



**FIRST PLACE
DENTISTRY**

by Dr. Amita K. Suvarna

Caring & Creating Beautiful Smiles

Summer 2012



Beautiful & Healthy...

Improve your smile with Invisalign!

Healthy, straight teeth are beautiful, and definitely contribute to positive self-esteem. Today, many adults and teens who need a little help to reach their ideal smile, choose *Invisalign*® over traditional orthodontics...

- No metal wires
- No lengthy treatment
- No food restrictions
- No special home care requirements
- No one can tell

\$500 OFF Invisalign (Free Consultation)

Invisalign invisible braces plus FREE teeth whitening. Monthly payments as low as \$150/mo interest free on approved credit.

Some restrictions apply – call for details.

But there's more - straightening your teeth can give you a healthier smile...

- When teeth are crooked or too close together, proper cleaning becomes difficult. Your toothbrush and floss may not be able to reach everywhere, leaving you prone to cavities and swollen, sore gums.
- Gaps can trap and hold food close to the gums where it can irritate and cause problems.
- Teeth that do not align can wear down your beautiful natural enamel, damage fillings and restorations, and can sometimes create jawjoint discomfort.

Call us today and ask us about Invisalign! You can have a straighter - and healthier - smile!



First Place Dentistry

Dr. Amita Suvarna

2225 Buchanan Road, Suite E
Antioch, CA 94509

Office Hours

Monday 9:00 am – 5:00 pm
 Tuesday 9:00 am – 5:00 pm
 Wednesday *Closed*
 Thursday 9:00 am – 6:00 pm
 Friday 8:00 am – 2:00 pm
 Saturday 8:00 am – 1:00 pm *

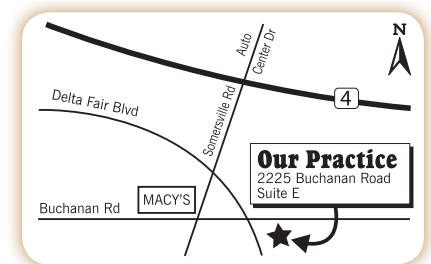
* Saturday by appointment only
 Call for late/evening appointments

Our Services Include:

- Family & cosmetic dentistry
- Cosmetic veneers
- Crowns & bridges
- Orthodontic treatment
- Dental implants
- Dentures
- Emergency dental care
- Intraoral camera
- Payment plans available
- Delta Dental & most major insurances accepted
- Senior discounts
- Visa, MasterCard, American Express, Cirrus, CareCredit, Discover, ATM & CASH



**FIRST PLACE
DENTISTRY**



Call Today!
925.526.6504

Email info@amitasuvarnadds.com ■ Web site www.amitasuvarnadds.com



The Right Restoration

What's the best option for your smile?

If you require restorative dentistry, rest assured that modern techniques and materials look fantastic, are effective and durable, and are perfect for today's active lifestyles.

The following options combine beauty, strength, and practicality to give you a happy, healthy, and younger-looking smile!

Crowns: How can they help? Crowns cover damaged or compromised teeth, strengthening them and giving them a more pleasing shape and color. They can even improve your bite.

Bridges: How can they help? Permanent bridges replace one or more missing teeth with durable and attractive natural-looking artificial teeth. They also help to preserve the shape of your face, alleviate stress in your bite, and give you a more pleasing smile.

Implants: How can they help? Implants are artificial roots which serve as permanent anchors for individual replacement teeth. They help prevent bone loss in the jaw and promote a younger-looking smile by preserving the integrity of your facial structure.

Is Snoring A Problem?

Try a nice walk!

Did you know that over 75 million people in the US alone snore? If snoring is a problem in your household, there may be a simple solution: get walking!

Research has linked excessive sitting to snoring and even to sleep apnea. Sitting for long periods can cause fluid to gather in the legs, which moves to the neck when you lie down at night, compromising your airways.

You don't have to commit to long walks each day, just standing up every hour and moving around will help.

So the next time you feel too tired to go for a walk, think again. Getting up and walking will help you sleep better and feel better the next day.

And afterwards, if you're still keeping the family awake, we can discuss dental options for you that other patients have found very effective.



**before &
after with
crowns**



Restorative dentistry has come a long way. Your overall quality of life can be enhanced by replacement teeth that look, feel, and function just like your natural teeth. Whether for esthetic or health reasons, there are options for you. Make an appointment today and let's discuss what's best for you!

Safe Drinking Water

Key travel tips

You've been looking forward to that exotic trip for months, but if you're going to a country where the water may not be safe to drink, remember the 3 Ps:

Pasteurize: According to the *Centers for Disease Control and Prevention*, boiling for one minute (three minutes at high altitudes) is the best method for making water safe.

Purify: Water can also be disinfected with iodine or chlorine solutions, but boiling is still better.

Pitch: If you're unable to disinfect the water, pitch it. Use bottled water if available, but make sure that the seal is intact. Never add ice cubes.

Remember to brush your teeth twice daily in clean water, and don't forget to bring your dental kit, including a toothbrush, toothpaste, and floss, as these may be tough to find in exotic locales. And most of all, *bon voyage!*



Your Mouth Your Health

Is it time for more frequent checkups?

Research suggests that poor oral health can put you at risk for serious health problems, ranging from cancer to heart disease. It's now recommended that people over 45 should have more frequent checkups, especially postmenopausal women who may have increased dental plaque. A healthy mouth will help reduce the risk of serious health problems including:

Heart disease: Gum disease has been linked to an increased risk of heart attack and stroke.

Rheumatoid arthritis: Periodontal inflammation may serve as a trigger for joint inflammation.

Diabetes: Gum disease may affect the severity of diabetes, causing complications.

Cancer: Recent studies have linked advanced gum disease to head and neck cancers.

Lung disease: Bacteria in plaque can be inhaled, causing infection or aggravating pre-existing conditions.

If you're over 45, you should consider increasing the frequency of your checkups. We can recommend a schedule that will help to optimize your oral and overall health.

Call us today!

HAVE ANOTHER COFFEE

And prevent cancer!

Don't feel guilty about having that extra cup of coffee. New studies suggest that coffee can help prevent several cancers, including oral cancer.

Although coffee has been linked to some health problems, research has shown that people who drink about four cups a day have a 39% decreased risk of oral cancer. Generous coffee consumption has also been linked to a 60% decreased risk of prostate cancer, and enjoying at least two or three cups were shown to reduce the risk of breast cancer.

That extra cup of coffee may have its benefits, but it may also be compromising your smile. Always rinse with water after each cup, and if you notice tooth discoloration, our in-office whitening treatment is fast, affordable, and guaranteed to show beautiful results!





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Valuable Health Information For Our Neighbors

Keep Your Body In Balance!

Wouldn't you like a whiter smile?

Professional teeth whitening can create such a dramatic difference that millions of people worldwide will get their teeth whitened this year. Here are the answers to some common questions you may have about whitening.

What is whitening? It is a process that takes away stains and discoloration to brighten your teeth enamel. Safe, quick, and reliable teeth whitening can be done under our supervision – in the office or at home.

What do patients report about their teeth whitening experiences?

- boosted self-confidence,
- improved looks,
- and they smile more!

Ask yourself, "Can I benefit?" Yes. After childhood, most people can benefit from whitening. As people age, their teeth tend to darken and yellow, particularly if they...

- drink coffee, tea, or red wine;
- use tobacco products;
- take certain medications.

Are you asking, "Why should I get supervised teeth whitening?" We make absolutely certain that the whitening ingredients in the system we prescribe for you suit your individual teeth and gums. Without supervision, ingredients found in some off-the-shelf kits could injure gums and other soft tissue in the mouth and throat, or make you ill if ingested.

How white can you expect your teeth to look? Teeth can be whitened up to an average of eight shades. The final result depends on the extent of staining. We can help you to determine your smile's best whitening goal.



Complimentary Second Opinion & \$250 OFF

any necessary treatment.
Not valid with other offers or dental insurance.
Minimum treatment of \$1000.
Some restrictions apply.

\$59 New Child Exam

Regularly \$149

Includes: Exams, x-rays, cleaning,
and fluoride treatment

For CASH patients only.

\$99 New Patient Offer

Regularly \$299

Includes: X-rays, periodontal (gum)
evaluation, new-patient healthy
mouth cleaning, & oral exam

Not valid with other offers or dental insurance

All offers expire August 31st, 2012



Call Today!
925.526.6504

