



**FIRST PLACE
DENTISTRY**

by Dr. Amita K. Suvarna

Caring & Creating Beautiful Smiles

Winter 2012



Dear Neighbor...

Are you a little self-conscious about your smile? You're not alone. Most people have something they would like to improve. That's why we're offering you a free consultation. Our friendly staff will spend time with you, and you'll see that we are truly a patient-oriented practice. We will never propose a complex expensive treatment where a simple less-expensive treatment will produce the same result.

CALL OUR PRACTICE FOR:

- Your free consultation to meet our team and discuss your wishes,
- A relaxing atmosphere with soothing music and knowledgeable staff,
- A team experienced in all aspects of dentistry including "invisible" braces,
- Quick smile refreshers like new white fillings to replace old outdated ones.

There are many options for improving your smile and boosting your confidence. That's why we welcome you to come in for a FREE Consultation. There's no obligation and no pressure. We'll just talk, then you can decide for yourself.

Put yourself first. A more beautiful smile can change your whole life...

P.S. You and your family are invited to join our practice. Call 925.526.6504 today!

We are pleased to offer complimentary second opinions!



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

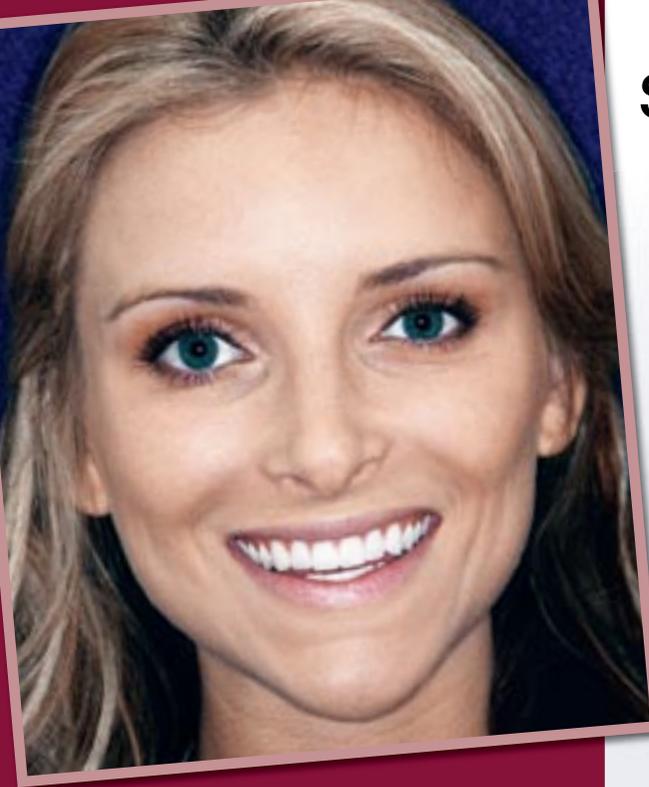


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DENTISTRY**



Call Today!
925.526.6504

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



Smiling Is *Good* For You...

Try these 2 enlightening solutions!

People are attracted to you when you smile, and most people find it charming. Smiling does other great things for you too. It boosts your immune system, lowers your blood pressure, and gets those feel-good endorphins going. So if you're unhappy with the way your smile looks, don't let it get you down. Instead, consider uplifting affordable cosmetic options like bonding and teeth whitening.

Teeth a little dingy? Age, tobacco, staining foods and drinks, poor health, and heredity can all dull your enamel ... but we've got the remedy.

Supervised teeth whitening is very safe and it's a simple effective pick-me-up for your smile. In some cases, it will lighten your smile by as many as 8 shades!

Got a little gap between your front teeth? A few chips? Old fillings that look more like old stains? Bonding is extremely versatile.

Composite bonding won't stain surrounding healthy enamel. It can be veneered directly to the surface of your tooth and sculpted to fill in spaces, cracks, or chips while making your tooth stronger.

We'd love to help you and your smile go from dreary to dynamic! You'll look and feel wonderful ... at your captivating best!



Discreet subtle procedures can fix cracks, discoloration, & improve crown-length esthetics.

Catch Cavities Early

What to look for

We all know that untreated caries (cavities) cause pain, infection, and eventually tooth loss. But did you know that they are caused by two types of bacteria and are among the world's most common diseases? With proper care and regular checkups, cavities can be prevented or detected before they cause serious trouble.

Here's what to look for:

- White spots or brown areas on teeth
- Sensitivity when eating or drinking hot, cold, or sweet foods
- Toothache
- Holes or pits in teeth
- Pain when chewing.

Smaller cavities may not have symptoms, so it is essential to keep to a six-month-checkup schedule for early detection because we will detect a cavity when you might not. Ensure regularly booked appointments for you and your family, and brush and floss regularly!





It May Be Time!

Let's talk about modernizing your restorations!

Older fillings, bridgework, and dentures that have been allowed to deteriorate can affect more than your appearance. Unsightly staining is embarrassing, sure, but a change in how they fit may lead to pain, infection, chewing and speaking difficulty, plus unwelcome odor. That's why regular dental visits to monitor restorations are essential. Exciting new materials and procedures are available to give you a healthy young-looking smile.

DENTURES & BRIDGEWORK

Issues: Older dentures and bridges can lose their fit, wobble, and rub on your gums because you are losing the supporting bone beneath. This gradual continuous loss of jawbone begins as soon as the teeth are removed.

Options: While modern properly fitted dentures are comfortable and function beautifully, you may want to consider securely anchored implant-supported dentures. The dental implants act as artificial roots to stop bone loss surrounding their placement. A bridge can also be replaced by an implant-supported bridge that looks, feels, and functions like your natural teeth.

FILLINGS & BONDING

Issues: In addition to being unsightly and sometimes staining your natural enamel, silver-colored fillings can allow bacteria to seep beneath the filling if allowed to break down, causing havoc on healthy tooth structure.

Options: Try tooth-colored porcelain or resin fillings which require the removal of less enamel than silver-colored amalgam, strengthen tooth structure, and look more appealing.

Update your smile – the zest is yet to come!

Healthy Gums For New Moms

Maintenance essential

As with all other tissues in your body, your gums are affected by having a baby. Hormonal changes and changes to diet and sleeping habits make caring for your mouth even more important in your time-starved day.

Important facts:

Hormones: Hormonal changes exaggerate the way gum tissues react to plaque. Thorough brushing, flossing, and regular dental checkups are essential.

Sleep: Zzz-deprived new moms require at least 6 hours of sleep nightly to fight oral infections and regenerate cells.

Nutrition: A radiant new-mom smile requires good nutrition. Make sure that your diet contains plenty of vitamins A, C, and calcium for healthy gums and teeth.

Throughout all of life's stages, good oral health is important to your overall health.

Ensure a vigilant home care regimen to keep your smile at its best during this exciting time!



Childcare Myths

What you should know

According to research, outdated childcare myths are still believed, even by some healthcare professionals. While waiting 30 minutes after eating to swim is harmless, other myths can place a child at risk. Prevention is the best medicine – keeping informed keeps your child healthy and happy!

Myth: Honey is safe for babies before age 6 months.

Fact: Infants are at risk of botulism, a rare but serious type of food poisoning.

Myth: Children over age six can be given Aspirin for a fever.

Fact: There is risk of Reye's syndrome, a rare but serious illness.

Myth: Teething can cause high fever.

Fact: There is no evidence of this, and you might miss other important symptoms.

More questions about these myths or other concerns? Your family physician will be happy to help!

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A Cosmetic Sampler

MAKE YOUR MENU SELECTION!

Many of our patients are so thrilled after brightening their smile with cosmetic dentistry that gave them extraordinary results and enhanced both how they look and how they feel. If you're anticipating a big event like your wedding this coming spring or summer, or a reunion, we have many options to help you smile the perfect smile. Here's a simplified "Cosmetic Menu." Call us for a free consultation to discuss the option of your choice!

WHITENING – Choose between in-office whitening or our at-home supervised program. Both are fast simple ways to rejuvenate your smile.

PORCELAIN VENEERS – These contact-lens thin porcelain veneers are applied to the front surface of a tooth, or to any number of teeth, and are the perfect painless permanent cosmetic solution for stained, chipped, discolored, uneven, or slightly misaligned teeth.

BONDING – Using color-matched composite resin as a sculptor uses clay, we can restore chipped or broken teeth, fill gaps, and reshape, re-contour, and re-color your smile.

CERAMIC INLAYS – Used for effective and undetectable cosmetic repair of large cavities on the biting surfaces of back teeth.

CERAMIC ONLAYS – When repairs breach the edge and side of chewing teeth, ceramic onlays provide a durable virtually invisible alternative to crowns.



**And remember,
if it's not on the
menu, that doesn't
mean it's not
available.
Just ask – we
welcome special
orders!**

\$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

\$59 New Child Exam

Regularly \$149

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

For CASH patients only.

Complimentary Second Opinion

**&
\$250 OFF
any necessary
treatment.**

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

\$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.

All offers expire March 31, 2012

Call Today!
925.526.6504