



DENTISTRY4YOU

Where you come first

Spring 2011

Dear Neighbor,

If you haven't seen a dentist in a while, if you're worried about the health of your teeth, or you have a concern about someone in your family, please call us today. We have been practicing preventive, restorative, family, and cosmetic dentistry in your neighborhood for 4 years, and we always welcome new patients!

Call (770) 225-0644 now – start with a free consultation. You'll meet our team, and receive an oral health exam. You can talk about concerns and smile goals – then decide if we are right for you and your family!

We provide:

- a comprehensive practice that has been serving this area for over 4 years, and brings 24 years of combined expertise in all areas of dentistry,
- a welcoming and relaxing office with integrated patient-friendly technologies,
- help so you can understand all of your treatment options,
- convenient appointment times and flexible financing and payment options!

We know that the healthier your teeth and gums are, the less you'll need to see us – that's our goal! We hope you enjoy this informative edition of this newsletter, and do feel free to call us with any questions, we'll be happy to answer them. Our friendly team is eager to welcome you.

P.S. Free consultation appointments fill quickly – call (770) 225-0644 now to reserve yours!



NEW PATIENTS WELCOME

EXTENDED OFFICE HOURS FOR YOUR CONVENIENCE!

CALL TODAY! (770) 225-0644

See our specials on page 4 or call now for a FREE consultation appointment.



**Dr. Uday Parikh
Dr. Shetal Parikh**

**1039 Peachtree Industrial Blvd NW
Suite A116**

Suwanee, GA 30024-6798

Heart-Healthy Marinades

Spice up your life!

Spicing up your favorite dish not only produces great flavor, but promotes great oral and general health as well. And right now, even some of your favorite marinades may contain anti-inflammatory ingredients which support a healthy heart and decrease the risk of cancer, Alzheimer's, diabetes, and other serious illnesses.

Add these ingredients to your next marinade, jerk sauce, or dry spice rub to do wonders for your heart and soul: garlic, hot peppers, paprika, ginger, cinnamon, turmeric, thyme, rosemary, oregano, black pepper, basil, cardamom, cilantro, chives, scallions, cloves, parsley, and cayenne pepper!

A proper jerk recipe is founded on copious amounts of Scotch bonnet peppers and allspice, and the old standbys of parsley, sage, rosemary, and thyme are all brimming with anti-inflammatory benefits. Add tasty, anti-inflammatory olive oil to your marinades, and you'll have a perfect recipe for healthy living.



Identify Your Strengths

Perfect for healthy active lifestyles!

If you're looking for more zest instead of rest, go for it! Today's dental techniques and materials not only re-energize smiles, they're perfect for active lifestyles. There is no need to worry about special care regimens and they'll give you that great smile you deserve!

CROWNS

WHAT ARE THEY?

Crowns cover decayed or damaged teeth, restoring them to a natural shape and size. They will also make your teeth stronger and improve their color.

HOW TO CARE FOR THEM:

Brush and floss as usual.



BRIDGES

WHAT ARE THEY?

Bridges replace one or more teeth and older crown and bridge restorations can be updated with beautiful metal-free materials that are anchored permanently.

HOW TO CARE FOR THEM:

Brush and floss, but remember to clean under the bridge. We'll show you this simple technique.



VENEERS

WHAT ARE THEY?

Veneers made from natural-looking ceramic or bonding materials are applied to the surfaces of teeth and add strength while straightening their appearance and concealing gaps, cracks, chips, or stains.

HOW TO CARE FOR THEM:

Brush and floss as usual.



Cosmetic and restorative dentistry have come a long way. Your overall quality of life can be enhanced by replacement teeth that look, feel, and function like your natural teeth by combining beauty, strength, and practicality for increased confidence ... so eat that exotic dish, travel to that remote country, and participate in extreme sports. Make an appointment today and let's discuss the option that's best for you.

PREVENTING PREDIABETES

One of North America's largest health epidemics, prediabetes, is the gray area between higher-than-normal blood sugar and diabetic levels. People in this range are at risk of not only developing type 2 diabetes, but heart disease, stroke, and gum disease.

Gum disease is often called the sixth complication of diabetes. It may not cause diabetes, but gum disease can affect its severity.

Prevent gum disease by:

- Brushing after meals
- Flossing daily
- Visiting us for regular cleanings.

Reduce your risk of prediabetes by:

- Controlling your weight
- Exercising regularly
- Getting at least 6 hours of sleep at night.

The important thing to remember is that prediabetes may not have to lead to type 2 diabetes. Making healthy changes to diet and lifestyle today can help you to alter your future for the better.



Dental Checkups Are Essential

Open wide for health!

Even if you are the most diligent brusher and heroic flosser, there are simply things that your dentist or dental hygienist can detect that you can't. Our goal is to catch and treat problems early, before they become major issues.

We will look for:

- signs of gum disease
- cavities, root cavities, and cavities under existing fillings
- signs of oral cancer
- deterioration of fillings, crowns, or other dental work
- hairline tooth fractures
- impacted wisdom teeth
- ...and much more!

Regular visits to our practice may also aid in the early detection of chronic health conditions, including heart disease and diabetes which can have specific symptoms that appear in the mouth.

Call us today to ensure your recare appointments are on track! We want to help you maintain a healthy lifestyle and a happy smile!

4 Reasons You Should Never Wait

Make your smile work for you

Millions of mature adults are ready to retire but can't. Others are coming out of retirement into a very competitive environment. True, you need to keep your smile looking good to compete, and we can help you with that, but if you want to keep working, you need to stay healthy. That means taking care of your oral health because it can affect the rest of your health.

Dental problems that hurt and look unattractive such as receding gums and tooth sensitivity will likely get your attention. Yet gum disease, potentially your most serious oral health risk, is often ignored because it is painless as it takes hold.

Don't wait for signs to appear. See us first. It's that important...

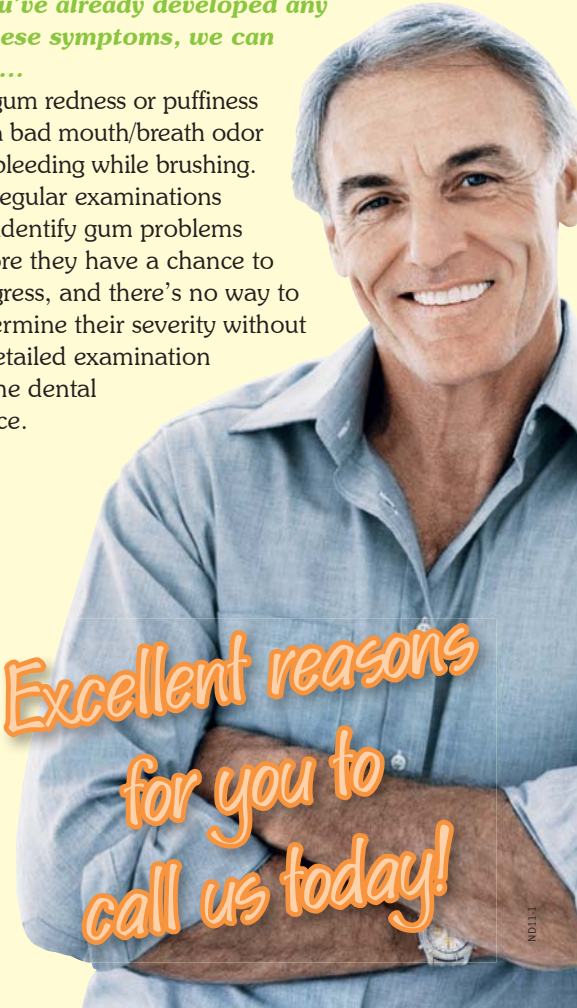
- 1 Gum disease is the top cause of adult tooth loss.
- 2 It can destroy the ligaments which support your teeth and the bone which supports them.
- 3 It could lead to painful and misaligned jaw joints, limit your ability to chew, create digestive problems, oral sores, and bad breath.
- 4 It has been linked to cardiovascular diseases, diabetes, arthritis, and cancers.

If you've already developed any of these symptoms, we can help...

- gum redness or puffiness
- a bad mouth/breath odor
- bleeding while brushing.

Regular examinations will identify gum problems before they have a chance to progress, and there's no way to determine their severity without a detailed examination in the dental office.

Excellent reasons
for you to
call us today!



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DENTAL EDUCATION FOR OUR NEIGHBORS

Prevent Diabetes, Stroke & Heart Disease Now

In addition to plaque, there are several factors that can increase your risk of developing gum disease, which has been linked to many very dangerous, and life threatening, systemic diseases. These other factors include hormonal changes for girls and women, smoking, poor nutrition, medications, and sometimes it's just your genetics.

If you've been a little nervous about visiting the dentist or if life has just been busy and you haven't kept up your regular appointments, we understand. But your health is being affected by your oral health – so please call us. We're here to listen – not judge – and we're here to help. We would like to show you that we can provide the kind of personalized professional care that will keep you and your family healthy and looking great.

That's why we want you to take advantage of a free consultation. Please call today to reserve your time. Oral health is a powerful catalyst for longevity and a sense of wellbeing and confidence. **Call us at (770) 225-0644 for your FREE consultation!**



Dr. Uday Parikh



Dr. Shetal Parikh

You are invited to schedule a FREE consultation or take advantage of one of our specials shown here. Call now!

New Patient Exam & X-Rays

\$85

Comprehensive exam by the doctor, including needed digital x-rays and periodontal examination. Save \$155!

Not valid with dental insurance.

New Patient Cleaning

\$64

Save \$35 on a professional dental cleaning.

*Does not include deep cleaning for periodontal disease, and a new patient dental exam is required.

RESERVED FOR YOU!

FREE! INVISALIGN CONSULTATION

Smile analysis & technique discussion by Dr. Parikh.

Imagine the STRAIGHT smile you have always wanted... now give us a call!

(770) 225-0644