

# DR. QUANG CAO TRAN'S

## SMILE UPDATE

Summer 2008

### Get Green!

#### Smile fitness from the inside out

Summer days are salad days. That's a good thing – and for reasons that might just surprise you. In *Hypertension* magazine, there was a recent article about a study that proposed that the nitrates released by beets and green vegetables not only appear in your saliva but are converted orally into nitrite. Nitrite helps to lower blood pressure and improve circulation. Could a healthier diet and a healthier mouth help your overall wellbeing?

It seems obvious that your self-image and self-esteem can be affected by tooth decay, tooth loss, and gum disease, but science suggests there's more at stake. Gum disease in particular may play a role in systemic diseases including diabetes. That's why the salad study is so intriguing.

Think about it. A healthy diet and thirty minutes of daily exercise can help to protect you against cardiovascular diseases. Well, so could the few minutes a day it takes to brush, floss, and rinse – especially when combined with regular dental visits. If you're not confident about your home care routines, we'll be happy to give you a refresher.

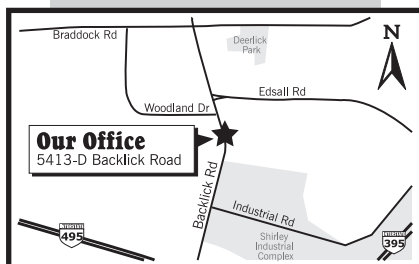
And don't you think it's interesting that healthy food, fitness, and nice teeth and gums all make you look better too? That's why you can always look forward to fun informative articles about these important subjects in my future newsletters.

Enjoy summer fun in the sun ... munch some brunch ...and keep your smile healthy too!



Eat healthy for a fabulous smile!

See how close we are!



**Dr. Quang Cao Tran**  
**Dr. Quang Huy Tran**  
**North Springfield**  
**Professional Center 2**  
5413-D Backlick Road  
Springfield, VA 22151-3915

#### Office Hours

Monday	8:00 am – 6:00 pm
Tuesday	8:00 am – 6:00 pm
Wednesday	8:00 am – 6:00 pm
Thursday	8:00 am – 6:00 pm
Friday	8:00 am – 4:00 pm

#### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Crowns & bridges
- ❖ Gum treatment
- ❖ Dentures
- ❖ Bad breath treatment
- ❖ Relaxing & friendly environment
- ❖ New patients welcome
- ❖ Gentle dentistry
- ❖ Visa, MasterCard, American Express, Discover, Plus, ATM, CareCredit, Interac and checks welcome
- ❖ Wheelchair accessible

**Call Today!**  
**(703) 256-4243**

## WE WELCOME NEW SMILES!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

## Grin... Or Grimace?

### You tell us!

The average person can exert up to 200 lbs of muscular force on their back teeth... that's a lot of pressure! So much so that for some individuals, stress-related teeth grinding and jaw clenching can cause serious dental damage. Men especially often wait too long and only seek help after tolerating increasing pain and injuring their smiles' function and appearance.

### Here are 9 telltale signs that indicate a stressed-out smile...

- 1 Ground-down eye teeth
- 2 Popping, clicking jaw joints, and difficulty biting
- 3 Recurring headaches
- 4 Chipped edges on front teeth
- 5 Feeling stressed and anxious
- 6 Worn cusp tips on premolars and molars
- 7 Loss of tooth enamel and dentin
- 8 Cracked teeth
- 9 Damaged restorations

### Recognize yourself?

Don't just grin and bear it. Let dentistry help you.

## Think About Links

Connect with  
dentistry for  
better health



Even if you think your teeth and gums are healthy ... and even if you don't have rheumatoid arthritis ... reading this could help you. According to research, people with rheumatoid arthritis could be more than twice as likely to have gum disease with accompanying jawbone loss and tooth loss. What does this have to do with you? Well, understanding that each of these is an autoimmune disease with chronic inflammation could provide clues to improve treatment – or even prevent – both disorders.

Science hasn't confirmed a cause-and-effect relationship between the mouth and the body, however, scientists theorize that either: (a) Oral bacteria enter the bloodstream and release toxins that affect other parts of the body; (b) Bacteria-fighting blood cells trigger the body's own immune system to actively work against itself.

### How can dentistry help you?

- Dentists can simply and effectively monitor the health of your gums over time.
- Because bone loss in your jaw can occur without obvious gum damage, dentists can use safe and effective x-rays to evaluate the health of your gums and bones.
- Dentists can provide professional instruction in home-care routines that, along with cleanings at the dental practice, will help ensure your oral and overall health.

Gum disease may be associated with heart, lung, and kidney diseases, cancers, diabetes, and osteoporosis, as well as rheumatoid arthritis. How can you help yourself? Visit a dentist regularly.



## And The Winner Is...

### Guava!

Move over blueberries, broccoli, and pomegranates! Red carpet *superfoods* like these will soon be vying for the limelight with ... guava! This exotic yet readily available fruit also boasts a high antioxidant content, so it's good for your immune system and can help lower cholesterol and protect your heart.

For centuries guava leaves have been chewed to relieve toothaches and used as a decoction for gargling to relieve oral ulcers, inflamed gums, and sore throats.

Guava's distinctively aromatic fruit looks much like a small pear or apple, and once ripe, every part is edible. The rind alone contains over five times more gum-protecting vitamin C than an orange, and the fruit is exceptionally high in calcium for healthy teeth and bones. The glamorous guava: good for you and delicious too!

# Would You Do It?

**Go ahead – wear a crown – and smile again!**

Today, self-improvement opportunities abound – from gyms to plastic surgery to spa treatments. Why? Because people like you demand them. Same thing with dentistry. Appearance matters, so patients like you are asking for treatments that will help them look great *and* feel great. Dental crowns, for example, can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile. The crown is the part of the tooth that you can see above the gumline. When even one becomes damaged, it can affect your appearance and your ability to eat, speak, and smile.

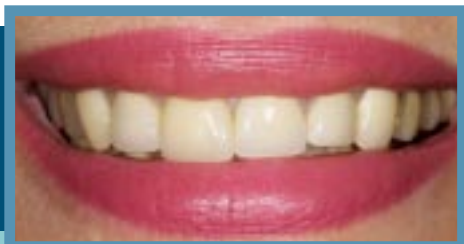
Crown restorations fully cover the damaged tooth to prevent further trauma and provide a seal against bacteria when...

- Too-large fillings have challenged the integrity of tooth structure;
- The tooth has broken or fractured;
- Root canal therapy has left the tooth brittle and weak;
- A gap needs a bridge to prevent shifting teeth and an altered bite.

Dental implant crowns are placed permanently onto an artificial root...

- To replace a single tooth;
- For full-mouth reconstruction;
- To retain an overdenture;
- To retain a fixed bridge.

Today's crowns are the most popular restoration option for people like you who want to improve their oral health *and* their smiles – so add dentistry to your list of terrific things to do *just for you!*



Dental crowns can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile.

**Think  
Lunch  
Break!**

## 5 Reasons To Recontour

You've probably heard about one-hour teeth whitening, but did you know that you can also get tooth reshaping or dental recontouring done over your lunch hour? Tooth-colored materials can be used quickly, easily, and comfortably to create a dramatically straighter-looking, more-even smile.

One-visit tooth recontouring is a great choice for minor smile flaws – and it can create virtually instant results.

**Re-invent your smile and camouflage teeth that are...**

1. Ridged or pitted
2. Chipped or fractured
3. Crooked
4. Uneven in length
5. Crowded or overlapping

Call the dentist for a consultation and find out how dental recontouring can make a dramatic difference in your smile! And if you want to create even more drama – your dental team will be happy to discuss other cosmetic options!



## Take A Look!

### Take advantage!

We're really serious when we say we welcome you to join our practice. And to show you that we really mean it, we're offering you two specials that we hope will encourage you to give us a try! *Seriously!*

### New Patient Special

Includes: exam, cleaning (absence of gum disease), cavity checking bitewing x-rays

Regularly \$210

\* Valid for new patients only  
\*\*Not valid for an emergency visit

NOW

**\$65**

There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

### Porcelain Fused Crowns Precious metal varieties

Regularly \$1,100

now  
**\$710**

Save  
**\$390**

\*New patients only

\*First crown only

\*Does not include build-up, pins or posts.

Offer ends:  
September 30th, 2008.

call Today!

**(703) 256-4243**



## Smile Big!

### Cosmetic dentistry could be just the motivator...

If you've been avoiding a dental appointment because you're fearful, non-surgical cosmetic dentistry could be just the motivator you need. Believe us... the rewards are worth it.

You could start with a dentist-supervised teeth whitening program – in the privacy of your own home. You can whiten a little over a day or two, or a lot over a week or two. It's all in your control.

Another simple cosmetic technique is replacing dark, older fillings or bonding that has become compromised over time. You've already had the big work done. With quiet, comfortable dental technology and superior materials, you'll have a revitalized, glowing smile before you know it.

### You might even consider a completely natural-looking smile makeover with cosmetic veneers. And the rewards? You won't have to:

- avoid smiling for photos, or always smile with your lips closed;
- cover your mouth with your hand when you smile or laugh;
- worry that your stained or yellow teeth make you look older;
- see dark fillings, chips, crowding, or gaps when you smile or laugh;
- wish you had a more stellar smile.

And there's more! Not only can we keep your smile healthy, studies show that smiling more can help you release tension and stress.

Our entire team is cheering for you.

*It's all in your control! Call today (703) 256-4243  
and take advantage of one of our specials!*

## Good News!

*We have flexible payment plans available to help you achieve your goals ... talk to us today about your options!*

Dr. Quang Cao Tran  
Dr. Quang Huy Tran  
North Springfield Professional Center 2  
5413-D Backlick Road  
Springfield, VA 22151-3915

PRSR STD  
U.S. POSTAGE  
PAID  
PNP 14304



Mixed Sources  
Cert no. SW-COC-002303  
© 1996 FSC

Information included is not intended as dental or medical advice. Contents may not be reproduced without permission from the publisher. © PATIENT NEWS PUBLISHING (800) 667-0268

13440-U82-39411 ND08-1