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A Note From the Office

*This year we are committed
to you, your family, and your smiles.*

It's a new year and here at Rancho Dental we are committed more than ever to you, your family, and your smiles. Stick to those resolutions, like flossing every day and getting a cleaning every six months. If you have any questions regarding oral health or oral healthcare products we are here for you. We are even on YouTube now! Let Rancho Dental help improve your smile, your health, and your life. We will see you at your next visit!

Dr. Perry's Health Tip

Sleep Apnea

Most people are aware of the dangers of obstructive sleep apnea in adults. This is the interruption of sleep multiple times per night due to a lack of oxygen. Consequences of this common malady include high blood pressure, diabetes, acid reflux, bruxism, morning headaches and just being exhausted! Treatment can involve CPAP machines, weight loss, and oral appliances.

But a less publicized sleep apnea occurs in children. Like adults, these kids can just be exhausted due to their lack of quality sleep.

This can manifest itself as behavioral problems and learning difficulties. In kids the lack of airway opening can be related to constricted, narrow upper jaw, or oversized tonsils. In my opinion, any young child who has a snoring issue, may have an airway problem that should be evaluated! If any of this sounds familiar, please have the child evaluated by us or your pediatrician. We can discuss the most appropriate solution!



*Let us help you
make sure that
your children
always
have a healthy
smile.*



Your Family's Smiles Matter!

Keeping your teeth healthy contributes to your overall health. A twice a year cleaning will help keep everyone's smiles healthy and family photo ready.

Something for the Family

Smile as a Family

When people think of health, they think of eating right and exercise. However, there is a third ingredient that often gets forgotten- keeping our teeth healthy! Studies show that oral health is closely related to the overall health and wellness of a person. For example, the University Of North Carolina School Of Dentistry conducted a study of over 1,000 medical histories. People with gum disease were twice as likely as others to die from a heart attack and three times as likely to have a stroke.

Rancho Dental is aware of the importance of a healthy smile and urges each individual to get the dental care they need. That is why we encourage you and your family to visit us twice per year. Those exams and cleanings mean a healthier you!

In the meantime, Rancho Dental reminds you to keep up with your daily brushing and flossing routine. Developing these habits can be a family effort. The more support you have, the more motivated you will be. Make it a family goal to keep your oral health in tip-top shape!



New Year, New Smile

Additional Cosmetic Services

Let Rancho Dental give you the smile you always wanted



Smile Makeover Story

Donny came to Dr. Perry because he was unhappy with his smile. Donny's upper front teeth were discolored, chipped, and misaligned. After an initial consultation, Dr. Perry came up with a plan for Donny. To give Donny the smile he desired, Dr. Perry crowned the top four front teeth. The result was a fantastic smile with uniform color, shape and alignment. What an amazing improvement!

by means of cosmetic dentistry.

Cosmetic dentistry includes:

- **Teeth Whitening**
- **Porcelain Crowns**
- **Porcelain Onlays**
- **Porcelain Inlays**
- **Tooth Colored Fillings**
- **Veneers**

If you feel uneasy about smile because your teeth are no longer white and have visible staining, dental bleaching or **Teeth Whitening** may be the best solution. Dr. Perry and his team have over 25 years of experience in performing all as-

pects of cosmetic dentistry.

Our **Porcelain Crowns, Onlays, and Inlays** can be made in one visit! You will not need to have a temporary restoration and wait for weeks for your finished restoration. At Rancho Dental we use CAD-CAM technology, which allows us to custom design and fabricate crowns, onlays, and inlays in often one visit!

Rancho Dental always strives to bring you the best in the latest technology. If you have small areas of decay or damaged tooth that can be easily repaired with our **Tooth Colored Fillings**. We

never use amalgam fillings that contain mercury.

Veneers are the solution if you want a more uniform smile. A porcelain veneer is a thin layer of characterized porcelain that can conservatively change the color, shape, size and alignment of the teeth. These restorations can transform an unattractive smile into the smile of your dreams.

With cosmetic dentistry there are many different options you can choose from. Dr. Perry and his team will work with you to determine the best treatment plan for you.

Donny's Smile Before



Donny's Smile Makeover





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Referral Program

Are You Going to be Our Next Winner?

This is how our “Thank You for the Referral” program works:

1. Refer a friend to Rancho Dental
2. Your friend books and attends their appointment
3. Rancho Dental gives you a \$10 gift card to one of our favorite vendors!
4. You are entered into our bi-monthly raffle to win a prize with a \$500 value!

Dr. Perry has given away iPads and
an overnight stay with spa session for 2 at South Coast Winery!

*Let us know what you would like to win by emailing
concierge@ranchodental.net*

www.ranchodental.net

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