

Email not displaying correctly? [View it in your browser.](#)

James
Mellert DDS

James Mellert DDS
310-543-1234

Dr. Mellert and Associates

January 2020

MELLERT DENTAL NEWS

Happy New Year from Dr. Mellert, Dr. Houck, Dr. Brown, and Staff

Dr. Houck Published!

Dr. Houck was asked to write up an orthodontic case study in the American Academy of Clear Aligners Journal which was published in November and sent to thousands of doctors around the world. Please ask us for an article if you are interested- we would love to share it with you. We are proud of her and her success with Invisalign treatment!

Staff Milestones

Congratulations to Janis and Lina for 33 years, Jeanine for 29 years, and Charity, Connie, and Cyndi for over 20 years as Dr. Mellert's staff!

35 Year Flashback

Flashback to Pucalla, Peru in 1985 where Drs. Mellert and Brown did dental work in the Amazon region.



Celebrating Dr. Mellert's 38th Year in Practice

Dr. Mellert is excited to begin his 38th year in practice and cannot believe where the time has gone! Over the decades he has invested time in the latest continuing education courses to become an expert in numerous specialized dental procedures especially as they pertain to surgery and cosmetic dentistry. He continues to be passionate about improving his patient's oral health and is an active participant in dental courses and study clubs. He is excited to bring these skills back to the office to continue helping his patients with the best clinical results.

Dr. Mellert and Associates

1

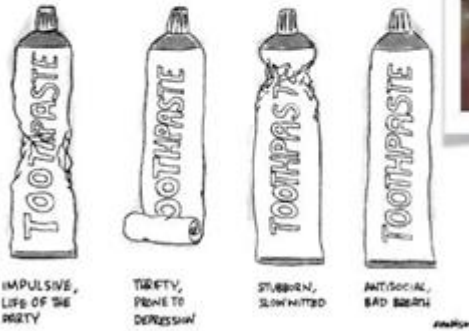
Grinding, Clenching, and Wear and Tear

So many patients are unaware of the subconscious trauma they are putting their teeth through, but good news, there is a solution! Bruxism is the clinical term for grinding, clenching, and wear of teeth that leads to cracked teeth and even holes ground right into the teeth. Once the damage is done, it requires intervention to fix such as fillings and crowns but it can even lead to loss of teeth if the damage is too severe.

Many patients are unaware of any symptoms, but some patients who brux in their sleep wake up with headaches, a sore jaw, or a sore neck. The best thing to do, is to prevent the wear to teeth in the first place by having a custom night guard fabricated to protect the teeth and help the jaw joint return to a position of relaxation.

What does your tube of toothpaste say about you?

THE TOOTHPASTE PERSONALITY TEST



Case of the Month: Amazing Invisalign Results

I wanted to highlight some of the beautiful treatments Dr. Houck has completed to provide our patients with healthy smiles they can be confident in. The photos below are of a patient in her late 60's who never thought orthodontics would be possible for her. In fact, I wasn't sure much could be done for her orthodontically as I knew she was opposed to 3+ years of traditional braces. I was discussing her case with Dr. Houck who felt she could treat this patient using Invisalign and improve her bite and esthetics. In a matter of just over a year, Dr. Houck gave this patient a healthier mouth and a bite with great function in terms of the positioning of the teeth. The patient is ecstatic with her beautiful new smile and I am proud of the great work Dr. Houck provided.

-Dr. Mellert



We wish all of our patients a wonderful start to the New Year. We are grateful for you and are honored to provide you compassionate dental care!

Request an Appointment

or call our office today to learn more
310-543-1234

[Access My Account](#) | [Update Preferences](#)

3480 Torrance Blvd.,
Suite 100
Torrance, CA 90503

P: 310-543-1234



Help us spread the word! Please take a second to refer your friends & family.



WRITE A REVIEW!

Please help get the word out about our practice. It will only take 1 minute and we will be so grateful!



REQUEST AN APPOINTMENT

Want to see us but don't have time to call? Set up an appointment online!

This message was intended for: samplepatient@patientconnect365.com.

Powered by **PatientConnect**

You are receiving this email because you are a patient of James Mellert DDS and indicated to the practice that you would like to receive communications of this type. If you would like to update your email preferences, please visit the [Update Preferences Page](#).