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A THANK YOU FROM DR. DALE'S FAMILY FOR YOUR CARDS AND LETTERS

As many of you know, we lost our dear "Dr. Dale" in April. A sincere thank you to all of you who were able to attend his remembrance gathering on June 2nd, and also to those of you shared your memories of this great man in writing. We, his family and staff, are deeply grateful for your friendship and support, and are doing what Dr. Dale would want us to do – continue to provide you, our patients, with the best oral health care possible, and to "carry on". We are, and this is our on-going tribute to him. Thank you again.

Patricia Westerhout, DDS

BRIGHTEN YOUR SMILE WITH ZOOM!® (ADVANCED POWER) WHITENING

Did you know? Whitening treatments are the most requested cosmetic dental procedure, and have grown by more than 300% over the past 10 years.

(The following information can also be found on the Zoom!® Whitening website, and has been adapted in part for this article and the patients of Dr. Patricia Westerhout.)

Everyone notices a beautiful smile. A whiter, brighter smile can help you feel better about yourself, and make a memorable and lasting impression on everyone you meet.

However, there are factors that can stain and darken your teeth as you age. Your lifestyle and the aging process play a role, but many things we do on a

regular basis also contribute to stained teeth, including drinking coffee, tea, cola and red wine, or smoking.

Whitening can get your smile looking its best. You should look for a whitening procedure that is:

- Fast and convenient
- Long lasting
- Low sensitivity
- Proven to be safe and effective
- Performed by a Dental Professional

FREQUENTLY ASKED QUESTIONS ABOUT THE ZOOM!® (ADVANCED POWER) WHITENING SYSTEM

Q: What is Zoom!® tooth whitening?

*A: Zoom!® is a bleaching process that lightens discoloration of enamel and dentin. You may have seen the Zoom!® process used on ABC's popular **Extreme Makeover** television show.*

Q: How long does Zoom!® Whitening take?

A: The complete procedure takes about two hours. The procedure begins with a preparation period followed a 3-part whitening process, each part lasting about 15 minutes. (A cleaning is recommended prior to the actual Zoom!® whitening session.)

Q: How does the Zoom!® In-Office system work?

A: The Zoom!® light activated whitening gel's active ingredient is Hydrogen

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Peroxide. As the Hydrogen Peroxide is broken down, oxygen enters the enamel and dentin, bleaching colored substances, but leaving the structure of the tooth unchanged.

The Zoom!® light aids in activating the hydrogen peroxide and helps it penetrate the surface of the tooth. A study has shown that use of the Zoom!® lamp increases the effectiveness of the Zoom!® gel by 26% or more, giving an average improvement of up to eight shades.

Q: Will I experience any discomfort during the Zoom!® procedure?

A: During the procedure, patients may comfortably listen to music. However, individuals with a strong gag reflex or anxiety may have difficulty undergoing the entire procedure. This is something you should talk to Dr. Westerhout about if you have concerns. Most patients experience little, if any, discomfort.

Q: How long do the results last?

A: By following some simple post whitening care instructions, your teeth will always be lighter than they were before. To keep your teeth looking their best, we recommend flossing, brushing twice daily, and occasional touch-ups with Zoom!® Weekender or Nite White gel.

These are professional formula products designed specifically to keep your teeth their brightest. Ask Dr. Westerhout if one might be right for you.

Q: Are there any side effects?

A: Sensitivity during the treatment may occur with some patients. The Zoom!® light generates minimal heat which is the usual source of discomfort.

On rare occasions, minor tingling sensations are experienced immediately after the procedure, but does go away. You can also ask Dr. Westerhout to supply you with anti-sensitivity toothpaste for use prior to treatment.

Q: What causes tooth discoloration?

A: There are many causes. The most common include aging and consumption of staining substances such as coffee, tea, colas, tobacco, red wine, etc.

During tooth formation, consumption of tetracycline, certain antibiotics or excessive fluoride may also cause tooth discoloration.

Q: Who may benefit from tooth whitening?

A: Almost anyone. However, treatment may not be as effective for some as it is for others. Dr. Westerhout can determine if you are a viable candidate for this procedure through a thorough oral exam, including a shade assessment.

Q: Is whitening safe?

A: Yes. Extensive research and clinical studies indicate that whitening teeth under the supervision of a dentist is safe. In fact, many dentists consider whitening the safest cosmetic dental procedure available.

As with any tooth whitening product, Zoom!® is not recommended for children under 13 years of age or women who are pregnant or breastfeeding.

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PRACTICE NEWS

WELCOME BRIGITTE!

We are happy to welcome Brigitte Macedo to our office – again!

Brigitte worked in our back office as a Dental Assistant in the early to mid 1990's, and now rejoins us one day a week, on Thursdays, as our front office Financial Coordinator. We're delighted to have her back, and know our patients will be happy to see her again as well. (Ask about her new grandson, Jayden!)

We are also happy to welcome Becca Ayala, a senior at Castro Valley High School, to our office. Becca, who looks forward to a career in dental hygiene, is our new Administrative Assistant.

MEET OUR STAFF

If at any time you have questions for any member of our staff, please call!

Patricia Westerhout, DDS
Paola Guglielmoni, DDS (Periodontist)
Goretti Allenbach, RDH
Donna Counts, RDH
Marcos Eisenberg, RDH
Dora Aranda, RDA
Carolyn Bruce, RDA
Dawn Gluck, Business Administration
Brigitte Macedo, Financial Coordinator
Becca Ayala, Administrative Assistant

