



James M. Kahal, DDS, FAGD

Word Of



DENTISTRY

Mouth



William F. Wight, DDS, FAGD

Produced to improve your dental health and awareness

Fall 2010

from the dentists

NOW IS THE RIGHT TIME

To make referrals

Making and keeping a dental appointment, especially at this time of year, is very important and makes complete sense. Competitive sports are ramping up and to play it safe, mouthguards are a requirement. People also want to look their best for the holidays, or are realizing that they need work done before this year's dental benefits expire.

No worries! We have appointments available and we ask you to ensure your regular checkups are on track, and if not, invite you to schedule one.

Also, please refer your friends, colleagues, and family members to us. When you refer, it's an excellent reminder to others that preventive care is a top priority. We hope you know how much we value your referrals - they are high praise, and for that we are grateful to you!

Regards,

Dr. Kahal and Dr. Wight

turnthepage

What, exactly, is so funny?

Make an impact like never before!

Are you ready to be crowned?

Keep Your Secret

→ With *Invisalign*®

The preferred method for straightening teeth used to be metal train-track braces. We are pleased to announce that Drs. Kahal and Wight have recently become certified in *Invisalign*®, one of the most advanced components of adult cosmetics.

What is Invisalign?

It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners.

How does Invisalign work?

Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. There are no metal wires and brackets, and you can still enjoy your favorite foods, and brush and floss easily.

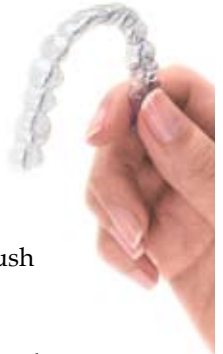
Can I benefit?

Adults account for nearly 25% of all orthodontic patients! The most common problems are crowded teeth, teeth spaced too far apart, protruding upper or lower teeth, and upper and lower front teeth that do not touch.

How do I get started?

After consultation and deciding on a treatment plan, we take an impression of your teeth, and submit it to Invisalign. Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You can view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

We know you'll be inspired to consider Invisalign! Please call us for a consultation.



Communication is important to us. Don't be afraid to ask questions!

Look Great

And save the environment too

Choose eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

Shop locally even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

Conserve post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

Shave with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

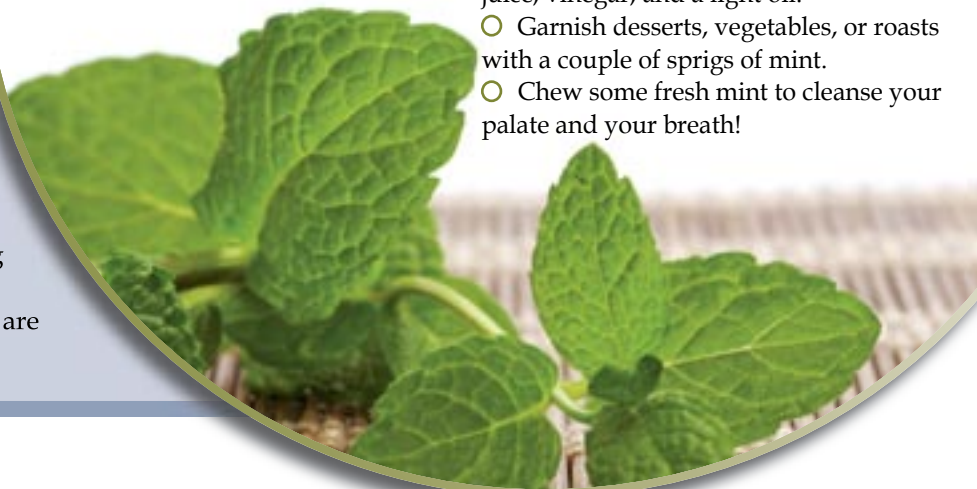
Marvelous Mint

More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



▲ Crowns ▼

before



after



Crown FAQs

Your best decision is an informed decision

What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

What Are My Options?

Ceramic crowns are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

Ceramic-fused-to-metal crowns combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

Defy The Trend

Subtle measures - radical results

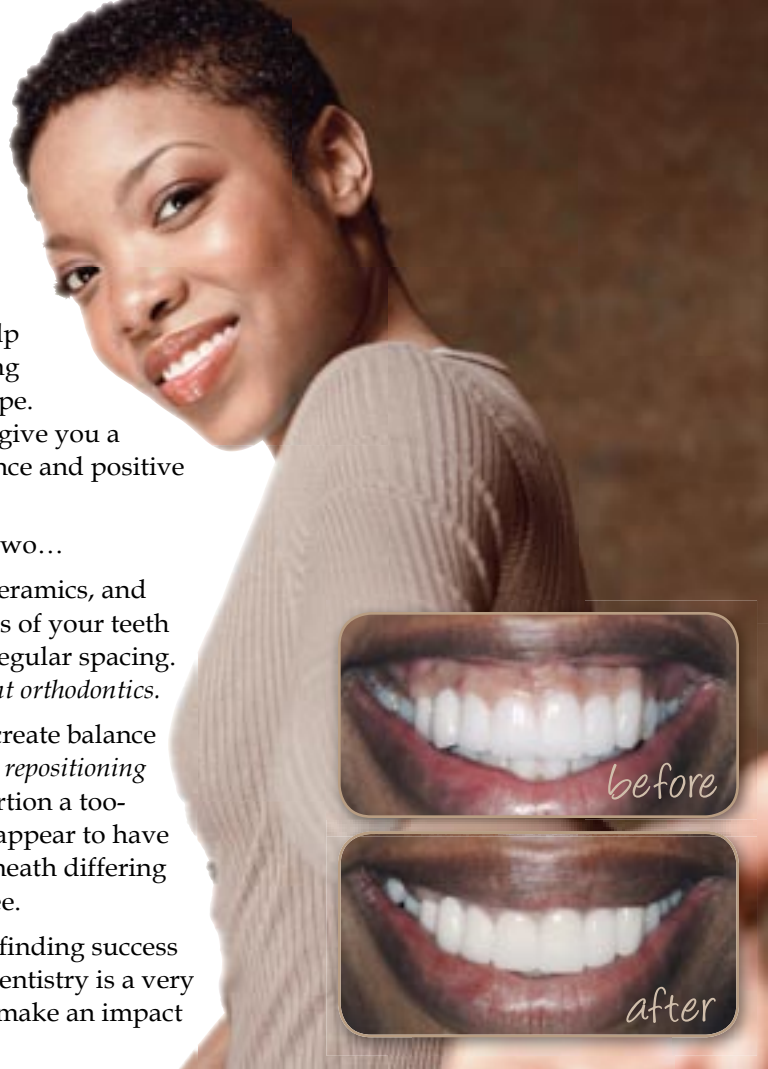
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

Veneers crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

Esthetic gum re-proportioning can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so
easy



The Great Reveal!

Picture perfect every time

X-rays reveal the inner landscape of your mouth, showing the structures of teeth and gums to help us detect, diagnose, and plan treatment for problems like decay. But, sometimes we need a broad overview of the whole mouth ... that's where our panoramic x-ray machine comes in!

Some radiographs take pictures of part of your mouth while others take a series of shots of your whole mouth. Our panoramic x-ray machine takes a single picture of all your teeth and surrounding bone, creating a life-like view of your mouth structure. By having these more accurate images to work with, we will be better equipped to diagnose and plan treatments for more delicate procedures, including:

- early detection of oral cancer;
- temporomandibular disorder (TMD);
- jawbone fractures;
- impacted wisdom teeth;

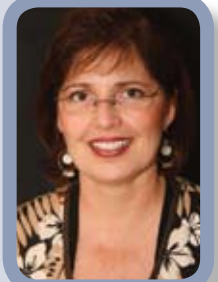
- gum disease;
- lesions on the jawbones;
- infected teeth;
- sinus issues;
- tooth and jaw development in young children;
- implant placements;
- detecting calcium deposits in the carotid arteries, causing a risk of stroke;
- and preparation for dental surgery.



Acquiring images with our panoramic x-ray machine is simple! We'll have you wear a lead apron to protect you from radiation, and then you will stand in the center of the machine. The scanner will rotate slowly around you taking the x-rays, while you remain very still to ensure the images are as clear as possible. It's that easy!

Dedicated Hygienist

Spotlighting Pat



All members of our team are carefully selected, and each brings unique gifts and talents to our practice. Pat is no exception. So, we'd like to take this opportunity to share a little more about her.

Pat is a Registered Dental Hygienist, and has earned her Bachelor of Science in Dental Hygiene Education. She firmly believes that it is a Hygienist's responsibility to educate and motivate patients. Then, once there is an understanding of the importance of prevention and proper homecare, patients will be better equipped to obtain optimal oral health. Pat's favorite dental quote, which also supports her theory, is: "Be true to your teeth or they'll be false to you".

In her spare time, Pat enjoys biking, cooking, window shopping, and catching up with loved ones.

Thank you for reading about Pat!

office information

Kahal & Wight Family Dentistry
Dr. James Kahal & Dr. William Wight
25261 Paseo De Valencia, Suite 1
Laguna Woods, CA 92637

Office Hours

Monday	8:00 am	–	4:30 pm
Tuesday	7:30 am	–	6:00 pm
Wednesday	7:30 am	–	4:00 pm
Thursday	7:00 am	–	5:30 pm
Friday	8:00 am	–	4:00 pm

Contact Information

Office	(949) 830-0340
Fax	(949) 830-3749
Web site	www.kahalwight.com

Office Staff

Marla, Marti, WandaOffice Managers
Rhonda, Pat, Maryanne RDHs
Lisa RDA
Candie RDA
Patty Dental Assistant

Don't Fall Behind!

Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!

CareCredit CASH

