



Exceptional Dentistry

BY DR. KRISTON GALLIPEAU

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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 in your neighborhood for years, and we always welcome new patients!

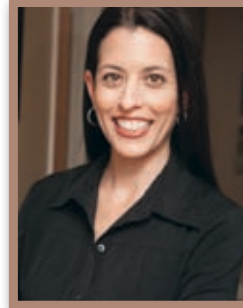
Call us now - start with a consultation. You'll meet our team, and receive an oral health exam. You can talk about concerns and smile goals - then decide if we are right for you and your family!

WE PROVIDE:

- important information, which allows patients to make educated decisions about their own treatment plans,
- a comfortable environment, including satellite, flat screen TVs in the ceiling, headphones, blankets, pillows, and beverage refreshments,
- trust-based dentistry, where we listen to our patients and base care on what *they* want and need,
- patient-friendly care, using current technology and techniques,
- prevention-focused dentistry, which reduces the amount of time our patients spend in the treatment chair.

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 our 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. Our consultation appointments fill quickly - call us now to reserve yours!



Are you ready to change
your life, starting with
your smile?

Call Today!

(619) 234-5377

Or visit our website: www.bankershilldental.com

*New
Smiles are
Welcome!*

Call us to book your FREE
introductory consultation.

*We Look Forward To
Meeting You!*

We're accepting
new patients!



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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.

What
can you
do?

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...

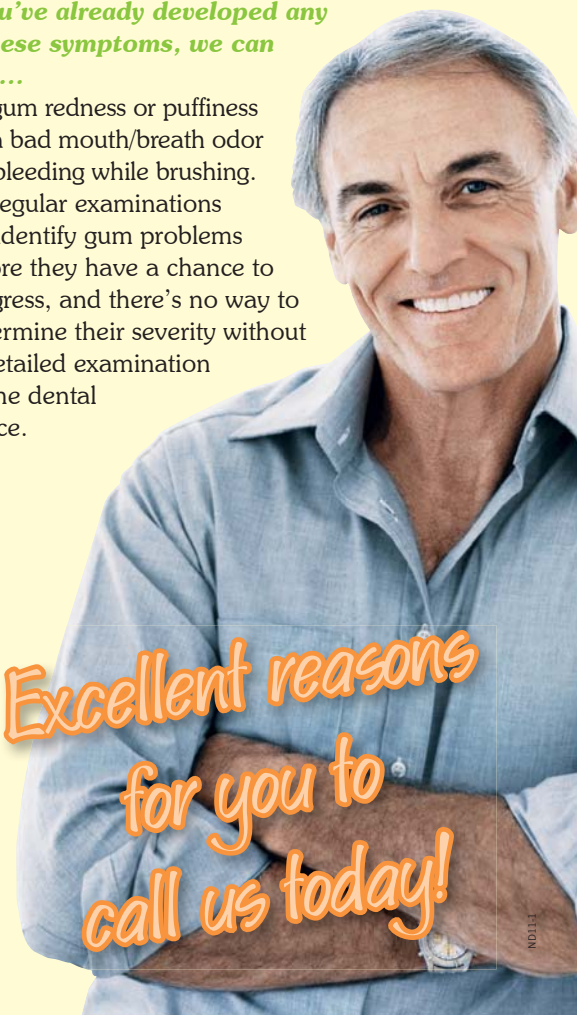
- 1 Gum disease is the top cause of adult tooth loss.
- 2 It can destroy the ligaments which support your teeth and the bone which supports them.
- 3 It could lead to painful and misaligned jaw joints, limit your ability to chew, create digestive problems, oral sores, and bad breath.
- 4 It has been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





VALUABLE HEALTH INFORMATION FOR CURRENT RESIDENT

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

**CALL FOR YOUR
FREE
CONSULTATION!**

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 (619) 234-5377 to reserve your time!**

Spring Into Action! Keep your recall

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Whitening Special!

REGULARLY \$500

Brighten your smile today. Offer includes in office whitening and take home trays to ensure you maintain your bright, beautiful smile all year long!

Now:
\$299

PS. Our special offer doesn't expire until June 30th, so smile!

Call Today!

(619) 234-5377