

Holiday 2010 Greetings



The Yungs Meet Santa!

This year has gone by so quickly! We took a family trip to Oahu in April, visited Legoland for the 1st time in May, and just came back from Las Vegas recently.

Our girls are growing fast! Selene turned four this summer. For her Thanksgiving program, her Native American name was "Princess Sings-A-Lot" (very appropriate), and she was thankful for her Mommy, Daddy and sister Hannah. She is learning how to play tennis from Daddy and is starting art lessons.

Hannah is 18 months and learning to talk (a lot) from her sister. She is very independent and wants to do everything herself already. She loves birds, dogs, butterflies, the moon and most of all, eating!

Cindy just went back to work at a new job – she is the part-time pharmacist at Huntington Pharmacy in San Marino. She still loves being home for the kids, doing PR & Marketing for the office, taking Hannah and Selene to classes, and volunteering at Selene's school.

We won again for 2010
"Best Dentistry"

Thank you so much for your votes and support! This is the 4th year in a row that we have won Pasadena Weekly's "Best Of" contest...this time for Reader Recommended "Best Dentistry!"

From Dr. Michael Yung, DDS

www.michaelyungdds.com

696 E. Colorado Blvd #224, Pasadena CA 91101

Editor: Cindy Yung



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*Wishing you and
your families
peace, love and joy
from all of us at
Dr. Yung's office!*

Change is happening all around us! We are excited to be renovating the office to include three additional treatment rooms, a larger business area, a dedicated larger lab and sterilization area, as well as a new handicapped accessible bathroom.

Our expansion came about because the word is spreading that our office continues to deliver quality care that people truly appreciate. Our capacity for being able to help more people was limited, and with all the new patients we are taking on, we simply needed more room. I am optimistic that with our new space, we will be able to accommodate more hours for hygiene appointments and allow more flexibility for treating more patients without having to wait too long for an appointment. I thank you all for your

patience and continued support. I apologize if the renovation has personally caused you any scheduling conflicts or concerns. We may have to close the office for a week sometime in December for renovation purposes and for this I will apologize in advance if we need to move your appointment at the last minute. Please make sure you make us aware of any concerns you have regarding unfinished treatment and help us by trying to schedule early!

The fact that we are growing so fast is a positive validation for us, and my team and I sincerely thank you and invite you all to share in our success. I will also take this opportunity to thank my wonderful team without which our success would not be possible.



Greetings from Dr. Kimberly Foon!

It is hard to believe that a year has past since I had the good fortune of joining Dr. Yung's office. Having been born and raised in the San Gabriel Valley, then attending USC for dental hygiene and dental school, and now living in Pasadena, I feel very much at home as a part of Dr. Yung's team, helping to serve the needs of his family of patients. Here are some additional tidbits about me: I completed an 18-month advanced implant residency which included 300 hours of education in hands-on surgical placement and restoration of dental implants, and treatment planning of complex cases. I will also be training in acupuncture and traditional Chinese medicine in January. Finally, I spent two weeks in China in October.

To all my patients, I send all of you warm holiday blessings to you and your loved ones.

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Have you met our new faces in the office?

Amanda Carlson is our front desk receptionist and scheduling coordinator who is always more than willing to share a quick laugh with you as she gets to know you.

Julie Ramirez is our newest dental assistant who will always welcome you with her radiant smile!

Angela Villarica is our new dental hygienist, replacing Nilo. She is sincerely concerned about your dental health.

Update on Going Paperless

The update on our becoming a paperless office is about 80% complete. Our past changes to our website in allowing the direct upload of any completed patient forms, the ability to pay your bill online, and the automatically generated email appointment reminders have been stopped due to hardware and software conflicts.

However, any existing or new patient can still download the forms which can either be emailed or printed. Secondly, if you would prefer to be alerted through email as an additional or preferred means of reminding you of your appointments, please let Amanda know. Any paper which comes in the office is scanned, added to your computer file, and the paper is shredded and recycled. Yes, this still generates paper and yes we are still searching for a way to get by this step. One possibility is the development of a computer kiosk in our waiting area for new patients to enter in directly for upload to our private network their personal information, health history and so forth. This is a concept already being developed by our practice management software team to be used in dental offices. Keeping up with technology is an ongoing challenge, but one that we believe is consistent with our philosophy for the pursuit of a safe and up-to-date dental office.

Freshen Your Breath Under the Mistletoe This Christmas!

By Dr. Foon

A topic of concern that I am often asked about is bad breath. While there are many causes too numerous to go into detail here, but can include gum disease, dental decay, acid reflux, smoking, diet and nutrition, there is one simple practice that can have a tremendous effect on the overall freshness of your breath.

Tongue brushing or scraping, is the mechanical removal of bacteria from the surface of your tongue. Tongue bacteria are the single most common cause of bad breath. In fact, the same bacteria that causes gum disease and cavities can also live on your tongue. By brushing the tongue, the germs are physically disturbed and the result is fresher breath.

It is easiest to remember to clean our tongues if we do so after we brush our teeth. A few swipes with the same toothbrush we use to brush our teeth go a long way for fresh breath. There are other specifically designed tongue scrapers on the market that also work well to cleanse the tongue of odor-causing bacteria. Of all the mints, sprays and rinses on the market claiming to make your breath fresher, I find that my toothbrush and a bit of toothpaste tend to work the best. Everyone can benefit from this exercise, including smokers. Some people, however, literally gag at the idea. Extend the cleaner only as far as you can tolerate!

If you are not doing so already be sure to give your tongue a gentle cleaning, 'tis the season you may find yourself under the mistletoe!

Acid Erosion on Your Teeth* *By Dr. Yung

I wanted to share some information about a topic that recently came to my attention regarding oral health. Acid erosion plays a huge factor in the vitality and longevity of your teeth. While a vigilant home oral care regimen and routine dental visits can improve your chances for having happy healthy teeth for life, sometimes acid erosion can undermine an ideal situation and shorten the longevity of your teeth.

Everyone knows that the food and drinks you consume contain varying levels of acid which in combination with a lower pH of your mouth can produce unwanted side effects such as increased rate of cavities, fragile teeth, or chronic irritation of the gums and bone. Also a concern for some, are the conditions which increase acid in the mouth such as gastric reflux and bulimia. While bulimia may be less common, gastric reflux is very common and may play a major role in the destruction of teeth and even worsen the effects on teeth already suffering from habits such as grinding or bruxism.

As many as 50% of people with gastric reflux don't present with any symptoms except for an increased rate of tooth wear upon inspection. Since gastric reflux has even been correlated with esophageal cancer, this is just one more reason to make sure you get that check-up exam and relay any concerns about your condition. You can be sure that I will do my best to evaluate you at your routine visits for this condition among others which is a part of our routine exam.

