



Where comfort meets connection—and your smile is just the beginning.

At Fear Free Dental, we believe dentistry should never feel intimidating. Our practice was built around a simple mission: to provide gentle, personalized care that supports not just your teeth, but your total health and well-being. Whether you're here for a routine cleaning or a more complex procedure, our goal is to make sure you feel heard, safe, and genuinely cared for.

We're passionate about helping patients understand the complex way your mouth affects the rest of your body. From heart health and diabetes to inflammation and immune function, your oral biofilm plays a much bigger role than most people realize. That's why we take a whole-body approach to your care, using the latest science to guide every treatment.

Here, you're not just a patient—you're a partner in your health. And we're honored to walk with you every step of the way.



INTRODUCING DR. STEVEN LITTLE AND HIS TRUSTY TEAM



DR. STEVEN LITTLE DMD. FAGD

Dr. Little and the Fear Free Dental team bring decades of experience, warmth, and a shared passion for patient-centered care. With over 30 years in practice, Dr. Little leads with humility, skill, and a deep belief that trust is earned over time—not with fancy equipment, but through meaningful relationships. Inspired by his mentor, Dr. Clarke, and driven by a love for whole-body health,

Dr. Little has built a team that reflects his values: thoughtful, compassionate, and committed to creating a calm and empowering experience for every patient. From the front desk to the treatment room, each team member brings a unique background and heartfelt dedication to making dentistry more human—and even enjoyable.



DESIRAE



DEBBIE



KAYLA



KADE



ROSIE



KARIN



SUZANNE



JASMINE



Let's just say it: the mouth is wildly underrated. For years, dentistry has been boxed into the world of "cleanings and cavities"—but we're here to blow the lid off that box. At Fear Free Dental, we're entering a new chapter, and we're ridiculously excited about it.

Thanks to Dr. Little's deep dive into the world of oral biofilm (yes, he's that dentist who reads research for fun), we're learning just how powerful the mouth is in shaping your overall health. The bacteria in your mouth? They don't stay put. When biofilm goes unchecked, it can sneak into your bloodstream and travel—like an uninvited guest at a party—straight to places like your heart, brain, lungs, and joints.

Heart disease and strokes

Alzheimer's and cognitive decline

Complications in pregnancy

Worsening diabetes and arthritis

Chronic inflammation that affects your energy, mood, and immune system

Pretty amazing, right? And also a little scary. But good news: this is exactly where we shine.

We're not just cleaning teeth anymore—we're supporting your whole body. That means personalized care plans, updated technology, and a team that's obsessed with helping you feel your best (without poking or judging—we promise). Dr. Little and our entire crew are here to guide you toward a healthier, happier life... one fearless smile at a time.

We know that dental visits haven't always been something to look forward to. But we think we can change that. In fact, we know we can This is your safe, nerdy, kind-hearted dental home, and we're honored to be part of your health journey.

Here's to strong hearts, clear minds, confident smiles, and biofilm that behaves itself.

With gratitude, excitement, and a healthy dose of dental enthusiasm,

- Your Fear Free Dental Family

THE MOUTH-BODY CONNECTION

When we think of oral health, we often picture teeth and gums. But the truth is—your mouth is a gateway to your entire body. It's home to billions of bacteria, many of which live in something called oral biofilm (a sticky, organized layer of microorganisms that naturally forms on your teeth and gums).

When your biofilm is healthy and balanced, your mouth thrives. But when harmful bacteria take over (due to poor hygiene, diet, stress, or even genetics), they don't just cause gum disease—they can travel through your bloodstream and spark inflammation elsewhere in the body.

Heart Health

Bacteria from infected gums can enter your bloodstream and contribute to plaque buildup in arteries. This increases the risk of heart disease, stroke, and even endocarditis (a dangerous infection of the heart lining).

Brain Function

Studies show links between periodontal disease and cognitive decline. Chronic oral inflammation may contribute to the progression of Alzheimer's disease and other forms of dementia.

Pregnancy Health

Gum disease has been associated with low birth weight, preterm birth, and preeclampsia. That's why pregnancy gingivitis isn't just a nuisance—it's something to take seriously.

Diabetes & Chronic Inflammation

Inflamed gums can make blood sugar harder to control. And high blood sugar can worsen gum inflammation. It's a frustrating loop—but a manageable one with the right care.

PATIENT FAQ: WHOLE-BODY HEALTH EDITION

Q: I've been told my gums are "fine," but I still feel like something's off. Could something be getting missed?

A: Possibly. Gum disease often hides deep below the surface, and early infection doesn't always show obvious symptoms. Many people are told they're fine because their teeth don't hurt or look bad—but inflammation can still be active under the gums. We look deeper, using updated science around oral biofilm to uncover what traditional exams might miss.

Q: I get my teeth cleaned, but could hidden biofilm still be affecting my health?

A: Yes. Some forms of biofilm are stubborn and live deep below the gumline, where you can't see or feel them. That's why we assess biofilm health—not just what your teeth look like.

Q: My medical team can't figure out why I feel inflamed all the time. Could my mouth be part of the puzzle?

A: Absolutely. Oral inflammation is one of the most overlooked pieces of the chronic illness puzzle. We've seen patients with autoimmune issues, joint pain, and even persistent skin flare-ups improve when we treat the source of oral infection. We're not claiming to fix everything—but we are committed to finding what's been missed.



Q: I've been told everything looks fine—but should I be asking about biofilm health specifically?

A: Absolutely. You can have early-stage infection even without pain, cavities, or gum recession. We're here to dig deeper and help you get ahead of disease—not just treat it when it shows up.

Q: Could the way I breathe, eat, or sleep be affecting my oral and whole-body health too?

A: Yes! Mouth breathing, poor sleep, and diet all play a role in both oral biofilm and systemic health. Dentistry today looks at the whole picture—and so do we.



Q: What if the fatigue, joint pain, or brain fog I've been living with isn't just aging?

A: It might not be. Chronic inflammation from oral infections—especially deep in the gums where bacteria hide in biofilm—can send signals throughout the body. That low-grade inflammation has been linked to conditions like arthritis, autoimmune flare-ups, and even cognitive fog. Most people never think to look in their mouth for answers, but we do. Our team is trained to assess biofilm health and help you explore how your oral health may be playing a role in how you feel every day.

SMILE MENU!

WHAT KIND OF THINGS CAN WE

DO?

Regular Exams and Cleanings to keep your teeth feeling fresh and looking fabulous.

Got something a little more complicated? We've got you covered!

Been told you have **periodontal disease?** No worries, we'll help you tackle it like pros!

Need a **filling**? We'll patch things up and send you on your way with a grin. Think your tooth deserves a little bling? Our **crowns and bridges** are fit for royalty!

Root canals that aren't scary (unless you count Dr. Little's cheesy jokes).

Time to say goodbye to a troublesome tooth? Our extractions are gentle and quick.

Need a replacement? We've got **implants, dentures, and bridges** to bring back your smile.

And we're all about bringing dentistry into the future with 3D printing for **night guards**, **whitening trays**, and other custom-fit goodies. High-tech care without the high-stress vibes.

Want to dazzle the world? We've got you covered with whitening and fluoride trays that make your smile shine.

Feeling a little crooked? Our **ortho treatments** will help you straighten things out and boost your confidence.

Whatever you need, we've got you covered. Always with a smile and a good joke (or ten) from Dr. Little.

THE SECRET TO STRESS-FREE DENTAL WORK

Because your care should never be driven by fear!

We get it—sometimes the hardest part is just walking through the door. Dental fear is incredibly common, and you're not alone! Whether you're feeling a little nervous or have avoided the dentist for years, we've created a space where you're met with patience, not pressure.

That's why we offer multiple levels of sedation to help you feel at ease—and our favorite? IV sedation. It's like pressing the "skip" button on your appointment and waking up on the other side, relieved and smiling.

What Is IV Sedation?

IV (intravenous) sedation is a safe, closely monitored way to help you fully relax during your visit.

You're still breathing on your own, but you feel deeply calm, unaware of the procedure—and
usually remember little to nothing afterward.

It's not general anesthesia, but it offers much deeper comfort than laughing gas or a pill. Most people say the appointment flew by!

Why Do We Love It?

- √Deep relaxation without being "put under"
- Little to no memory of the appointment
- ✓ Safe, personalized, and fully monitored
 - ✓ Multiple procedures done in one visit
- ✓ Ideal for anxious patients or strong gag reflexes
- Wake up with a healthier smile—and peace of mind

For many patients, IV sedation isn't just about getting through treatment—it's what made coming back to the dentist possible. It turns fear into trust, and shame into confidence.

We're here to help you feel safe, supported, and in control-every step of the way!

MEET CANDID CLEAR ALIGNERS

Candid Clear Aligners are a fresh, fun, and totally hassle-free way to straighten your teeth. Think of them as the cool, tech-savvy cousin of Invisalign.

What's Different About Candid?

Remote Monitoring: No constant office visits—check-ins happen from the comfort of your couch!

Cutting-Edge Technology: Uses AI-powered scans to track progress more accurately.

Affordable & Convenient: Streamlined process that saves time and money.

It's all about making teeth-straightening easy, convenient, and stress-free

—because who has time for a million office visits?



MYTH VS. FACT: DENTAL EDITION



Myth #1: Dental X-Rays Are Dangerous

Fact: Dental X-rays involve very low radiation exposure, and the benefits far outweigh the risks when it comes to detecting serious issues early.

Myth #3: Root Canals Are Painful and <u>Dangerous</u>

Fact: Modern root canals are virtually painless and actually relieve pain, not cause it. The myth about them being dangerous likely stems from outdated, debunked research from the early 20th century. It suggested root canals could cause systemic disease, which science has proven false.

Myth #5: Teeth Are Not Alive

Fact: Teeth are living tissues! They have nerves and blood vessels. Damaging a tooth's nerve through decay or trauma can cause pain and, if untreated, can lead to the tooth's death.

Myth #2: Dentists Just Want to Upsell You With Fancy Procedures

Fact: A good dentist (wink wink) prioritizes
your health and long-term well-being.
Sometimes, recommended treatments are just
what's best for your health—period

Myth #4: All Dental Problems are Visible or Cause Pain

Fact: Some of the most serious dental issues

—like gum disease, bone loss, or even oral

cancer—can be completely painless and

visually undetectable without advanced

screening.



Myth #6: It's Normal for Gums to Recede As You Age

Fact: While some gum recession can occur naturally, significant recession is usually a sign of periodontal disease, aggressive brushing, or grinding. It's not just an inevitable part of getting older.

ASKING DR. LITTLE

Dr. Little! you've got 60 seconds to convince someone who's TERRIFIED of the dentist to



Dr. Little says:

I'm scared of the dentist too! ...and I am the dentist!

No joke—I love doing dentistry, but I need nitrous just to get my teeth cleaned. If that makes me a baby, then hand me a blankie and call it good.

I get it. Dental offices aren't exactly known for being fun. That's why I've made it my mission to flip the script. We've got big TVs playing peaceful landscapes (or Spongebob—we've done it), your favorite music in the background, and a team that's 100% judgment-free.

Most importantly? We've got every kind of sedation you could possibly want-from "just take the edge off" to "wake me up when it's over." You don't have to be brave. You just have to show up-and we'll take it from there.

Dr. Little says:

I have always worked with my hands on delicate things, like tying flies for fishing, carving wax for the moment of the moment of the transfer of the moment of the transfer What was the moment you knew you day. He said "I think you need to shadow me for a bit". So I did and the rest was history. I double timed school and got out in half of the time....no social life just wanted to get to dental school!! Come to find out that the dentist helped me was Dr. Gordon Christiensen the world renown Dentist and lecturer still to this day!

Dr. Little says:

You know what's way cooler than people think? Watching live bacteria from your mouth on a microscope slide-yes, in real time! We do this and it's honestly jaw-dropping (pun intended). In a high risk patient you can see wiggling spirochetes, parasite-looking things, and fast-moving pathogens that could be linked to heart disease, Alzheimer's, even diabetes—before they've caused any damage and we can fix it!!! In over 30 years, I've never seen a shift this big in prevention. It's like going from black-and-white TV to color 4K on a big screen—you just can't un see it. And I don't know anyone else doing this at this level. It's not just about clean teeth anymore—it's about catching disease before it gets to

the diseased state!!

What's a dental procedure that's way cooler than people think?

THE TRUTH ABOUT DENTAL INSURANCE

The Big Misunderstanding

"We hear it all the time: 'But I have insurance!' And you're absolutely right, you probably do.

The problem is... dental insurance just isn't like medical insurance. Not even close.

The Comparison (Dental vs. Medical)

Medical Insurance:

Designed for big emergencies and serious needs

Often covers <u>surgeries, hospital stays, chronic conditions</u>

Typically has <u>no cap</u> on how much it will pay out (yearly max)

Dental Insurance:

Designed for <u>preventive care</u> (cleanings, exams, x-rays)

Often caps out at \$1,000-\$1,500/year (the same max it had in the 1970s!)

Doesn't cover full costs of <u>crowns, fillings, implants,</u> or <u>major work</u>

May <u>deny coverage</u> based on <u>timing, frequency</u>, or <u>"necessity"</u>

Why We Still Work With It (Carefully)

We'll do <mark>everything</mark> we can to help you use your benefits, but we're also up front:

You may still owe money—and that's normal!

want to give you the best care, not the cheapest care the insurance company allows.

Tips for our Patients



Fing your dental insurance card-not your medical one (they're separate!)



ફે(જ્રે) દે Know your annual max—once you hit it, coverage stops



Ask us to send a pre-authorization if you want to know what's covered



Fremember: insurance is a tool—not a full payment plan

Our Promise

We'll always be honest with you about costs.

We'll help you use your benefits wisely.

And we'll never let insurance decide what's best for your health.



OUR MOST LOVED GADGETS!



Air Polisher

Think of this as the pressure washer for your pearly whites! It uses a gentle mix of air, water, and powder to blast away plaque, stains, and that nasty biofilm — even between your teeth!

It's like a spa day for your smile (minus the cucumbers on your eyes).



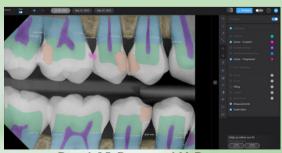
Say goodbye to goody impressions! This little wand scans your teeth in seconds to create a super detailed 3D model — no gagging, no mess. It's basically a magic wand for your smile.



Leica Microscope

We look at your plaque like scientists in a lab—because we are! With this high-powered microscope, we can actually see the bacteria that's hiding in your mouth. It helps us figure out what kind of "bad bugs" you're dealing with, and how to fight back. It's like CSI, but for teeth!





Pearl AI-Powered X-Rays

Say hello to our robot sidekick! This smart software scans your x-rays with laser focus (not actual lasers... we promise) to spot cavities, bone loss, and other sneak attacks early — so we can stop problems before they start.



3D Printer

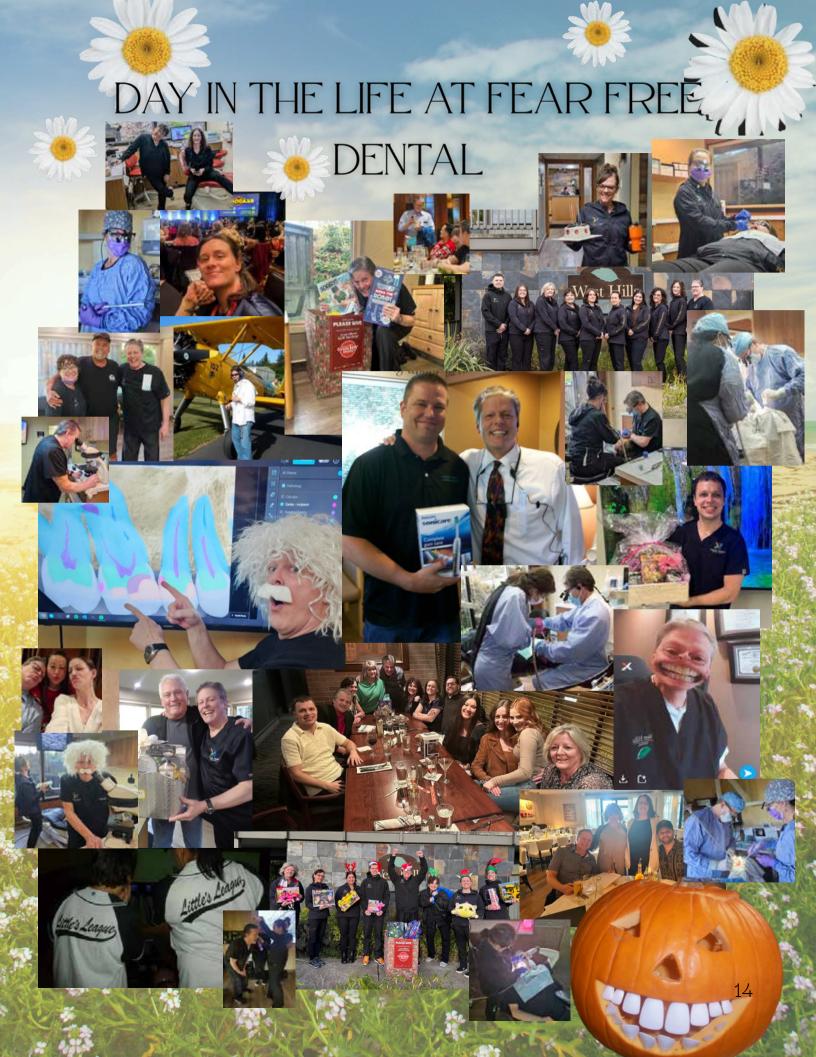
We 3D print mouth stuff! From clear aligners to night guards, this printer makes custom-fit magic in-house — no gooey molds or long wait times. It's like having a dental factory on standby for your smile.



3D Imaging (CBCT Scanner)

This beauty gives us superpowered vision — kind of like x-ray glasses, but way more real. It captures a full 3D model of your teeth and jaws, so we can plan implants, spot hidden issues, and treat you with superhero-level precision.





大大大大大

SEE WHY OUR PATIENTS LOVE US!

Excellent Dr. and team. They are responsive and respectful. Highly recommend!

> Dr. Little and his staff were great! Warm, welcoming, and friendly. Dr. Little was very patient, taking extra time to answer all my questions and addressing my concerns. First thing my son said when we walked out the door was "I really liked that place"

I love this place. I wouldn't say I have a full on dental phobia, but I have had some pretty negative experiences. From the usual condescending dentists to one that drilled into my cheek requiring stitches. It caused me to stop going all together and of course things got worse, but then you don't want to get the lecture about your teeth so you don't go. Cycle continues for a few years and here you are not wanting to smile because your teeth are messed up. I finally broke a tooth and couldn't avoid things any further. West Hills looked like a great place for someone like me that needed some compassion and not a lecture. They absolutely exceeded my expectations. Every single person there is just kind. No other way to say it. I was expecting a lot of shaming when I first went in and Dr. Little just fixed me up. No lecture whatsoever and they were incredibly gentle from explaining the process to the actual procedure which really put me at ease when I came back to fix the rest of my neglect. A few procedures later and I'm not afraid to smile anymore. Super

Steven J. Little, D.M.D., F.A.G.D is an outstanding dentist. His practice entitled Fear Free Dental accurately encompasses this philosophy. Dr. Little is a leader in his industry! From exceptional staff to outstanding dentition care, Fear Free Dental sets the bar above the rest. I highly recommend this practice to all readers regardless of geographical location. Grab a plane ticket if you must, but do not miss the opportunity to be his patient.

Dr. Little and staff are amazing. I travel from Newberg, and so does the rest of our family. We have been going to West Hills Dental for at least 10 years, and I trust no one else with our dental care. I have autoimmune issues that attack my mouth, and when I had to get a gum graft, I was concerned it wouldn't work. Dr. Little made a graft from my own blood, and a week later, I am healed, and it looks beautiful! This dental team really knows its stuff!

Fear free is right! This office and everyone who works here made me feel so safe and comfortable after I had avoided dentists for a long time.

He is an amazing dentist. I would recommend him to anyone hes very good at what he does. Sharks can grow up to 50,000 teeth in their lifetime! Good thing they don't need dental insurance!

The enamel on your teeth is the hardest substance in your entire body – even beer bottles, so don't try

The average American spends
38.5 days of their life brushing
their teeth. That's a whole
vacation's worth of minty
freshness!

Every tooth is
unique – just
like
fingerprints. So
technically, you
could be
identified by
your smile

(CSI: Dental

Edition?)

16

Elephants grind their molors down over

Elephants and grow six sets of them

time and grow six sets only get two

throughout their life. (NHe only them)

throughout take care of them)

You don't have to brush all Your teeth... just the ones you want to keep.

DID YOU KNOW?

Your tongue print is as unique as your fingerprint. And now you're totally thinking about your tongue, aren't you?

People who smile more live longer and are generally happier. So your dental health is basically self-care and life extension.

You're welcome!

The first toothbrushes were made from twigs, and early toothpaste? It was made with charcoal and crushed bones.

(Yum?)

A snail's mouth is the size of a pinhead... but it has thousands of tiny teeth.

Creepy-cool, right?

Saliva is basically your mouth's

Saliva is basically your mouth's

superhero — it helps wash away food,

superhero — it helps wash away food,

superhero — it helps wash away food,

and keep your enamel

fight bacteria, you make about 1-2 liters of it

per day!

NOT-SO-OBVIOUS ORAL HEALTHCARE TPS

If your gums bleed, it's not because you brushed too hard-it's a red flag!

Bleeding is your mouth's version of a check engine light. It usually means inflammation or infection, not a sign to avoid brushing!

A healthy mouth should not smell bad in the morning!

Morning breath that knocks you out might be a sign of gum disease or bacteria overgrowth-not just forgetting to

You can't "feel" cavities forminguntil it's too late!

Most cavities don't hurt at all in the beginning. If you're waiting for pain to call us, the problem may have already progressed.

Your tongue needs cleaning too.

Over 50% of the bacteria in your mouth live on your tongue. A quick brush or tongue scraper can do wonders for your breath and health

Dental work shouldn't keep breaking!

If you've had multiple fillings or crowns fall out, it's time to talk bite alignment and materials—not bad luck.

Receding gums aren't "just age."

If your gums are pulling away from your teeth, it's usually bacteria or brushing technique -not your birthday.

Your teeth are talking to your whole body!

Dental issues can be linked to heart disease, diabetes, even Alzheimer's. When we talk prevention, we mean whole-body wellness.

You don't have to "just deal" with dry mouth!

Dry mouth increases cavities fast. Let us help you figure out the cause and fix it before it gets worse.

FIRST VISIT GUIDE

We get it! Going to the dentist can feel scary. But not here! Let's walk you through what your first visit looks like, step by step.

1. A Warm Hello

You'll be greeted by our friendly front desk crew. No judgment, no paperwork panic — just a big smile and some chill vibes. (Bonus: there's usually something fun playing on the TV.)

3. Meet Your Dental Team

You'll meet Dr. Little and our awesome team. We'll chat first — no tools, no pressure. Just a convo to get to know you and your smile.

5. Gentle Exam

Dr. Little will take a look at your teeth and gums, nice and easy. We'll explain everything as we go — no surprises, no scary lingo.

2. Paperwork Made Easy

We'll ask you a few simple questions and you will be able to answer them all either on paper or your phone! — A health history, dental goals, maybe your favorite pizza topping (okay, not that last one... unless you want to share).

4. Smile Selfies (aka X-rays & Photos)

We'll take a few painless pictures of your teeth and gums to see what's going on behind the scenes. Totally safe, and actually kinda cool to look at!

6. Cleaning (If You're Ready!)

If you're comfortable, we'll do a gentle cleaning to freshen things up. If not, no worries — we'll plan for a future visit when you feel more at ease.

7. Your Personalized Plan

We'll talk through what we saw, answer all your questions, and work with you to build a plan that fits your needs, budget, and comfort level.

You're in the driver's seat!

Extras to Help You Relax

- Noise-dampening Ear Plugs
- Cozy blankets & neck pillows
- Stress balls & fidget toys
- TV right in front of your chair
- Breaks anytime you need then

You Did It!

Seriously – just showing up is a huge win. We're proud of you already. Every step you take here is one toward a healthier, happier smile.



WELCOME TO THE FEAR FREE DENTAL MEMBERSHIP PLAN





Dental insurance isn't what it used to be. More denials. Less coverage. Surprise bills.

You deserve better. That's why we've made dental care simple, predictable, and stressfree with our membership plan.

Here's Why Patients Love It:

Instant Benefits: No waiting periods-start using your plan right away!

No Deductibles: One simple fee covers your care.

No Surprise Bills: Know exactly what you're paying, every time.

No Yearly Maximums: Unlimited care—no insurance caps.

Exclusive Discounts: Save big on additional treatments!

Why stress over unpredictable insurance when you can have peace of mind?

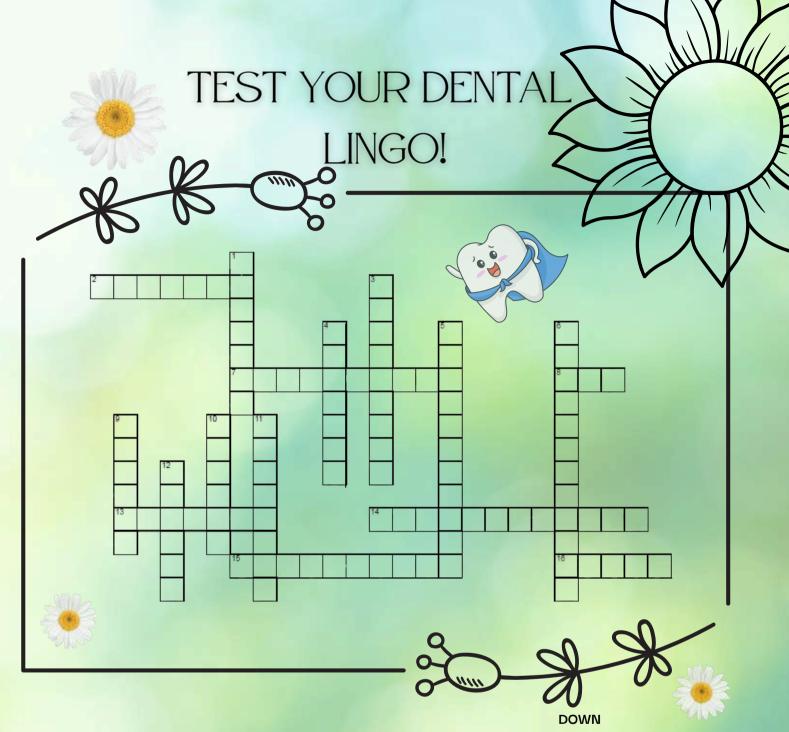
With our membership plan, you know your smile is covered—simple, clear, and worry-free.





Bye-Bye Biofilm! Hello Healthy Gums!

Check out this amazing transformation! This patient underwent Scaling and Root Planing (SRP) and followed our recommended biofilm therapy routine. Just one month later, their results are incredible! Thanks to their dedication to consistent home care, the harmful periodontal bacteria that were once thriving are now nearly wiped out. They're well on their way to conquering periodontal disease — and we couldn't be more proud!



ACROSS

- 2 : Slimy community of bacteria that loves your teeth
 - 7 : Armor for your teeth while you sleep
 - 8 : Jaw pain? This might be your culprit
 - 13: Thin porcelain covers for Hollywood smiles
 - 14 : Gums need love too-this is the specialty
 - 15 : Gums gone grumpy
 - 16: Not just for royalty-it covers a tooth





- 1: The bionic upgrade for missing teeth
- 3 : Fancy word for how your teeth meet
- 4: Laughing gas-yes, that kind of party
- 5 : Deep inside tooth work-AKA root canals live here
- 6: When your teeth take the scenic route, this gets them in line
 - 9 : Your mouth's natural cleaning crew
 - 10 : The hardest substance in your body
 - **11**: A tooth with two points—double the fun!
 - 12 : Clear trays for the not-so-bracey crowd

OUR PROMISE TO YOU

We believe in more than just providing excellent dental care. We believe in creating a safe, welcoming environment where you feel heard, respected, and cared for.

Comfort: From the moment you walk in, our team is dedicated to making your visit as gentle and stress-free as possible.

Communication: We listen. Your concerns, your needs, and your goals guide us every step of the way.

Expert Care: You deserve exceptional, personalized care—and we're here to deliver it.

Trust: Building genuine relationships matters to us. We're here to support you on your journey to a healthier, happier smile.



THANK YOU FOR BEING APART OF OUR FAMILY!

At Fear Free Dental, our greatest joy is the privilege of caring for you and your loved ones. From the moment you step through our doors, you become more than a patient—you become part of our family.

We are incredibly grateful for your trust and loyalty. Your smiles, your stories, your progress—they mean everything to us. Watching you overcome your fears, embrace your care, and walk out with renewed confidence is why we do what we do.

To those who have been with us for years, thank you for continuing to choose us. To those just getting to know us, WELCOME! We are here to make your experience as comfortable, positive, and uplifting as possible.

From all of us at Fear Free Dental, THANK YOU for letting us be part of your journey to a healthier, happier smile. We are honored to be part of your life.

With heartfelt gratitude,

Your Fear Free Dental Family

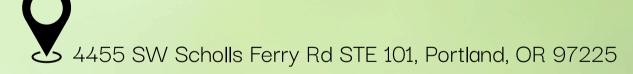


WE'D LOVE TO SEE YOU SMILE!





www.fearfreedental.com





Call or Text Us! (503) 291 - 0000

