

# Kuh Ledesma has plenty to sing and smile about

AS A SINGER/PERFORMER much revered in the music scene, you would think that the Philippines' Pop Diva, Kuh Ledesma, already has everything that she needs. But for as long as she can remember, Kuh has long prayed to God for something which has remained unanswered until recently when Kuh's long-time problem was finally solved.

The place was in California and the answer came in the person of Dr. Frieda V. Brookshire.

"Like most Filipinos, I was afraid of going to the dentist's clinic," Kuh admitted to Asian Journal. "So I did not have perfect teeth. I have long been looking and praying for the ideal dentist who will fix my dental problems and take care of my teeth."

Recently, Kuh came to the US with Pops Fernandez to do their concert tour, which was a roaring success. While in California, she met former actress/dancer Frieda Fonda who was one of the mainstays of the long-running TV comedy series in the 80s, *TODAS*. Frieda has immigrated to the States to pursue a career in dentistry and now has a very successful practice in Tustin, California. She married Raiford Douglas Brookshire, an American she met in the Philippines and is now known as Dr. Frieda Brookshire, one of the well-respected prosthodontists (a dental specialist in the cosmetic / implant restoration and replacement of teeth) in Southern California.

Kuh admitted that although her dental problems was not noticeable, Dr. Frieda immediately knew what to do. "She did a full mouth restoration with me, giving me dental implants that thoroughly enhanced my look and gave me a beautiful smile."

"Sadly, many Filipinos have the misconception that a dentist is just for pasta (cavity filling) or *bunot* (tooth extraction)," Dr. Brookshire explained. "But, there are many areas of dental specializations which will thoroughly improve one's quality of life. As a prosthodontist, my task has been to improve the smiles of people which will not only make them look good and boost their self-confidence but will take many, many years off their appearance."

According to Dr. Brookshire, Kuh was given a full mouth reconstruction or restoration which involved dental implants and porcelain veneers, which are wafer-thin shells of tooth-colored materials designed to cover the front surface of teeth to improve the appearance. These shells are bonded to the front of the teeth, changing their color, shape, size and length. The treatments were done in between her concerts, where Kuh allotted at least five-six hours for the sessions. This was something Kuh didn't mind a bit.

"One great thing is, she makes her patients so comfortable and at ease and *talagang walang aray* (truly no pain)," she says.

Kuh immediately felt the effect of the treatment and could not help but be in awe of Dr. Brookshire's work. She describes Brookshire's work in one sentence: "*Hulog siya sa akin ng langit*. (She is a blessing from heaven)."

Indeed, Dr. Brookshire is a blessing from heaven for Kuh and anyone who shun dental visits like the plague as Dr. Brookshire is very accommodating to her patients, explaining everything to her patients in great detail—what she will do, what the effects will be, why she needs to do it. As a result, her patients understand exactly what the problem is and how it will be fixed. She's very personal and individual in her dealings with her patients.

Brookshire Dental Center specializes in perfecting people's smiles, promising to give patients the absolute highest level of quality dental care with an emphasis on long-term health and total patient satisfaction. "We achieve this by combining art and science together with the latest in dental technology to create a truly unique patient experience," says Brookshire. "Our entire team prides itself on the beautiful smiles that we create and the positive effects that we have on our patients' lives. We promise that you will be treated with the utmost respect and courtesy. This is Total Patient Satisfaction," she said.

Kuh said that one advantage Frieda has over other dentists is the fact that she was once an artist herself and understands how important it is to look good and confident all the time. The artist in her works together well with her medical and scientific side and proves to be advantageous for her many patients.

With her new smile, Kuh eagerly faced her fans at her concert with the UP Jazz Ensemble in Manila last November 4. Her newly completed album, *K*, which features a collection of Filipino classics has been selling well in record stores across the country. She is also slated to come out with a new inspirational album by the end of the year.

Fil-Ams in the States can look forward to seeing more of Kuh, her beautiful voice and her beautiful smile as she is scheduled for a much-anticipated concert tour with three other divas—Zsazsa Padilla, Regine Velasquez and Pops Fernandez which will kick off this month. She said that she always enjoys spending time in the US. "The people are very warm. There is nothing like seeing fellow *kababayan* in other countries that make me feel like home."

Of course, one *kababayan* she looks forward to seeing again and again is Dr. Frieda Brookshire. "I made her promise that she will maintain my teeth to which she happily agreed," Kuh said. *Dito Ba?* Yes, *dito sa* Brookshire is where the pop diva got her prayers answered.

For information on how you too can have better smiles, Dr. Frieda Brookshire's dental office is at 12791 Newport Ave, Suite 100, Tustin CA 92780. Get more information about cosmetic and implant dentistry on her website: [www.brookshiredental.com](http://www.brookshiredental.com) / [info@brookshiredental.com](mailto:info@brookshiredental.com) / 714-838-3400.

(Advertising Supplement)



Kuh Ledesma and Dr. Frieda Brookshire

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"It's nice to fall in love once again and this time, walang hiwalayan. Kay Dr. Frieda Brookshire, I am so sure of my pearly whites. Finally, I met someone who will take care of me and my smile forever!"

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