

Las Positas Family Dental

2832 LAS POSITAS RD | LIVERMORE | 925.449.7900

STAY UP
TO DATE
AND
FOLLOW
US ON



HAPPY SUMMER!

Summer is here and we are so fortunate to be safely around family and friends again. Earlier in July, we got to get together as a team, outside of the offices, in nearly two years! It was so great to see everyone and their families, to bond, and just have a really good time. We hope your summer is going well and we can't wait to hear all about it at your next visit!



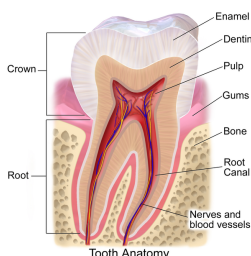
DENTAL CARIES aka CAVITIES: HOW WE TREAT AND PREVENT IT

CARIES PREVENTION

- Routine dental exams, xrays & cleanings
- Fluoride treatment & OTC fluoridated products
- Low sugar, low acidic diet



- Brush 2x daily on chewing surfaces and along the gumline
- Floss daily
- Drink water



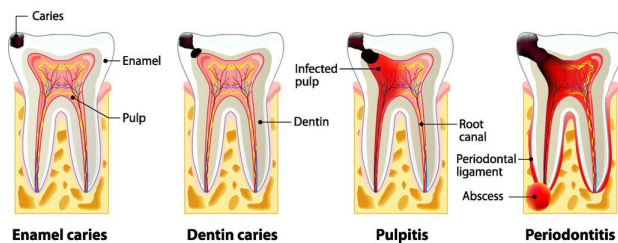
"Early detection and treatment of cavities is important to prevent more extensive dental work or tooth loss."

When the bacteria on our teeth come in contact with the sugar in the foods or drinks we consume, the bacteria forms an acid that erodes the healthy tooth structure on our teeth. This breakdown of tooth structure often leaves a hole in the form of weakened tooth structure, known as **dental caries or cavities**. If large enough, the tooth will not be able to naturally restore itself, regardless of how well you brush or floss the area, therefore dental restoration is needed. Until a tooth is restored, the cavity will continue to get larger. In order to fully understand why cavities only grow bigger, we must review the anatomy of a tooth. A cavity penetrates the enamel, which is the white part of the tooth that we see and the strongest layer of the tooth. This enamel is dense, and is the hard shell protecting the inner tooth layer, called the dentin, which is less dense and more porous. Because this layer is less dense, a cavity will grow and spread faster and will eventually reach the nerve of the tooth. It is important to note that until the cavity is large enough to hit the nerve of the tooth, you **may not experience pain**. Once pain is experienced, more major dental treatment is needed, and usually an increase in cost. *Therefore, early detection and treatment of cavities is important to prevent more extensive dental work or tooth loss.*

Treatment options can only be treated by a dentist or specialist and depends on the severity of the decay within the tooth. The most common procedure is a filling, but if large enough can lead to a crown or root canal. The most conservative form of treatment is a filling and can only be placed if the cavity is small and there is enough

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THE STAGES OF CARIES DEVELOPMENT



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healthy tooth structure for a filling to be placed. A root canal is only necessary if the decay is large enough that it reaches the pulp, which is where the blood supply and nerve lies within the tooth. If decay is too large that none of the above treatments is possible or ideal, the tooth will be extracted.

There are three main surfaces on a tooth where you can develop a cavity: within the pits and grooves, in between teeth, or on the root surface. It is easy for bacteria to get trapped in the pits and grooves on the biting surface of the tooth, so it is important to brush those areas thoroughly, especially the chewing surfaces of the teeth. Flossing daily is important to prevent cavities from forming in between teeth, especially where the two teeth kiss or touch. The root surface, which is the area of the tooth that is usually covered by the gums, is made of a weaker material than the crown of the tooth. It is easy to get a cavity here once the root is exposed to bacteria. This is why it is very important to angle your brush along the gum line to prevent root cavities. Sticking to a low sugar, low acidic diet and drinking water, especially after meals, snacks and sugary drinks is helpful in keeping the teeth clear of sugar, bacteria, and acid. Fluoride is a mineral found in our teeth and bones, as well as over the counter dental products. Fluoride is used to strengthen the tooth structure, especially enamel, thus a great source in preventing cavities.

If you have any questions regarding the information above, are concerned about the health of your teeth and gums, or are due for a cleaning and check-up, you can email us at laspositasfamilydental@gmail.com or call us at (925) 449-7900 to schedule an appointment. We look forward to seeing you soon!

Effective JUNE 15, 2021

COVID-19 Update



Curbside CHECK-IN

Guidelines for all patients arriving for an appointment



1. Call/text upon arrival



2. Remain in your vehicle



3. A team member will inform you when you are clear for entry



VERBAL SCREENING



MASK REQUIRED

MEET DR. ELOM

Dr. Elom Kwame received his Doctor of Dental Surgery degree and completed his general dentistry training in Dallas, TX at Texas A&M Baylor College of Dentistry. Prior to joining our office, Dr. Elom was well-regarded in the Central Valley community, earning numerous accolades for his quality of work and trauma-informed patient care. Dr. Elom is on the cutting edge of implant research, placement and restoration, with significant additional experience in complex oral surgery and prosthodontics. Combining both theoretical knowledge and practical experience, Dr. Elom has an invaluable passion for implant patient education. We are excited to welcome Dr. Elom to share his skills, experience, and expertise to our patients in Livermore.

Another special quality Dr. Elom has is his unique methods to lowering your stress and anxiety in the dental chair. Over the years, Dr. Elom developed special techniques to incorporate a trauma informed experience with his patients. Through these techniques, his patients have reported lower rates of anxiety and stress when visiting their healthcare providers. He finds true joy in helping patients in their journey to better oral health. Dr. Elom is committed to working hard for each and every patient. Upon meeting Dr. Elom, you will find yourself laughing with him from start to finish. He ensures his patients leave happy and comfortable in the dental chair by the end of their visit.

Over the years, Dr. Elom has spent significant time in the countries of Haiti, Guatemala, Jamaica and Ghana practicing trauma informed dentistry with recognized nonprofit organizations. In his spare time, he enjoys practicing yoga, basketball, and creative writing.



Do you have
DELTA DENTAL INSURANCE?

IF YES, please contact our office so we can update you on upcoming changes to our contract with them.

Summer Special



FREE Vivera Retainer & Whitening Syringe with Start of Invisalign

Case must be approved & deposit made by Thursday, Sept. 30, 2021

Visit Us!

Did you know we have a location in Livermore? We are able to care for you in either location, just let us know!

FREMONT

MOWRY DENTAL
39355 CALIFORNIA STREET STE 100
510.794.7900

LAS POSITAS FAMILY DENTAL
2832 LAS POSITAS RD
925.449.7900

LIVERMORE