



# PARTHENON

## DENTAL

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### **Invisalign; Is it right for you?**

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Before & After Transformations  
Actual patients of Nikolas M. Stathopoulos,  
DDS



# Our Family to Yours



# How to Floss like a BOSS!

Asia Bharastani, RDH



Do your gums bleed every time you go to the dentist? Does it always feel like a trick question when we ask “do you floss?” If you’re tired of going through the same old song and dance every six months (during your regularly-scheduled check-ups, we hope!) we have just the thing for you: a complete guide to learning how to floss like a BOSS!

## Step 1: Define Why You Floss

How can we ever expect to be motivated to floss if we don’t know WHY we’re doing it? Without a good reason, we realize it can seem tedious. The good news is that there are plenty of good reasons! Here are a few:

- Flossing can remove the type(s) of plaque that cause periodontal disease
- It’s a great way to keep your smile fresh and kissable before a date
- You’ll finally be able to look your dentist in the eye and not lie through your teeth (haha) when they ask if you floss!
- 

## Step 2: Determine When to Do It

Always floss before you brush your teeth to dislodge any debris or plaque from in between your teeth. Then go in with the brush to clean everything away. And make sure to do it at least once a day.

## Step 3: Practice Proper Flossing Form

1. First, break off a piece of floss and wrap the ends around your middle fingers, leaving around 2 inches of floss between them.
2. Gently move it up and down between your teeth, making sure to scrape the lateral surfaces of each tooth.
3. When you reach your gum line, wrap it around one tooth to form a C shape and then move it back and forth. Repeat for the tooth on the other side.
4. Repeat the steps above for all of your teeth.

Helpful Hint: Make sure to use clean, dry, unused lengths of floss for each tooth. The wetter it gets, the less effective it is for scraping the debris away.



# Kernel Stuck? Remove Em' The Right Way

**Julia Wardrip**

No one loves a good movie more than me, but having a kernel stuck in your gums is a painful problem that happens far more often than we would like. If you find yourself in need of emergency care we are here to help. This post may also help you safely remove the kernel from your gums at home.

## How to Remove Popcorn Kernel From Gums

There are several steps you can take to remove a lodged kernel at home:

- Gently floss. Using dental floss, gently floss between the teeth near the affected area. Avoid applying more force, even if you're struggling to get the piece out, as it may increase inflammation and injure your gums.
- Rinse with warm saltwater. Mix one teaspoon of salt with a cup of warm water and rinse your mouth to dislodge any small pieces that are stuck.
- Brush at an angle. Using a soft toothbrush, brush gently at a 45-degree angle to lift hulls that are stuck at the gumline.
- Use a water flosser. Target the area using a water flosser on low pressure to gently dislodge the stuck kernel.

If you are unable to remove the kernel at home, or it is causing you serious pain to try, seek emergency dental care or schedule an appointment ASAP with your dentist. When a piece of popcorn kernel gets lodged in your gums, it can cause irritation, pain, and swelling.

Due to its small size and sharp edges, conventional measures like brushing or flossing may not be effective. Leaving the kernel in your gums could cause inflammation and infection, so be sure to seek care right away if at-home remedies do not work.

Schedule an Appointment With Parthenon Dental!

If you've tried at-home methods to remove a kernel without luck, we can help. Through specialized equipment and the right techniques, we can safely and effectively remove a popcorn kernel from gums in our San Ramon office.

With a highly experienced staff and flexible hours, we make it easy to access high-quality dental care whenever you need it.

## The Advantages of CEREC

# Same-Day CROWNS

**Nikolas M. Stathopoulos, DDS**



**Time efficiency:** CEREC same-day crowns eliminate the need for multiple appointments, allowing patients to complete their dental restorations in just one visit. Parthenon Dental uses CEREC as this saves valuable time and reduces inconvenience.

**Enhanced aesthetics:** CEREC crowns are crafted from high-quality ceramic materials resembling natural teeth. They are designed to match the surrounding teeth's shape, color, and texture, resulting in a seamless and natural-looking smile.

**Improved comfort:** CEREC crowns are precisely designed using digital impressions, ensuring a perfect fit and optimal comfort for the patient.

This eliminates the discomfort often associated with ill-fitting traditional crowns.

**Durable and long-lasting:** CEREC same-day crowns are made from high-strength ceramic materials known for their durability and longevity.

With proper care, these crowns can last many years, providing patients with a reliable and long-term dental solution.

The CEREC process:

**Digital impressions:** Using an intraoral scanner, your dentist captures detailed digital images of your teeth, eliminating messy materials.

**3D design:** Impressions are transferred to computer software for precise crown design. Virtual adjustments ensure an accurate fit.

**In-house milling:** The design is sent to an in-house machine that precisely mills the crown from ceramic blocks.

**Bonding and placement:** The dentist carefully bonds the crown to your prepared tooth, ensuring proper alignment, fit, and bite.

**Polishing and final touches:** The crown is polished for a natural, comfortable feel. Adjustments are made for a perfect fit and bite alignment.

**Completion in a single visit:** The entire process, from design to placement, is completed in one dental visit. This saves time, eliminates temporary restorations, and provides an immediately restored smile.

### **The Benefits of Choosing CEREC Same-Day Crowns**

CEREC same-day crowns provide key advantages over traditional methods:

**Convenience:** One visit eliminates multiple appointments and temporary crowns, saving time and reducing disruption.

**Accuracy and precision:** Digital impressions and computer-aided design ensure a precise fit and natural appearance.

**Biocompatible materials:** Metal-free, biocompatible ceramics reduce allergic reactions and offer aesthetic restorations.

**Strength and durability:** Highly durable ceramics provide long-lasting resistance to wear and fractures.

**Preservation of natural tooth structure:** Minimal removal maintains the health and integrity of your natural teeth.

# *Time for that Parthenon White!*

**BOX OF 10**

**\$ 89**



Nikolas M. Stathopoulos, DDS

**PARTHENON**  
DENTAL

# Is Pizza Bad For Your Teeth?

Alexis Ramirez, DA

Is pizza bad for your teeth? That's a question that we get asked at Parthenon Dental more than we ever thought we would. There are a lot of misconceptions out there surrounding food and our teeth, and believe it or not, pizza is the target of some of those misconceptions. Today, we're going to talk about pizza - and food in general - and how to protect your teeth from whatever you might be eating.

Pizza is made with a tomato-based sauce, and tomatoes are acidic. Consequently, a lot of people wonder if the acidity in the sauce will wear away the enamel. It makes sense, really. We all know that citrus can wear away the enamel over time due to its high acidity. What many people have realized is that tomatoes are also highly acidic. So if citrus can damage your teeth, it stands to reason that tomato sauce can, as well.

While many foods can damage your teeth over time, it's only a concern if you aren't taking care of your teeth properly. It's not really a question which foods or drinks are bad for your teeth. It's much more of a question of are you taking the necessary steps to protect your teeth and keep your mouth healthy.

So, yes, over time and without proper oral hygiene, pizza is bad for your teeth. However, the big caveat here is the "without proper oral hygiene".



## What Damages Your Teeth?

Rather than one food item damaging your teeth, what you need to remain cognizant of is how often you're eating in between brushing. One of the reasons we consider ourselves the best dentist in San Ramon is that we emphasize the importance of prevention over cure, and prevention is absolutely possible when it comes to food.

So what damages your teeth? It's grazing. Constantly grazing throughout the day is what can really lead to enamel erosion. Whenever you eat anything, it changes the pH balance in your mouth. This is especially true if you don't brush your teeth after every meal, and for many of us, that's simply not possible. When you eat anything with a high acidity level, it not only wears away the enamel over time, but it also changes the pH balance in your mouth, making it easier for the enamel to become damaged.

## How to Protect Your Teeth

As with so many questions about dental care, protecting your teeth comes down to proper dental hygiene practices. Most everyone brushes and flosses twice a day, but your mouth can benefit from a much higher frequency. If possible, brush, floss, and use mouthwash after every meal and snack. This helps to immediately remove food debris and balance the pH in your mouth, which in turn, helps to keep your teeth healthy.

## Is Pizza Bad for Your Teeth? Not Really

So is pizza bad for your teeth? Not really. At least, not if you follow proper oral healthcare guidelines. Brush, floss, and use mouthwash after every meal or as often as possible, and your teeth should be fine. We would much rather be your San Ramon dentist of choice for prevention and maintenance than the dentist you come to for oral health issues. So keep that travel size toothpaste, floss, and mouthwash with you all the time. Those are the keys to protecting your teeth.



BEFORE &

AFTERS



PARTHENON  
DENTAL

# Stacey W.



Nikolas M. Stathopoulos, DDS

**PARTHENON**  
DENTAL



Before

After



# Alex V.



Nikolas M. Stathopoulos, DDS

**PARTHENON**  
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Before

After



# Benjamin S.



Nikolas M. Stathopoulos, DDS

**PARTHENON**  
DENTAL



Before

After





# Dental Implants: TRANSFORMING SMILES

Nikolas M. Stathopoulos, DDS

## The Importance of Dental Implants: Transforming Smiles and Lives

In today's world, a confident smile is more than just a reflection of good health; it's a gateway to enhanced self-esteem and improved quality of life. Dental implants have emerged as a revolutionary solution for individuals dealing with tooth loss, offering a multitude of benefits that go beyond traditional dentures or bridges. This article delves into the importance of dental implants and why they are considered a game-changer in modern dentistry.

### What are Dental Implants?

Dental implants are artificial tooth roots, typically made of titanium, that provide a permanent base for fixed or removable replacement teeth. They are surgically inserted into the jawbone, where they fuse with the bone in a process known as osseointegration. This integration ensures that the implants become a sturdy and durable part of the mouth, mimicking the function and appearance of natural teeth.

Benefits of Dental Implants

- **Restored Functionality**
  - One of the most significant advantages of dental implants is their ability to restore full chewing power. Unlike dentures, which can slip and make eating certain foods difficult, implants function like natural teeth. This allows individuals to enjoy their favorite foods without discomfort or worry, leading to better nutrition and overall health.
- **Aesthetic Appeal**
  - Dental implants are designed to look, feel, and function like natural teeth. This makes them an excellent choice for those who want a seamless and aesthetically pleasing solution to tooth loss. Implants help preserve the natural shape of the face and smile, preventing the sunken appearance that often accompanies missing teeth.
- **Durability and Longevity**
  - With proper care, dental implants can last a lifetime. This makes them a cost-effective solution in the long run, as they do not require the regular adjustments or replacements associated with dentures and bridges. The materials used in implants are resistant to decay, ensuring that they remain a reliable part of your dental health.
- **Bone Health Preservation**
  - Tooth loss often leads to bone resorption, where the jawbone begins to deteriorate due to lack of stimulation. Dental implants stimulate the bone, just like natural teeth, preventing bone loss and maintaining the structure of the jaw. This is crucial for both oral health and facial integrity.
- **Improved Speech**
  - Missing teeth and ill-fitting dentures can affect speech, causing slurring or mumbling. Dental implants provide a stable and permanent solution, allowing for clear and confident speech. This can greatly enhance social interactions and overall confidence.

### The Dental Implant Procedure

The process of getting dental implants involves several steps, beginning with a comprehensive dental examination and consultation. The dentist will assess the patient's oral health, jawbone density, and suitability for implants. This is followed by the surgical placement of the implant into the jawbone. After a healing period, during which osseointegration occurs, an abutment is attached to the implant. Finally, a custom-made crown is placed on the abutment, completing the restoration..

- **Who is a Candidate for Dental Implants?**
  - Most individuals who are in good overall health and have adequate jawbone density are suitable candidates for dental implants. However, conditions such as uncontrolled diabetes, smoking, and certain medications may affect the success of the procedure. A thorough evaluation by a dental professional is essential to determine eligibility.
- **Conclusion**
  - Dental implants have transformed the landscape of restorative dentistry, offering a durable, functional, and aesthetically pleasing solution to tooth loss. Their ability to restore not just the appearance but also the full function of natural teeth makes them an invaluable option for many. As technology and techniques continue to advance, the benefits of dental implants are becoming increasingly accessible, promising brighter smiles and improved lives for countless individuals.

If you're considering dental implants, consult with your dentist to explore how this innovative treatment can enhance your oral health and overall well-being. Your journey to a confident and beautiful smile could be just an appointment away.

This Orthoday was pure

**GOLD**



MY BIG FAT GREEK



ORTHO DAY **3**

CHANGING LIVES ONE SMILE AT A TIME



















# Fixing Your Bite

BESSIE TUAZON, RDH

## The Vital Role of Proper Bite Occlusion in Oral Health

When we think about oral health, we often focus on the basics: brushing, flossing, and regular dental check-ups. However, an often-overlooked aspect of maintaining a healthy mouth is proper bite occlusion. Bite occlusion, the way our upper and lower teeth come together when we close our mouths, plays a critical role in overall oral health. Misaligned bites can lead to a host of dental problems, affecting not only the teeth but also the gums, jaw, and even overall well-being. In this article, we explore why proper bite occlusion is essential and how it impacts our oral health.

What is Bite Occlusion?

Bite occlusion refers to the contact relationship between the upper and lower teeth when the jaws are closed. A well-aligned bite ensures that teeth meet evenly, providing a balanced distribution of chewing forces. Proper occlusion involves the correct alignment of teeth and jaws, allowing for efficient biting, chewing, and speaking.

## The Importance of Proper Bite Occlusion

- Preventing Tooth Wear and Damage
  - When the bite is misaligned, certain teeth may experience excessive pressure and wear. Over time, this can lead to enamel erosion, chipping, and cracking. Proper occlusion ensures that the forces of chewing are evenly distributed, reducing the risk of tooth damage and prolonging the lifespan of your teeth.
- Reducing the Risk of Gum Disease
  - A misaligned bite can make it difficult to clean teeth properly, leading to the accumulation of plaque and tartar. This can increase the risk of gum disease, including gingivitis and periodontitis. Ensuring proper bite occlusion helps maintain better oral hygiene, reducing the chances of developing gum-related issues.
- Alleviating Jaw Pain and Dysfunction
  - Improper bite alignment can place undue stress on the jaw joints, known as the temporomandibular joints (TMJs). This can result in temporomandibular joint disorder (TMD), characterized by pain, clicking, and difficulty in jaw movement. A properly aligned bite reduces the strain on these joints, preventing discomfort and dysfunction.
- Enhancing Digestive Health
  - Efficient chewing is crucial for proper digestion. When the bite is misaligned, it can hinder the ability to chew food thoroughly, leading to larger food particles entering the digestive system. This can cause digestive issues and affect nutrient absorption. Proper occlusion ensures that food is broken down effectively, promoting better digestion and overall health.
- Preventing Headaches and Neck Pain
  - Chronic headaches and neck pain can often be traced back to issues with bite alignment. The muscles and nerves around the jaw and neck are interconnected, and a misaligned bite can cause muscle tension and pain. Correcting bite occlusion can alleviate these symptoms, leading to improved comfort and quality of life.
- Improving Speech and Pronunciation
  - A proper bite is essential for clear speech. Misaligned teeth can affect the positioning of the tongue and lips, leading to speech difficulties and pronunciation issues. By ensuring proper occlusion, individuals can achieve better articulation and communication skills.
- How to Achieve Proper Bite Occlusion
  - Achieving and maintaining proper bite occlusion often requires the expertise of a dental professional.

### Here are some common methods used to address bite alignment issues:

- Orthodontic Treatment: Braces and clear aligners are commonly used to correct misaligned teeth and jaws, resulting in a proper bite.
- Dental Crowns and Bridges: These restorations can help correct the height and shape of teeth, improving occlusion.
- Occlusal Adjustments: Dentists can make minor adjustments to the biting surfaces of teeth to achieve better alignment.
- Mouthguards and Splints: These devices can help manage teeth grinding (bruxism) and alleviate stress on the jaw joints.
- Conclusion
- Proper bite occlusion is a cornerstone of oral health, influencing everything from tooth longevity to jaw function and overall well-being. Addressing bite alignment issues not only prevents dental problems but also enhances the quality of life by reducing pain, improving speech, and promoting better digestion. Regular dental check-ups and consultations with orthodontic specialists are key to ensuring that your bite is properly aligned. By paying attention to bite occlusion, you can enjoy a healthier mouth and a brighter smile for years to come.

# Invisalign

## Is it right for you?

**Theodore Looney, DDS**

### **The Benefits of Invisalign: Revolutionizing Orthodontic Treatment**

In the realm of orthodontics, Invisalign has emerged as a groundbreaking alternative to traditional braces. Utilizing advanced technology and design, Invisalign aligners offer a host of benefits that have made them increasingly popular among both teenagers and adults. This essay will explore the primary advantages of Invisalign, including its aesthetic appeal, comfort, convenience, and overall effectiveness in dental correction.

#### **Aesthetic Appeal**

One of the most significant benefits of Invisalign is its near-invisible appearance. Unlike traditional metal braces, Invisalign aligners are made of clear, medical-grade plastic that is custom-molded to fit each patient's teeth. This transparency makes them an ideal option for individuals who are self-conscious about their appearance during orthodontic treatment. Whether for professional settings, social interactions, or photographs, Invisalign provides a discreet way to achieve a straighter smile without the noticeable hardware of braces.

#### **Comfort and Safety**

Comfort is another critical advantage of Invisalign. The aligners are designed with smooth edges and fit snugly over the teeth, reducing the likelihood of the irritation and sores that often accompany metal brackets and wires. Additionally, Invisalign aligners are removable, allowing patients to take them out for eating, drinking, brushing, and flossing. This feature not only enhances comfort but also promotes better oral hygiene by making it easier to clean the teeth and gums thoroughly, preventing issues like plaque buildup and tooth decay.



## **Convenience and Flexibility**

Invisalign offers unparalleled convenience and flexibility in orthodontic treatment. The treatment process involves a series of custom-made aligners that are switched out approximately every one to two weeks. Each new set of aligners gradually shifts the teeth into their desired positions. Patients typically visit their orthodontist every six to eight weeks for progress checks, which is often less frequent than the adjustments required for traditional braces. This reduced number of appointments can be particularly advantageous for busy individuals.

Moreover, the ability to remove the aligners means that there are no dietary restrictions. Patients can enjoy all their favorite foods without worrying about damaging their orthodontic appliances. This aspect of Invisalign is especially appealing to teenagers and adults who do not want to compromise their eating habits during treatment.

## **Effective and Predictable Results**

Invisalign is not only about comfort and aesthetics; it is also highly effective in correcting a wide range of dental issues. These include overcrowded teeth, gaps between teeth, overbites, underbites, and crossbites. The treatment process begins with a comprehensive digital scan of the patient's teeth, which is used to create a precise, customized treatment plan. This plan outlines the movement of each tooth throughout the treatment, providing patients with a clear understanding of the expected outcome.

The use of advanced 3D imaging technology allows orthodontists to predict the treatment results accurately. This predictability is a significant benefit, as patients can see a virtual representation of their teeth's transformation before starting the treatment. The customized approach ensures that the aligners are tailored to the individual's specific needs, leading to more efficient and effective results.

## **Enhanced Self-Esteem and Confidence**

The psychological benefits of Invisalign should not be overlooked. The discreet nature of the aligners helps patients feel more confident during treatment, as they do not have to worry about the appearance of metal braces. This boost in self-esteem can be particularly important for teenagers and adults in social or professional environments. As the teeth gradually move into their desired positions, patients often experience a renewed sense of confidence and satisfaction with their smile.

## **Conclusion**

Invisalign has revolutionized orthodontic treatment by offering a modern, discreet, and comfortable alternative to traditional braces. Its aesthetic appeal, comfort, convenience, and effectiveness make it an attractive option for those seeking to improve their dental health and appearance. By addressing both the functional and psychological aspects of orthodontic treatment, Invisalign has become a preferred choice for many, providing a pathway to a healthier, more confident smile.

# What's Covered?

Two Cleanings anytime within enrollment period

Up to 4 exams Per Year

All Radiographs needed are FREE

Additional services are discounted 15%

## Enrollment Cost

|                                      |                |
|--------------------------------------|----------------|
| <b>Individual</b>                    | <b>\$399</b>   |
| <b>Individual &amp; Spouse</b>       | <b>\$749</b>   |
| <b>Family Plan (up to 4)</b>         | <b>\$1,099</b> |
| <b>Perio Plan</b>                    | <b>\$699</b>   |
| <b>Additional Members</b>            | <b>\$179</b>   |
| <b>Additional Cleaning as Needed</b> | <b>\$125</b>   |



# DR. NIKO PLAN

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For Your Entire Family



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Nikolas Stathopoulos, DDS





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# Do it for YOU

invisalign

the #1 doctor-trusted clear aligner brand.\*



\*Based on a survey in March 2021 by IQVIA. If a dentist (n=911) or orthodontist (n=53) has performed 1+ teeth straightening treatment in the past week, they were asked, "Which brand of clear aligner do you trust the most for teeth straightening?" From the list, Invisalign was chosen the most often at the 99% confidence interval. Data on file at Align Technology, as of May 4, 2021.



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