

## November 2009 Newsletter



DR. LILIAN CIFARELLI

DR. AMR LARIJANI

...Produced to maintain your healthy and beautiful Smile



To our patients and friends

It is difficult to believe that 2009 is nearing an end. This past year has been one of much change for many of us and one that has forced us to evaluate and prioritize our finances and expenses. With this in mind, we want to remind you that your calendar year insurance benefits will likely be renewing at the beginning of the new year. It is therefore important to take advantage of your remaining benefits for 2009 and schedule appointments for any outstanding treatment. Our goal is to prevent any existing conditions from further deterioration while maximizing your insurance benefits in order to pay less in the future.

We also want to remind our neighbors that we are still accepting nominations for our Give Back a Smile campaign. As many of you know my team and I are committed to giving back to our community and have done so for many years by donating our time, services and money to many worthy causes like Boys Town, Laura's House and Second Harvest Food Bank. This year we are adding to our list by looking for one or two very deserving individuals whose life could be positively altered by the gift of a new smile. I will be selecting these worthy persons within the next month. Please forward your stories to us by either; email, fax or US mail.

Don't forget to see us on KTLA Best of LA, voted best cosmetic dentist in the area.

Happy Thanksgiving. Hope to see you at the Turkey Trot!

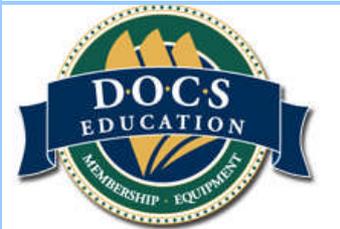
Health and Happiness,  
Dr. Cifarelli and Team

## Featured Article

### Smile of the Month

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## HALITOSIS (Bad Breath)

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Many people suffer from persistent bad taste or odor in their mouths. However, most of us are very sensitive to this issue and do not even know how to bring it up to our dentist or hygienists.

Bad breath does not have to be an embarrassing condition. We can help. There are three types of bad breath. In some instances, chronic bad breath is caused by a medical condition like diabetes, sinusitis, emphysema or medications that can cause dry mouth.

Another type of is transitory bad breath which is caused by foods like onions, spices or garlic and usually lasts 24 to 72 hours.

The major type of chronic bad breath is caused by the presence of bacteria around the teeth and on the tongue. This type of bacteria forms volatile sulfur compounds in the form of hydrogen sulfide. What we usually consider bad breath is the strong smell of sulfide compounds.

This is the reason why flossing is so important. The type of bacteria living in between the teeth is anaerobic which lives without oxygen. By flossing daily and running the thread between your teeth, air is circulating bringing oxygen to the region. Flossing destroys the bacteria since they cannot tolerate the oxygen.

Whatever the reason, whether food, medical conditions, or lack of flossing, there are so many products and ways to help bring back the breath of health to your mouth.

So, next time you see us, please feel free to ask us how you can have fresher taste or breath. In the meantime brush and floss daily.

Your Hygienist,  
Sima Sohanaki, RDH, BS

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## Smile of the Month

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