



William T. Conklin, DDS, DICOI
implant | cosmetic | family dentistry

Smile Specialist

Produced for the Patients of William T. Conklin, DDS, DICOI

Summer 2010

fromthedentist

Committed To You Now and always



Have you ever wondered why we are so committed

to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

Yours in good dental health,
William T. Conklin, DDS, DICOI

turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

One Patient's Journey...

To a more beautiful smile!

It's only partly true that cosmetic dentistry is about creating movie-star smiles with whiter, straighter teeth. For most people that is the ideal smile.

Cosmetic dentistry is about transforming your smile, and helping you to feel more confident, enhancing your appearance, and making you look younger!

Ready for a change, Lynn came to Dr. Conklin for a smile transformation.

*The result?
An amazing
transformation!*



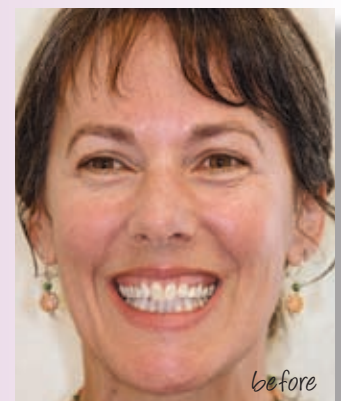
Lynn's treatment included Gum Sculpting, Implants, Crowns, Veneers, and Zoom!® Whitening

Here's what she has to say about the experience:

"The smile that I felt inside was restrained prior to the amazing dental work that was done by Dr. Conklin.

I was self-conscious of an uneven gum line and two "baby teeth," top and front, that had no permanent teeth to push them out. Dr. Conklin took time explaining my choices, the process, the timing and costs to me, and I went in knowing exactly what to expect. He was gentle and I was excited for each appointment! His staff is wonderful and they shared my excitement. Having the extensive work done was so worth it, and I would recommend it to anyone who wants to improve their smile. Dr. Conklin is a master at his work and I will be ever grateful to him and his staff for giving me a smile that is free and unguarded."

- Lynn P.



A healthy smile will last a lifetime!



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

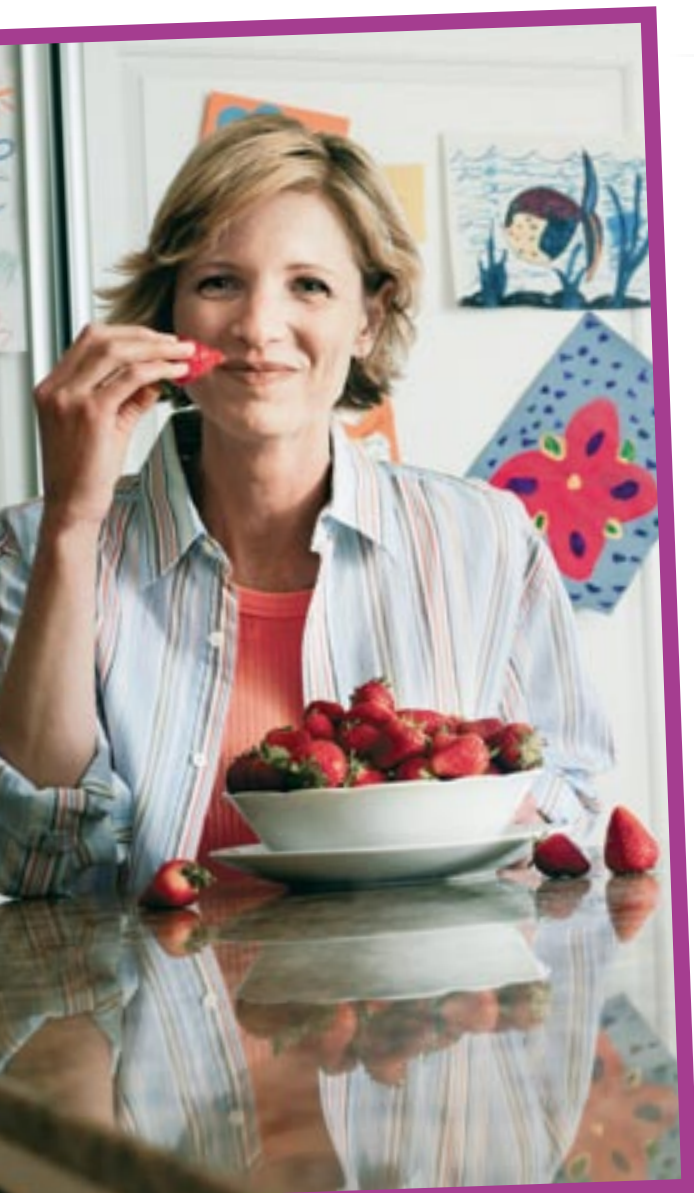
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

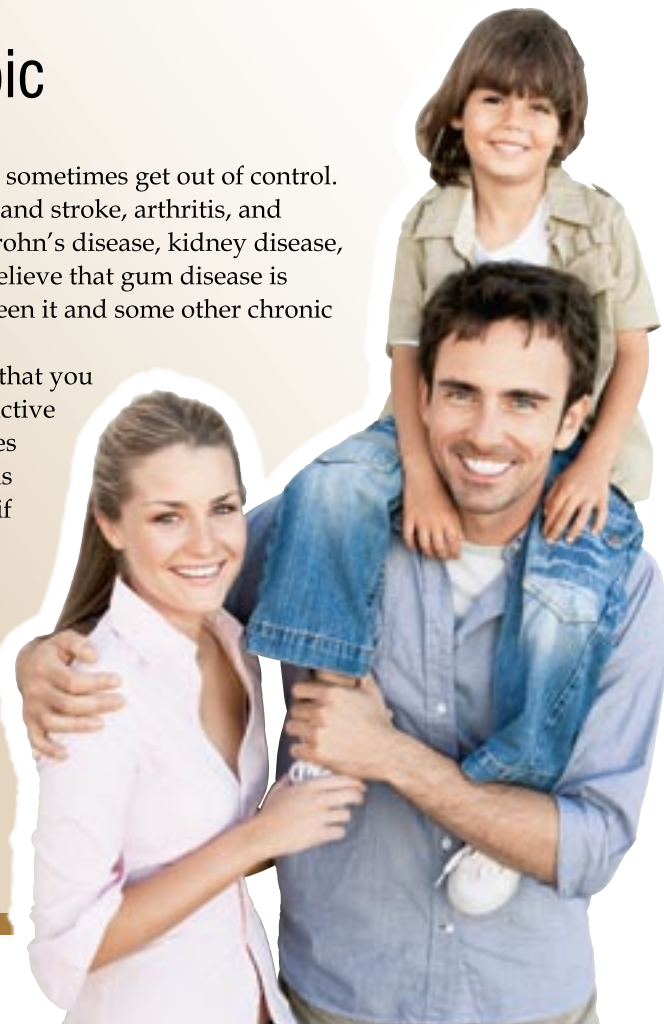
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



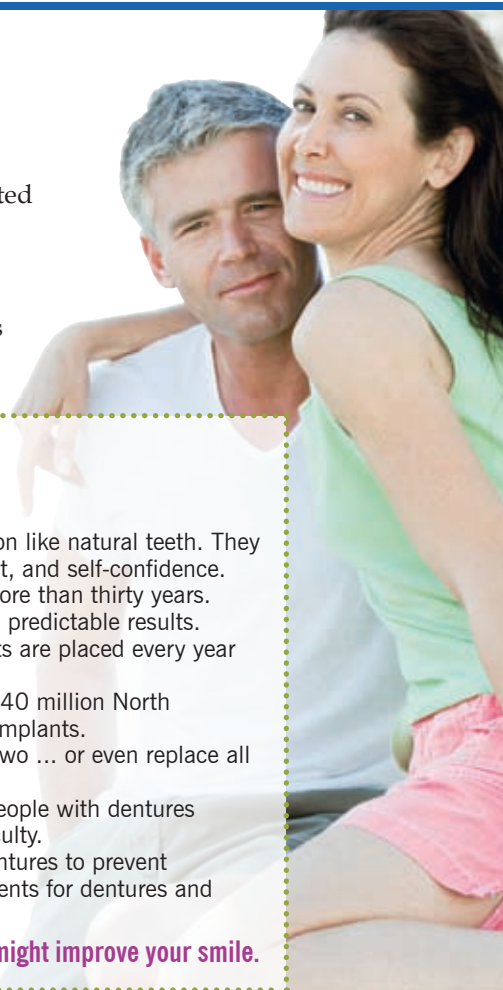
First-Rate, First-Time

Digital technology for improved care

Investing in the latest patient-friendly technology like 3-D Cone Beam Computed Tomography (CBCT) allows me to provide the highest standard of dentistry for you, my patients. The Cone Beam helps me to make diagnoses even more safely, efficiently, and comprehensively than with traditional x-rays or CT scans.

The Cone Beam 3-D imaging system provides in-office convenience and in less than one minute, and generates a virtual model of your mouth in astonishing detail from virtually any angle.

Whether I am evaluating jaw function, bone health, tooth structure, or the health of soft tissues, with this state-of-the-art technology I can provide precise treatment plans with reliable, predictable, excellent results. The images are especially helpful for accurate and precise placement of your dental implants – because the location of all tissue and especially nerves are visible. This means less discomfort for you and a more relaxed experience during your procedure. Accuracy when combined with speed is very important to patient comfort, particularly in complex cases. This is why I am continually investing in technologies that make your visits to our office always pleasant and relaxing!



Consider Implants

Tried, tested, & true

Dental implants look, feel, and function like natural teeth. They will improve your appearance, comfort, and self-confidence.

- Implants have been available for more than thirty years.
- Implants provide safe, reliable, and predictable results.
- More than 700,000 dental implants are placed every year in North America.
- It has been estimated that another 40 million North Americans could benefit from dental implants.
- Implants can replace one tooth or two ... or even replace all the teeth in an entire jaw.
- 85% of the estimated 32 million people with dentures experience some discomfort and difficulty.
- Implants can be used to anchor dentures to prevent soreness and clicking, or as replacements for dentures and bridgework.

Call today if you think that implants might improve your smile.

officeinformation

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CareCredit VISA CASH Checks



Your Dental Health Is Low-Impact

Environmental consciousness takes a place in all aspects of our lives today, and our practice is no exception. As you know, we have made every effort to reduce the impact our office has on the environment around us. Here's how:

- Over 80% of our energy is produced by solar power!
- We have adopted environmentally friendly practices like the minimal use of disposable items and our recycling standards.
- We use digital x-rays; they use 75-90% less radiation!
- You can help too – just turn off the tap when you are brushing your teeth; choose environmentally smart products, like toothbrushes and floss made from recycled materials, alcohol-free mouthwash, and toothpaste without sodium lauryl sulfate.

We want to make you happy on every level, so please, go ahead ... suggest ideas for an even greener practice!

Welcome New Patients! Welcome referrals!

I hope you have enjoyed your visits to our office and are pleased with our care, treatment and commitment to your good oral health. I would like to take this opportunity to thank you for referring friends and other family members in the past. We really appreciate your vote of confidence!

We are currently welcoming new patients, so if you know of co-workers, friends, or family members who are looking for dental care, by all means give them our practice number.

Everyone on our staff is committed to providing quality care in a comfortable environment and we are happy to welcome new patients. We will ensure that they receive the same professional care you enjoy from our practice as well as access to the latest in advanced technology and research.