacteria into the tooth) and can create cracks that may require further restoration.

Attractive, invisible fillings called inlays can be made from porcelain, cast glass or composite resin. Comparable to the strength and beauty of natural teeth, these can be colored and formed to fit so well that you can hardly detect them. In fact, with new self-confidence, you'll be laughing out loud again – and not showing those fillings off!

## For A Brighter, Healthier Smile Call Today! (408) 929-5555



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# Root Canal Treatment

## Saving your teeth

Like many patients, you may have questions about root canal treatment. Root canal is one of those dental terms that's often talked about, but less often understood. Many people think it's a painful and mysterious dental secret. The truth is that modern root canal treatment can be performed with little or no discomfort and can be credited with saving more teeth than almost any other treatment in our office.

The part of your tooth under the gumline is called the root. Inside each root there is a channel called the root canal that contains the nerves and blood vessels that bring nutrients to your teeth.

Sometimes gum disease, a fractured tooth or decay under very old fillings can cause these nerves and vessels to become painfully infected and die. Years ago this condition often meant extracting the tooth. But today we use root therapy to treat the infected canal and save the tooth.

We usually administer a local anesthetic to prevent any discomfort. Then we make a small opening in the tooth to clean, using a new rotary hand piece, and medicate the inflamed root canal. When the infection is gone, the canal space is filled with thermal fill which is cleaner, safer, and creates less post operative pain. Your tooth will probably need a crown or filling to strengthen it. Successfully treated teeth last just as long and look just as good as normal teeth. Root canal treatment is a real smile maker!

## \$50 Off Any Treatment

**Including:** Fillings, crowns, bridges, root canal therapy, dentures. root plan for cash patients only

**Offer ends:** March 31st, 2006

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