



San Mateo Center for Cosmetic Dentistry

Michael A. Wong, DDS

Uncompromising standards. Exquisite results.

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The Big Grind

By: Dr. Michael A. Wong

Do you know anyone that grinds his or her teeth? Chances are that you do. Many adults we see grind or clench their teeth, sometimes they don't even know it. Most of this is done while sleeping and can lead to a variety of problems. In the past, these problems were often blamed on other factors and grinding habits were overlooked. Current studies show that grinding and clenching can cause tooth wear, chipping tooth and filling fractured teeth, sensitivity, toothaches, gum recession, increased risk of gum disease, headache pain and migraine headaches. It's hard to believe that all of these problems can come from such a simple thing as grinding. Now that we are aware of the typical signs, we can prevent these issues with devices such as nightguards. We currently make nightguards for grinding and clenching, just give us a call to get yours!

SMILE OF THE MONTH



Marietta S.

excessive sweets in between meals. It is always a good idea to follow up with a toothbrush and floss to remove the plaque and prevent the acid attack.

OFFICE ANNOUNCEMENTS

We have an addition to our family at the San Mateo Center For Cosmetic Dentistry. His name is William and he is our new Registered Dental Assistant. He will be assisting Dr. Wong on Mondays and Wednesdays.

If you have not noticed, Michelle is expecting her first child and will be taking maternity leave later this spring and returning this summer. Stay tuned for more office announcements.

SAVE THE DATE

The 4th Annual Cosmetic Extravaganza

February 3rd, 7- 9 pm at the Pacific Athletic Club

What is Plaque?

By: Elyse Vaysberg, RDH.

Many of the foods you eat cause the bacteria in your mouth to produce acids. Sugared food, such as candy and cookies, are not the only culprits. Starches, such as bread, crackers, and cereal also cause acids to form. If you snack often, this increases the likelihood of acid attacks. After many acid attacks, your teeth may decay. Plaque also produces substances that irritate the gums, making them red, tender or bleed easily. After some time, gums may pull away from the teeth. Pockets form and fill with more bacteria. The process is destructive and can be avoided with routine hygiene visits. I am here to screen your gum health, inform and treat most gum conditions. Just remember to stay regular with your dental care, watch your diet and try to limit

Word Scramble

If you recognize your name in one of our scrambles you will win one of our exclusive Hygiene gift packages. You must call to get your prize! Check for your name!

1. KLAEWR, GRDBITETE

2. CNADNU, NLEAL

3. NOEBAD, TKRNEAHIE

***Holiday Food Drive for Samaritan House
Bring a non-perishable food item to the office by Dec. 13 and earn a chance to win a Complete Holiday Dinner with all the trimmings from Dr. Wong & Piazza's Fine Foods.***

**Office Hours
Monday thru Thursday
7:00am – 3:00pm
(650) 342-9016
www.wowsmile.com
HAPPY HOLIDAYS!**