

NEWSLETTER



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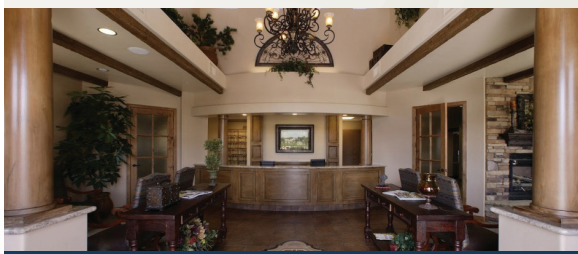
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Welcome to 2016!

Last year was a great year with our first Annual Dentistry from the Heart Event, the Patient Referral Program, and a very successful Veteran's Dentistry Day.

This year we are looking forward to hosting our 2nd Annual Dentistry from the Heart Event in March, and we will be introducing some exciting new opportunities for you within the office and over social media.

If you have any questions about your oral healthcare, oral hygiene products, or treatment for sleep apnea please ask us.

Stick to the resolutions, and we will see you at your next appointment!



A Note from Dr. Dave Perry

On “*Sleep Apnea*”

It is estimated that 50 to 70 million Americans suffer from chronic sleep disorders. The most common of these sleep disorders is obstructive sleep apnea. This condition involves the collapse of the airway while asleep. Breathing stops and the person struggles and gasps for air. There is an arousal and the cycle of sleep is broken. This can happen all through the night, which completely disrupts sleep. The sufferers of this condition awake unrefreshed and exhausted.

Health consequences can be hypertension, cardiovascular disease, diabetes, gastric reflux, asthma, psychological disorders and bruxism (habitual grinding of teeth).

The medical gold standard for treating sleep apnea has always been CPAP machines. This is a mask generally worn over the nose and mouth that keeps the airway open by forcing air into the system. Unfortunately, not everyone tolerates this well... An alternative that seems to be very effective is a dental device called a mandibular repositioning device. This class of oral appliances repositions the jaw and maintains the open airway- so people sleep uninterrupted and awake refreshed!

I recently finished a mini-residency at UCLA on this very fascinating service! If you have any questions about these dental appliances please feel free to chat with me about them at your next appointment.



Introducing the Rancho Dental Patient Appreciation Contest!

To show our appreciation for YOU,
Rancho Dental will be hosting
Patient Appreciation Contests
throughout the year.

Just some of the prizes we have awarded
our loyal customers are iPads, gift cards
with up to **\$500** value, and an overnight
spa package to South Coast Winery!

There will be several ways to participate in
the contest like referring a friend, liking us
on Facebook, following us on Twitter,
following us on Instagram, starring in a
video testimonial, and leaving feedback on
Yelp or Google.

*Keep your eyes and ears open for
contest entry dates and prizes!*



Smile Makeover Story

Smile Case

Years ago, Justin has a suffered trauma to his front teeth. The severely discolored tooth had a root canal at the time. The composite restoration was badly discolored and the adjacent teeth were moderately discolored.

To fix Justin's smile, we veneered two teeth, placed a post/core and made one all ceramic crown. A gum lift was performed on the discolored tooth to harmonize the gum line.

We think treating the three teeth gave Justin an outstanding smile!



Your New Year's Dental Health Resolutions

We are fresh into the New Year and resolutions have been made and broken. There are a few steps you can take to keep your goals on track. The first step is to understand the benefits of your resolutions and then take small steps to reach them. Consistency is key and here are some ideas to keep your oral health and general wellness up.



1. IMPROVING TOOTH BRUSHING AND FLOSSING HABITS

The simplest way to improve your dental health is with regular brushing and flossing. By preventing plaque buildup you can prevent gingivitis, halitosis (bad breath) and tooth decay.

2. HEALTHIER FOOD & BEVERAGE CHOICES

Consumption of food and beverages that contain carbohydrates and acids can contribute to tooth decay. While you strive to make healthier food and beverage choices, remember to brush afterwards to avoid plaque buildup and cavity-causing bacteria.

3. IMPROVING YOUR SMILE

In addition to brushing and flossing there are some simple steps you can use to brighten your smile:

- Whitening toothpaste
- Bleaching kits from your dentist

Be sure to ask about suggested products next time you visit Rancho Dental!

4. BRACES

If you or one of your family members desires a straighter smile brace can be the ideal solution. There are different orthodontic methods to get the smile you desire, you can schedule a consultation with Dr. Miyamoto to discuss your orthodontic needs.

5. RESTORATIVE DENTISTRY

With a New Year means renewed dental insurance! You can stop putting off that restorative dental work like fillings, crowns or implants.

6. REGULAR DENTAL VISITS

Making regular dental visits will allow Dr. Perry and your hygienists to monitor the condition of your oral health and come up with treatment plan to give you the smile you desire with the dentistry you deserve!



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