



LARRY J. DIAMOND, DDS
"Kids and Adults love and trust us."

(562) 430-1013
(714) 828-5951
3551 FLORISTA ST., SUITE 2A
LOS ALAMITOS, CA 90720

FILLING YOU IN

January 2011

HOW TO KEEP YOUR SMILE FOR LIFE

Many oral health problems can be prevented by simple routines: brushing twice a day, flossing daily, eating a balanced diet and having regular dental checkups. But even if you brush and floss regularly, you may face oral health issues. Luckily, your dentist can help you meet these challenges. Your smile can last a lifetime if you care for it.

Gum disease begins as gingivitis. Symptoms of gingivitis include red, swollen or tender gums that tend to bleed when you brush them. If you notice any of these symptoms, see your dentist before serious problems develop. Gingivitis is reversible; on the other hand, advanced stages of gum disease may lead to tooth loss. Gum disease may also affect your overall health. Evidence is mixed but some studies show a possible link between the gum disease periodontitis and other diseases, including diabetes, heart disease, and some cancers.

Your gums naturally recede over time, exposing areas of the tooth that are not protected by enamel. These areas are particularly sensitive to cold and hot foods and beverages. Sensitivity to cold air and to sour and sweet drinks and foods can also occur. If you experience sensitivity, try anti-sensitivity toothpaste. See your dentist if the problem persists. The sensitivity may indicate a more serious condition, such as a cavity or a cracked or fractured tooth.

Eat a well balanced diet to fight plaque. Firm, fibrous foods, such as fruits and vegetables, can help clean teeth and tissues. Soft, sticky foods tend to remain on and between teeth, producing more plaque. Each time you consume foods and drinks that contain sugars or starches, the bacteria in plaque produce acids that attack your teeth for 20 minutes or more. To reduce damage to your tooth enamel, limit snacks and drinks between meals. And when you do snack, choose nutritious foods such as cheese, raw vegetables, plain yogurt or fruit.

Daily brushing and flossing will keep plaque to a minimum, but it won't completely prevent it. A professional cleaning will remove hardened plaque in places that your toothbrush and floss have missed. Regular dental visits are an important part of your oral hygiene program to keep your teeth and smile for a lifetime.

Source: American Dental Association, American Academy of Periodontology

HAPPY NEW YEAR!

We'd like to wish all of our patients a very happy 2011! Thank you for your referrals and continued confidence in our practice. It is our pleasure to guide and follow your kids and yourselves to improve dental health.

Your referrals allow us to provide the gift of quality, caring dental treatment. Please continue to refer any friends or families that are looking for a high quality "dental home" by giving them our card or website information.

We have the best patients around! Here's to a bright and wonderful new year!

GET ENOUGH CALCIUM

It's really important to get kids, especially girls, to consume enough calcium from milk and other sources as it could affect their lives decades later. A study in the *American Journal of Clinical Nutrition* found that women who drank little or no milk in childhood and adolescence have lower bone density and, after age 50, an increased risk of fractures. Increasingly, children are drinking soda and fruit punch instead of milk, particularly at school. Also, be aware of your child or adolescent's use of energy drinks. They can contain herbal supplements and stimulants, with 5 times the caffeine of an 8 oz soda.

NEW SERVICE AVAILABLE IN 2011, "SOFT TISSUE LASER"

Dr. Diamond is offering the benefits of a Diode Laser in our office. It can be used for many procedures involving the gums, instead of a traditional scalpel.

Some examples of these procedures are: removing excess tissue with reduced healing time and less post operative discomfort and treatment of periodontal pockets (gum disease) non-surgically. The laser helps stop the bleeding of damaged/inflamed gum tissue.

Many procedures can be done with little or no local anesthesia. We look forward to offering our patients this highly anticipated and modern service.

Live simply; love extravagantly.

FAUX-FRY

The next time you crave fried onion rings or chicken tenders, try this trick: coat the food with egg whites and a mixture of grated Parmesan cheese, whole wheat flour, and panko bread-crumbs; spray with a bit of cooking spray, then put it into a 450 degree oven for 10 to 15 minutes. You'll have a crispy, healthier treat with the same indulgent taste.

Source: Chef Rocco DiSpirito, author of NOW EAT THIS!

HEADS UP!

More than one-third of children wear bike helmets that don't fit properly according to the nonprofit group Safe Kids Worldwide. **Bell Sports' True Fit helmet** makes safety a snap with fixed elasticized straps that position the helmet correctly. The only area you have to adjust is under the chin. For additional information and a store locator, visit belltruefit.com.

NO CAVITY CLUB

Congratulations to the following lucky winners:

October 2010

Eric Brown and Tristan Carter

Prizes awarded were:

Gift Cards for Toys R Us & Cold Stone Creamery

Winners were eligible for the **No Cavity Club** drawing because they take good care of their teeth and gums and were deemed cavity free by Dr. Diamond at their 6 month checkup.

For more information on how to join, call our office or inquire during your next visit.

FIND US ELECTRONICALLY!

Our website has been upgraded to better serve and inform you. New patients can complete their forms "online" and simply submit them via our secure website. This will help to speed up their initial visit process in our office. Our website address is:

MYDIAMONDDENTAL.COM

Dr. Diamond posts periodic articles of dental and general health interest on our "BLOG". This can be reached through our website by clicking on the "BLOG" tab or you can go directly to the address:

MYDIAMONDDENTAL.COM/BLOG

We now have a Facebook Fan Page where you can interact with us by sending your comments and photos. We can also post photos and other news about our practice. The address is:

["FACEBOOK.COM/DIAMONDDENTAL"](http://FACEBOOK.COM/DIAMONDDENTAL)

A goal, not in writing, is simply a wish.

A HELPFUL HINT

If your child loves Play Doh and usually creates a mess with bits and pieces falling everywhere, try using a large cookie sheet for the playing surface. The slight edge will help control the mess.

Early to Bed, Get Ahead!

4 year olds, who have an early regular bedtime, score higher on tests measuring language, reading, and math skills than their peers who don't. Researchers from SRI International, an independent nonprofit research institute, and the University of Nevada, Reno, have found that preschoolers who get at least 11 hours of sleep a night (the recommended amount for that age) also do better on physical skill tests. If bedtime is a battleground in your house, establish a consistent routine including reading books, playing calm games (like 20 Questions), or telling stories to ease the evening transition. It can help your child fall asleep more easily and quickly.

Source: Scholastic Parent & Child Magazine