

BRUSH



NEW VISION . SIERRA SUNRISE . SERENITY . BRIGHT SMILE

**WHAT'S THAT
SMELL?**

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**THE WOMAN BEHIND
THE MASK**

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**MIGRAINES & MORNING
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THE WOMAN BEHIND THE MASK



Kat has been with our office for a little over a year now. She joined our team July 2020.

Warming her way into our patients hearts, Kat has impressed them all with her contagious laugh and statement makeup. If you've visited with her you know she loves her SPARKLES!

Always the first to participate in activities, Kat brightens our hallways with her over the top and impressive costumes.

Kat enjoys spending time in the great outdoors with her two children. You might catch her and her family out at Folsom Lake or exploring the woods in Oregon.

Behind her mask you will always find a big friendly smile!

If you haven't yet met Kat, schedule your next appointment today!



What Are Our Patients Saying...



My experience was exceptional as usual. Dr. Behl has been my dentist for about 35 years and he is the best. Your staff he's always friendly and helpful thank you so much for taking care of me.
Bob H.

My dentist retired and I was referred to new vision dentistry. I am so happy to have been referred to Dr. Behl, wonderful Dentist. The whole staff is wonderful I would definitely recommend them.
Debbie B.

Wonderful office and staff!! This is the most clean facility I've been to. I enjoyed my visit. I will definitely recommend this office. The staff is great and friendly. They make you feel welcomed the moment you step in to the facility.
Justin L.

This place is filled with all friendly staff and the service was quick and good experience overall. I would totally recommend this dental to my friends and family.
Jose R.

Would absolutely recommend this office! I needed my wisdom teeth removed. They applied a local anesthesia, so I was awake during the process. The healing of the sockets is going well, with the assistance of the antibiotics they provided. I experienced little to no pain during the following week before my check up. The staff is incredibly friendly and helpful with questions concerns. Will definitely be doing all of my future dental work with Serenity Dental.
Cameron G.

I am one of those people who usually dread going to the dentist, so much so I procrastinated way too long to do. Because it had been a while since my last visit I have been going at least every 3 months to catch up on the work that needed to be done. I have to say that the entire team here made me feel more comfortable then I ever have at the dentist, so much so I have been looking forward to going to my next visits. Meg and Jennifer are especially great, and go above and beyond!
Jeff P.



What's That Smell?

IT'S HALITOSIS

Dental issues like halitosis can hold you back from life. we can help you regain your confidence with effective oral care and halitosis treatment.

The occasional occurrence of bad breath can usually be corrected with a mint, mouthwash, or by brushing and flossing your teeth, but when bad breath persists despite efforts to freshen, you may be dealing with a case of halitosis. Halitosis is a chronic condition that presents with a foul odor noticeable when speaking and breathing.

The presence of the condition can be embarrassing, and many people affected find themselves socially limited as they avoid interactions because of their bad breath. Halitosis is a common condition, but it often goes untreated because many people are uncomfortable talking about their struggle with bad breath and seeking help.

Halitosis is nothing to be embarrassed about; it's a warning signal to you and your dentist that there is a problem with your oral health that needs to be addressed. One of the most common causes of halitosis comes from a buildup of bacteria in your mouth from trapped food debris, plaque, and tartar. As bacteria live and grow in your mouth, it leaves a foul-smelling waste noticeable to you and the people around you. Infection is another common source of halitosis and can cause persistent mouth odor. Halitosis causing infections include sinus and throat infections, a bacterial infection in the GI tract, and infections from yeast culture buildup in the mouth. Untreated infection can lead to more advanced health issues and damage to your mouth and body, which makes addressing halitosis with effective care an essential wellness requirement.

we have extensive experience in treating halitosis. Our supportive and judgment-free office provides a comfortable path to success for reluctant halitosis patients, and our team is skilled in removing the embarrassment from seeking the help you need. We narrow down the source and cause of the halitosis to develop a comprehensive oral health plan to help end bad breath for good. We pride ourselves in helping patients defeat halitosis and get back to their normal life with no worries about foul odors to hold them back.



How to Properly Brush Your Teeth

01

Place the toothbrush at a 45-degree angle to the gums

02

Move the brush back and forth gently in short strokes

03

Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth

04

To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

05

Brush your tongue to remove bacteria and keep your breath fresh



"STUDIES HAVE SHOWN THAT UNDERDEVELOPED DENTAL ARCHES MAY BE A ROOT CAUSE OF A CONSTRICTED UPPER AIRWAY, WHICH IS A KEY FACTOR IN SLEEP DISORDERED BREATHING."

—ANGELA GOLDWAITHE RDAEF2

Do you suffer from Migraines? What about morning headaches?

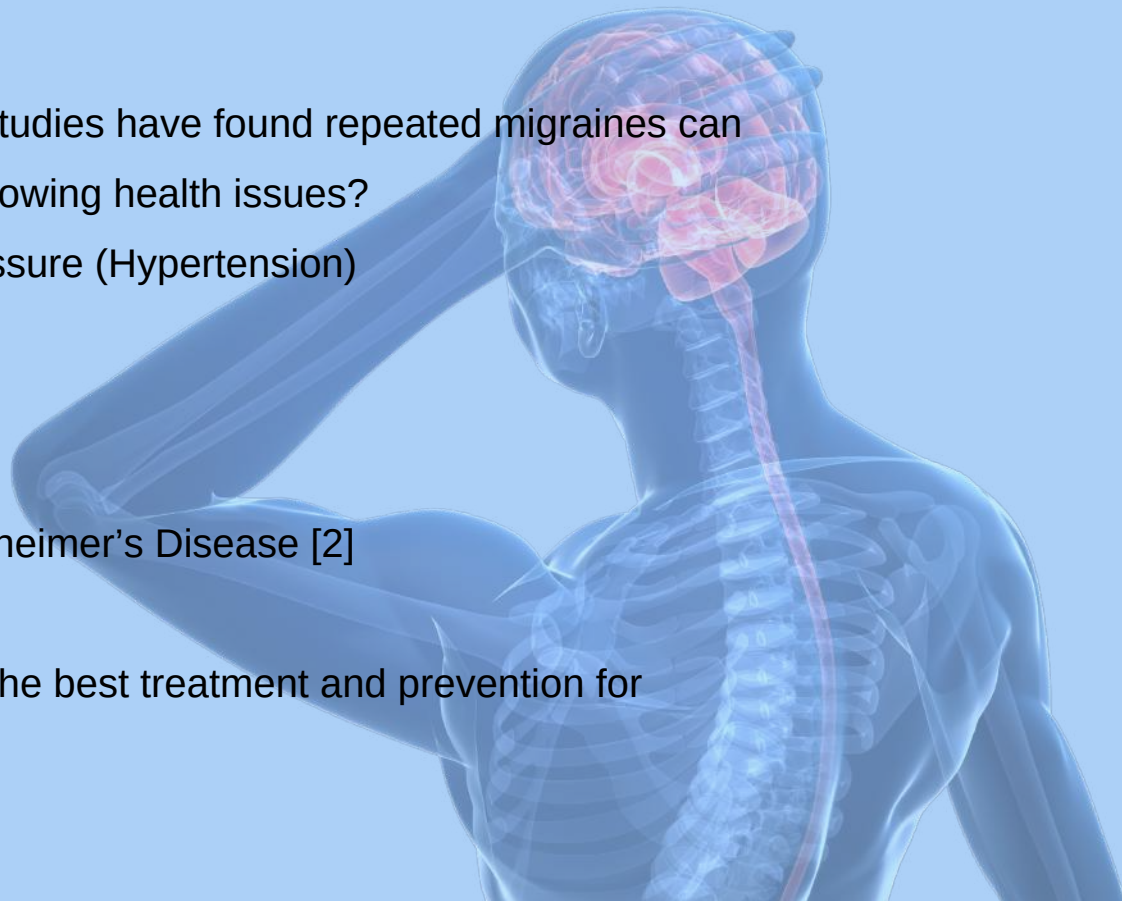
How productive is your day, when you start it out in pain?

Let me guess.... I bet you feel at least a little more moody, irritable, depressed and anxious [1]. I would also venture to guess that you can't concentrate as well, have slower reflexes, crave carbohydrates and struggle with sleepiness or fatigue throughout the day.

Did you know that studies have found repeated migraines can contribute to the following health issues?

- High Blood Pressure (Hypertension)
- Depression
- Risk of Stroke
- Memory Loss
- Dementia & Alzheimer's Disease [2]

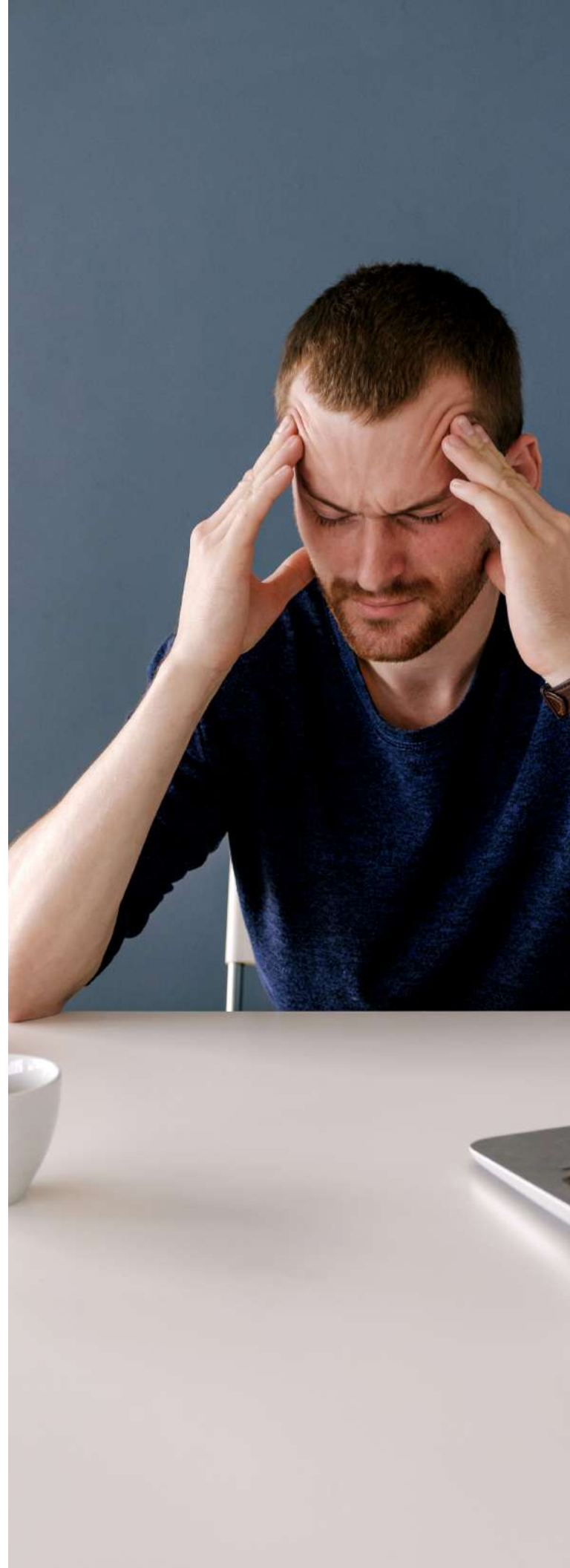
Do you know what the best treatment and prevention for migraines is? [3]



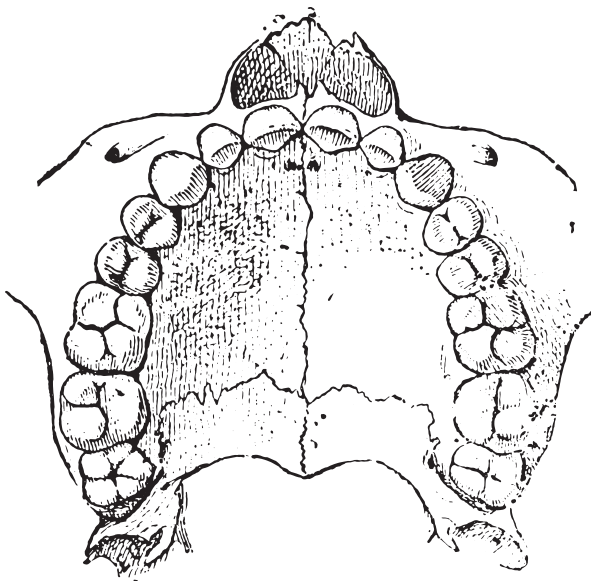
If you experience chronic migraines or morning headaches, it may be a sign that you have a sleep breathing disorder, such as obstructive sleep apnea.

How are the two related, you ask?

Well, from what I have found in my research, the jury is still out on a definitive answer. Many suggest that migraines and headaches could be triggered by the decreased oxygen levels and increased carbon dioxide levels in the body caused by repetitive apneas (episodes of stopped breathing for 10 seconds or more throughout the night). These apneas not only disrupt the oxygen levels in your brain, but they also cause you to wake up just enough that it disturbs your sleep cycle. Lack of a full sleep cycle robs your body from restoring itself and purging the toxins from your brain, including the stress hormone cortisol and the peptide associated with Alzheimer's disease called beta-amyloid.



The Migraine Relief Center,[4] recommends making sleep disorder treatment a priority because it tends to improve a person's overall health considerably. They also go on to say: "For many patients, being able to breathe correctly at night provides substantial relief in the sense that they are able to reduce the frequency of their migraine episodes. Some patients are able to transform their migraine conditions from chronic to occasional just by improving their sleep patterns. By doing so, they are also reducing their risk of developing hypertension and strokes later in their lives."



Dr. Azouz has found that by changing the structure of the upper and lower jaws, using a non-surgical, pain-free, FDA approved oral device, patients have found improvement in snoring, sleep apnea, migraines and morning headaches. Studies have shown that underdeveloped dental arches may be a root cause of a constricted upper airway[5], which is a key factor in sleep disordered breathing[6] (sleep apnea).

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Sources:

[1] <https://www.migrainesavvy.com/sleep-apnea-and-migraine-headaches.html>

[2] <https://www.cpap.com/blog/link-early-onset-dementia-sleep-apnea/>

[3] <https://www.migrainetrust.org/living-with-migraine/coping-managing/sleep/>

[4] <https://blog.themigrainereliefcenter.com/sleep-apnea-and-migraines-is-there-a-connection>

[5] <https://www.dentistryiq.com/dentistry/occlusion-tmj-and-sleep-medicine/article/16367448/tmdairway-connection-the-importance-of-dental-and-medical-screenings>

[6] <https://www.verywellhealth.com/obstructive-sleep-apnea-causes-5069905>

SPORTS GUARDS

If you or your child is an athlete, you know how important it is to have the right protective gear. Typically that means having a helmet, knee pads, and shin guards. But did you know nearly 40 percent of all sports injuries involve the face? That's where a mouth guard comes in. With a custom-made mouth guard you can protect your smile and your mouth, dramatically reducing the chance for sports-related oral injuries.

What is a Mouth Guard?

A mouth guard fits comfortably over your teeth and protects your smile, lips, tongue, face, and jaw. What's more, research has shown that mouth guards can even help reduce the potential for concussions.

The benefits of wearing a mouth guard are obvious for certain athletes, including hockey players, boxers, and football players, but other kinds of athletes can benefit too, like bicyclists, gymnasts, and weightlifters. All this might sound unnecessary, but research shows that 13 to 39 percent of all dental injuries are sports-related and because the face is so important for self-confidence and sometimes success, it's better to be safe than... toothless!

Gum Conditions

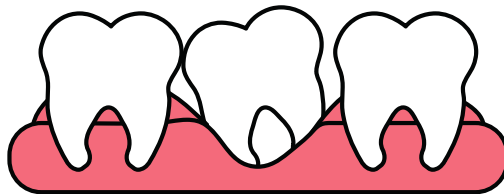
Gum line recession or gingival recession is a common gum condition that often appears in adults. The appearance of receding gums is the result of gum tissue shrinking back from the teeth exposing more of the tooth root and spaces between teeth. The loss of gum tissue is detrimental to the overall integrity of your gums, but the condition also puts your teeth at risk for damage and decay.



Receding gums also causes a decline in the appearance of your smile, making teeth appear longer than normal and discolored. Gum recession is a gradual process, and the changes in your gum line may be difficult to detect early on, but the following symptoms of receding gums are a signal to seek treatment:

- **NOTICEABLE IN THE SIZE AND SHAPE OF YOUR TEETH**
- **INFLAMED/SWOLLEN GUMS**
- **INCREASED TOOTH SENSITIVITY**
- **BAD BREATH**
- **BLEEDING GUMS**

One of the most common dental conditions many people experience is the sight of pink or red in the sink while brushing their teeth. Bleeding gums can occur at any stage of life and can be caused by a number of factors. Noticeable bleeding from your gums could be a symptom of gingivitis. Gingivitis is an infection that impacts the gums, usually caused by tartar buildup and bacteria. Gingivitis attacks gum tissue affecting the foundation of your teeth. If left untreated, gingivitis can lead to tooth loss or a more severe infection. For some, bleeding gums could be a sign that the body is lacking essential vitamins such as vitamin C or K. If your gums are not infected, you may need to have your vitamin levels checked to find the source of your bleeding. Over brushing is another common cause of bleeding gums, and correcting your brushing technique could help you avoid extensive damage and additional issues in the future.



Almost every adult will have experienced gingivitis during their lifetime. Although the condition is quite common and treatable, gingivitis could have serious negative effects on your teeth and overall oral health if left untreated. Many different factors, like tobacco use, pregnancy, irritation, stubborn debris, and plaque buildup, can be the cause of infection and inflammation in your gums. The inflammation may be noticeable and present with pain or swelling, but some cases of inflammation and gingivitis may be asymptomatic. The best way to prevent gum infection is with regular checkups and cleanings with the dentist, but it's a good idea to make an appointment as soon as possible if you notice any of the following symptoms:

- **BLEEDING GUMS WHILE BRUSHING OR EATING**
- **LOOSE OR SHIFTING TEETH**
- **SWELLING, PAIN OR IRRITATION**
- **CHANGES IN THE SIZE OR SHAPE OF THE TEETH**

How Can You Keep Your Gums Healthy?

- FLOSS EVERYDAY
- GET REGULAR DENTAL CLEANINGS
- REFRAIN FROM SMOKING OR CHEWING TOBACCO
- LIMIT SUGAR
- BRUSH AT LEAST TWICE A DAY



Angela Goldthwaite
RDAEF2

I started off in August 2019 as Dr. Azouz's RDAEF2, which is a mid-level provider that is licensed to cement crowns and bridges, fill teeth, adjust prosthetics, and take final impressions for restorations, appliances and prosthetics. Very early into my time at Sacramento Natural Dentistry, I got the excellent opportunity to fly to Denver Colorado to learn about obstructed airway treatment and how underdeveloped jaws can enormously impact the lives of children and adults alike. In May 2020, my husband and I moved to Alabama, but because of my background in dentistry since 1998 and my knowledge and experience in airway treatment, I was given the chance to continue to work for Dr. Azouz offices remotely. I currently manage the intake and flow of airway cases , as well as blog for our website and newsletters. In addition, I manage ordering, budget and hygiene coordination.

**Same Day Emergency
Appointments
Available!**

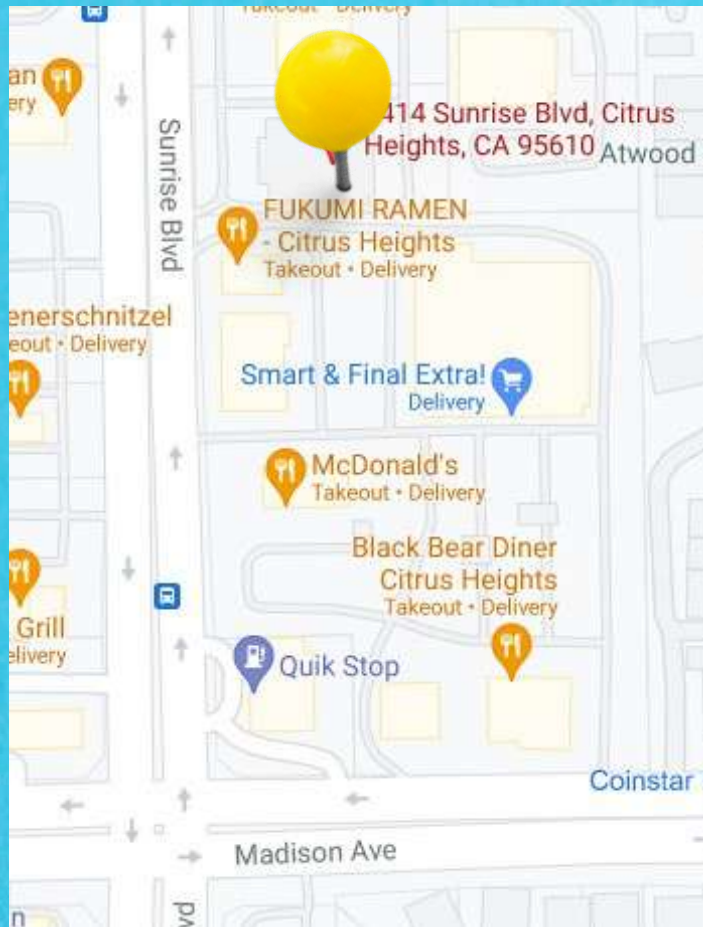
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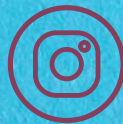
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