



CAPPIE BAKER, D.D.S., M.S.

A PROFESSIONAL CORPORATION

SMILING PHASES

Monthly Newsletter Vol.3 Issue 1

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In this Newsletter:

Beginning Smiles

By Dr. Cappie Baker

We would like to welcome to our Orthodontic family: **Anaiah B., Bo B., Brandon B., Moses B., Adriana C., Kristoffer C., Samantha C., Ricardo C., Hazel K., Julia K., Angel L., Frederick L., Christopher M., Crystal N., Christopher O., Marissa P., Tania P., Gloria Q., Alyssa R., Armoni S., Celina T., Cynthia T., Shane T., Mary V., Skyler V., Louie Y., and Louisa Y.** It is a pleasure having you as a patient. CB Orthodontics looks forward to enhancing your beautiful smiles.



Side Note

Were Moving



Our new location is **20930 Bonita Street, Suite X, Carson CA 90746.** Our new office will include, spacious waiting room and childrens play area, LCD screens, I-Pod...

(Full Article Below)

Monthly Raffle

By Rosie Soto, RDA

Congratulations to our recent winners: **Adrian C., Gielain C., and Mary V.** They each received a **GameStop** gift card. At the end of every month, our office holds a free raffle for patients. They are invited to enter their name and phone number. An entry is randomly selected and the winner does not need to be present to claim their reward.



100 Points Game: T-Shirt & Movie Pass Winners

By Rosie Soto, RDA

Congratulations to all our recent T-shirt and Movie Pass Winners: **Christian E., Mary M., and Jesus R.** Many of our patients are highly motivated and enthusiastic about being a part of the CB Orthodontics family. The 100 Points Game rewards those patients with an AMC movie card. They must first win our LOGO office t-shirt and then wear it to three consecutive monthly



appointments.Thank-you for supporting our team spirit!

Finishing Smiles

By Dr.Cappie Baker

Congratulations on your terrific smile to:
Brenda A., Diana A., John A., Mario A., Nadine A., Deshawn B., Jasmine B., Leticia C., Maurice C., Vanessa E., Jennifer G., Jordan G., Bruce H., David H., Karina M., Anthony N., Jesus N., Keith S., Michelle S., Celeste T., Gale T., Marvin T., and Edward V.We look forward to the final retention phase of your treatment. It is in this phase that we continue to monitor your finished result for stability. It has been a pleasure getting to know you and remember you will always be a part of the CB Orthodontics family.



The Importance of Brushing

Today, because of better care and dental treatments, more people than ever before are keeping their natural teeth throughout their lives. Although some diseases and conditions can make dental disease and tooth loss more likely, you have a great deal of control over whether you keep your teeth into old age. The most important thing you can do to keep your natural teeth is to brush and floss your teeth regularly.



Most dental hygiene problems are caused by plaque. Plaque is a nearly colorless, sticky layer of bacterial film that forms on your teeth. Composed of microorganisms, food particles and other organic matter, plaque coats your teeth and hides in the nooks and crannies between teeth and below the gum line. The bacteria in plaque produce acids that cause cavities. (Sugary foods, such as candy and cookies, are not the only foods that cause plaque. Starches, such as bread, crackers, and cereal, also cause acids to form. If you snack often, you could be having acid attacks all day long. After many acid attacks, your teeth may decay.)

Build-up of plaque also leads to periodontal disease, also called gum disease. Plaque produces substances that irritate the gums,

and after a while, gums may pull away from the teeth. Pockets form and fill with more bacteria. If the gums are not treated, the bone around the teeth can be destroyed. The teeth may become loose or have to be removed. In fact, periodontal disease is a main cause of tooth loss in adults. There is even research that suggests that people with gum disease are more likely to suffer from atherosclerosis (a narrowing of blood vessels), a condition that can precede a stroke or heart attack.

The best way to remove decay-causing, gum-destroying plaque is by brushing and flossing your teeth every day. Brushing removes plaque from your tooth surfaces. Flossing removes plaque from between your teeth and below the gum line, where your toothbrush can't reach.

For good oral hygiene and to keep your natural teeth throughout your life, the American Dental Association recommends that you brush your teeth twice a day with fluoride toothpaste. The size and shape of your brush should fit your mouth, allowing you to reach all areas easily. A worn toothbrush will not do a good job of cleaning your teeth, so replace your toothbrush every three or four months or sooner if the bristles become frayed.

By taking care of your teeth, eating a balanced diet and visiting your dentist regularly, you can have healthy teeth and an attractive smile your entire life.

Were Moving

By Dr. Cappie Baker

Our new location is **20930 Bonita Street, Suite X, Carson CA 90746**. Our new office will include, spacious waiting room and childrens play area, LCD screens, I-Pod based sound system, semi-private treatment area, electronic charting and digital x-rays as well as modern equipment throughout. We will continue to give the same quality of care and service in a friendly atmosphere that we have always provided. We look forward to seeing you March 1st, 2010.





You have received this newsletter because your email address is registered with Dr. Cappie Baker