



Dr. Edward J. Camacho's
Cosmetic Dentistry
 of San Antonio

*"A Better Smile...
 A Better You...
 A Better Life!"*

San Antonio, Texas | March, 2011

Beauty & Health Journal



Dr. Edward J. Camacho, DDS

More than 30 years experience in all phases of dentistry.



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News You Can Use

*H*ere at CDSA, we are committed to helping you be healthy. This is our first newsletter, and inside you will find practical advice on how to achieve better health for you and your family. Part of being healthy includes feeling good about yourself, so we will also be including beauty tips. Of course, healthy teeth are our main focus, but our philosophy includes your overall health. New research now links unhealthy teeth and gums to heart disease, diabetes and other systemic diseases. Healthy, beautiful teeth play an important role in the quality of your life.

Digital impressions have far superior accuracy than traditional impressions; this means your final restoration will fit better, look better and last longer. It also eliminates the goop, bad taste, gagging and patient discomfort of traditional impressions. We also have the Vibe! The Dental Vibe is a brand new device that helps eliminate the pain of dental injections. This painless device uses a certain frequency of vibration that tricks your brain and shuts down pain receptors. These are just a few of the things that make us state-of-the-art and make your dental experience more pleasant.

Dr. Edward J. Camacho's
Cosmetic Dentistry
 of San Antonio, PLLC

✦ **Hours of Operation** ✦
*Monday – Thursday,
 8am – 5pm
 Fridays, 8am – 1pm
 Closed Weekends*

16535 Huebner Road, Suite #102
*(corner of Huebner and Bitters in the
 Valencia Village Shopping Center)*
San Antonio, TX 78248

210-493-9944

www.cosmeticdentistryofsa.com

Dr. Camacho has been practicing dentistry for more than 30 years, and is now offering his services exclusively in his brand new, state-of-the-art dental facility. So what does state-of-the-art really mean? This term is used rather loosely at times, but it means: the highest level of development, as of a device, technique or scientific field, achieved at a particular time. Dr. Camacho is committed to being on the cutting edge, and that means a more comfortable appointment and higher-quality dentistry for you. We are one of only three offices in San Antonio and the surrounding area that feature digital impressions for crowns and bridges.

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Our office is also committed to helping the planet. We have installed an amalgam separator, a special filtration system that allows environmentally sound disposal of old mercury fillings to prevent pollution of our water system. We also have digital X-rays, meaning 75-90% less radiation for our patients and no toxic chemicals that are used with traditional X-rays



Today's
Beauty Tip



**Exfoliate to Achieve
 Radiant skin**

Beautiful looking skin is the result of dead skin cells that sit on top of the skin. Removing these dead skin cells not only exposes new cells that give you a more radiant and youthful look, but also allows your other skin care products to penetrate and work better. There are two ways to exfoliate—one being a mechanical scrub and the other is the use of some kind of chemical. There are natural chemicals referred to as AHA's or Alpha Hydroxy Acids. AHA's are derived from food products, such as fruit, milk and sugarcane. AHA's have been used for centuries.

Glycolic acid is an AHA that is naturally derived from sugarcane. Not only does it loosen and slough off dead skin cells, but it also unclogs pores, helps with hyperpigmentation and helps reduce fine lines. It is best for mature skin, sun-damaged skin or where breakouts are not a problem. Try a 5% concentration—such as the one from www.revivalabs.com to start with and as your skin gets acclimated, move to the 10%. Reviva products are mostly natural and do not contain a lot of synthetic chemicals such as fragrances. Any product that you use should be as free as possible from known harmful chemicals. Your skin is your largest organ and toxins are absorbed directly through it.

**VELscope: The Latest Technology in
 Oral Cancer Screening**

If your dentist is not using the VELscope® technology as part of your oral cancer screening, then he or she could be missing cancerous or precancerous lesions that are not visible to the naked eye under traditional white light. Mortality rates associated with oral cancer have remained unchanged for more than 30 years, partly due to the limitations of white light examination of the oral cavity.

The VELscope is a revolutionary handheld device that provides dentists and hygienists with an easy-to-use adjunctive oral examination system for the early detection of abnormal tissue. The VELscope hand piece emits a safe blue light into the oral cavity. The doctor is then able to immediately tell the difference between normal and abnormal tissue that cannot be seen by the naked eye. Abnormal areas appear dark under the special light. In one or two minutes, with no rinses or stains required, a VELscope examination helps oral healthcare professionals assure their patients that the standard of care for oral mucosal screenings has been utilized.

Cancer in the head and neck region is very difficult to treat and does not have a good prognosis, unless

it is caught early. It is very difficult for patients to see inside their own mouths to detect abnormalities. Oral cancer generally is never detected by the patient first. Early stages of oral cancer can be cured, but most are not detected early; by the time symptoms occur, chances are the cancer may have already begun to spread. Of course we all know the risk factors for oral cancer, such as the use of tobacco products and alcohol abuse. However 25% of patients who develop oral cancer have never smoked.

Here at Cosmetic Dentistry of San Antonio, Dr. Camacho is committed to helping you with overall health, and offers complimentary VELscope exams on all his patients. Call today to schedule your appointment.



VELscope
 The Oral Cancer Screening System



Healthy Recipe: Kale Chips

These are incredibly delicious and I guarantee they will be a hit!

Ingredients:

- 1 bunch kale (use the "curly" variety)
- 1 tablespoon olive oil
- Salt to taste

Directions:

1. Preheat an oven to 350 degrees F (175 degrees C).
2. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Hint: Throw them in large baggie and pour the olive oil and salt and toss to coat. Lay the leaves out on an ungreased cookie sheet (single layer is best).
3. Bake until the edges brown but are not burnt, 10 to 15 minutes. Be careful not to overcook—otherwise they will have a burnt taste. Also do not undercook, as they will be limp. I watch them and when they start to brown around the edges I turn off the oven and crack the door and then leave them for about 5 minutes or so to crisp without really continuing to cook them.

Medical Disclaimer: The information provided in this publication is for informational purposes, and is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.

Crooked Teeth Can Shorten Your Life Span!



There are now numerous studies that link gum disease to heart disease, diabetes and other systemic diseases. Crooked, crowded and misaligned teeth are much harder to keep clean and increase your risk for gum disease. People with gum disease are at greater risk because bacteria from the mouth enters the bloodstream and triggers the liver to make substances that inflame arteries and may cause blood clots that clog arteries leading to strokes and heart attacks. It is estimated that 75% of people will suffer from gum disease at some point. Gum disease is the number one reason people lose their teeth. People who keep their teeth live an average of 10 years longer!

Straightening teeth is no longer done just for cosmetic reasons, although it is a nice benefit.

Teeth that are aligned are easier to clean and take care of, therefore reducing the risk of gum disease. Studies show that the type of bacteria that collect around crooked teeth are more aggressive in causing gum disease. The bacteria can also be transmitted from person to person.

With options like Invisalign® and Invisalign Teen®, straightening your teeth has never been easier. No more metal and wires. The clear aligners can be removed to eat, brush and floss, and the foods that are forbidden with regular braces are actually encouraged with Invisalign!

Dr. Camacho has done hundreds of Invisalign cases and would like to help you achieve a healthier more beautiful smile.

Call today and schedule your no-obligation appointment.

Drinking Hibiscus Tea Lowers Blood Pressure



Studies show that drinking hibiscus tea daily can help lower blood pressure. High blood pressure affects about a third of the adult population. It is often referred to as "the silent killer," because it presents no symptoms. For those looking for more natural approaches to manage conditions such as high blood pressure, research shows that drinking 3 cups of hibiscus tea a day helps lower blood pressure. The best thing about hibiscus tea is that it tastes good, unlike a lot of herbal teas that can taste, quite frankly, like brewing a cup of weeds picked from the yard. Hibiscus tea tastes good hot or cold and is caffeine free so the entire family can enjoy it. There is a company in Austin that sells a great hibiscus tea. You can go to www.nilevalleyherbs.com or call 1-512-442-6907. It is owned by a man from Nubia, and he sends proceeds from his sales back to Nubia, where they fund much-needed projects, such as providing a clean drinking water system, and building schools and health clinics.

Be Good To Our Earth

Here at Cosmetic Dentistry of San Antonio, Dr. Camacho and his wife June are committed to helping the planet and are continuously taking steps to make the office more green. Here are a few easy green tips you can do:

- ☞ Turning off the water while brushing your teeth can save more than 5 gallons of water!
- ☞ Keeping your tires properly inflated will improve gas mileage by 3 percent. That may not sound like much, but it means that the average person who drives 12,000 miles yearly on under-inflated tires uses about 144 extra gallons of gas, at a cost of \$300 – \$500 a year!
- ☞ Airline, movie and event tickets can be purchased online or by telephone and printed at home, and you'll save time and paper waste. Print-at-home tickets use plain copy paper,

which is easier to make into recycled paper than the paperboard used for printed tickets. The ink and magnetic strips make printed tickets even more difficult to recycle. The airline industry could save \$3 billion annually by eliminating paper tickets altogether.

- ☞ About 1.4 billion movie tickets are sold in the U.S. annually – and almost every one of them goes to waste.





New Patient Exam Special

Includes necessary X-rays, exam (including complete screening for gum disease), consultation, smile makeover photo, Velscope (advanced oral cancer screening)

A \$517 value, all for only

*Insurance benefits
assigned to CDSA*

\$49

Make your appointment today for a comprehensive exam.



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