

DR. CHEN'S

# Word Of Mouth

COMO LAKE DENTAL UPDATE

Produced to improve your dental health and awareness

Spring 2012

from the dentist

## Spring Into Action!

### *Keep your recall*

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

*Yours in good dental health,*

*Dr. Jim Chen*

Send your family and friends to us! When they become our patient, you have a chance to win a New iPad®.

See page 4 for more details

**Thank you!**

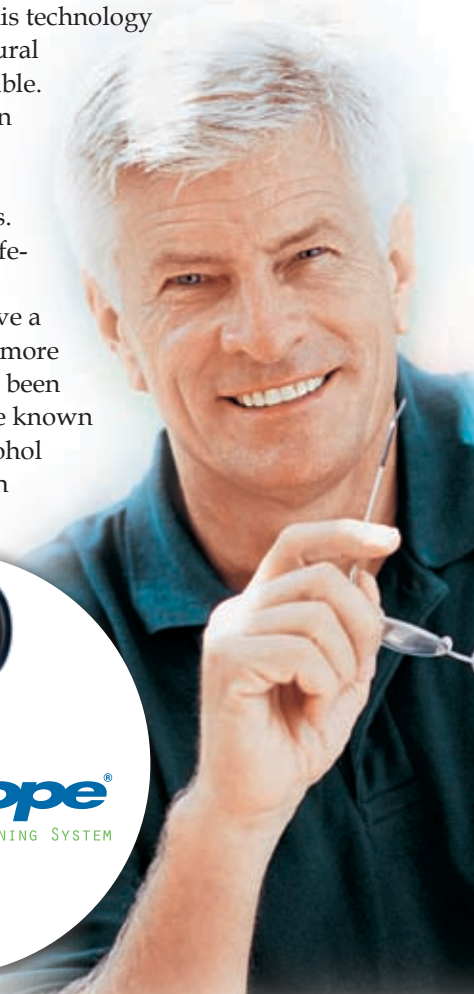
## Fighting Oral Cancer

### VELscope® oral cancer screening device

Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired VELscope®, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a VELscope examination? After conducting a thorough oral cancer examination, we'll use a handheld device to shine a blue light into your mouth then examine the tissues through a special eyepiece. This technology takes advantage of your mouth's natural fluorescence which is normally invisible. Using the blue light, however, we can look for specific changes in the color or structure of your oral tissues that might be indicative of abnormal cells. It takes only about five potentially life-saving minutes.

We want all of our patients to have a bright and smiling future. Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform the VELscope examination for all of our adult patients every year.



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

# Your Teeth's Natural Life and what you need to do...

MILESTONE	ISSUES	WHAT WE CAN OFFER
<b>Infants &amp; Children</b> 	<ul style="list-style-type: none"> <li>● Healthy gums &amp; teeth</li> <li>● Arrival of permanent teeth</li> <li>● Proper spacing &amp; bite alignment</li> <li>● Protection against sports injuries</li> <li>● Eating a varied diet</li> </ul>	<ul style="list-style-type: none"> <li>● Oral hygiene instruction</li> <li>● Early orthodontic assessment</li> <li>● Prevention &amp; monitoring with regular visits</li> <li>● Custom-fitted mouthguard</li> <li>● Fluoride advice</li> </ul>
<b>Teenagers</b> 	<ul style="list-style-type: none"> <li>● Greater social awareness of a nice smile</li> <li>● Fresh breath has become important</li> <li>● Peer pressure: tobacco, alcohol, power drinks</li> <li>● Fashion trends like tongue piercing</li> <li>● Risk of caries, gum disease, enamel erosion</li> </ul>	<ul style="list-style-type: none"> <li>● Positive reinforcement of                             <ul style="list-style-type: none"> <li>✓ nutrition</li> <li>✓ home care routines &amp; professional care</li> </ul> </li> <li>● Education about fads that harm oral health</li> <li>● Strategies for fresh breath &amp; healthy smiles</li> </ul>
<b>Young Adults [20s-30s]</b> 	<ul style="list-style-type: none"> <li>● Greater awareness of mouth-body link</li> <li>● Focusing on health &amp; fitness</li> <li>● Increased risk of gum disease</li> <li>● Continued interest in appearance/lifestyle</li> <li>● Celebrations (graduations, weddings, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>● Regular preventive &amp; maintenance checkups</li> <li>● Educational tips to maintain a healthy mouth</li> <li>● Monitoring for bite issues &amp; jaw joint disorder</li> <li>● Consultation for whitening &amp; cosmetic treatment</li> </ul>
<b>Midlife &amp; Beyond</b> 	<ul style="list-style-type: none"> <li>● Continued interest in appearance &amp; health</li> <li>● Increased risk of oral cancer</li> <li>● Receding gums, root cavities, loose teeth</li> <li>● Hormones decline &amp; bone mass decreases</li> <li>● Teeth may become worn &amp; stained</li> </ul>	<ul style="list-style-type: none"> <li>● Regular exams to intercept emerging issues</li> <li>● Natural-looking restorative treatments</li> <li>● Beautiful youthful cosmetic options</li> <li>● Maintenance of existing restorations</li> <li>● Monitoring of function, appearance, &amp; investment</li> </ul>

**Clues That  
Reveal Family  
Secrets About:**

**Brushing & Flossing!**





# Tip Top Answers

## What is a crown?

- Sometimes one is custom-fitted over your damaged tooth to protect and strengthen it so you won't lose it.
- One or more can be specially fabricated for attachment to neighboring teeth to bridge a gap.
- A crown can also be placed on top of an artificial tooth root implanted into your jawbone to form a completely new tooth.

## How will I look with one?

- You can choose a gold or silver look, but most people prefer materials that match the rest of their smile.
- Ceramic crowns can be as translucent as your own enamel and are an excellent choice if you have metal allergies.
- When placed over metal for additional strength, ceramics still look natural, but they are not quite as translucent.

**CALL FOR A  
CONSULTATION TODAY!**



Before



After

## Too Good To Be True?

**Try it! You'll like it!**

The ancient Egyptians did it. The Greeks and Romans did it. And oh, those Vikings! Now you can too. Add pizzazz with exotic cardamom!

Cardamom seeds can be crushed or used whole to add a heady aroma to curries, rice dishes, and breads. A member of the ginger family, there are several varieties, but *green* or *true* cardamom is most commonly used for cooking and to spice up chai tea.

Spices are often used in traditional South East Asian medicine and cardamom's vitamins, minerals, antioxidants, and electrolytes are consumed for a pick-me-up to help improve digestion and circulation and to soothe respiratory ailments and throat problems. It has also been used as an antibacterial mouthwash. Find recipes online!



## Say It Again, Sam! Here's looking at you!

It appears that kids, even as young as 4-6, are heeding their parents' message that healthy is good and sugar is bad, according to a small study published in the *Archives of Pediatrics & Adolescent Medicine*.

When a popular recognizable character from television or toys appears on a cereal box, it creates a halo effect, so kids think it tastes better. No character? No contest. Kids prefer the same cereal when it's called *Healthy Bits* over *Sugar Bits*.

Children really do find the familiar appealing, so keep up the repetition. Avoiding sugar and eating healthy are excellent lifelong lessons, and seeing you make home care and dental visits your priorities, will also make them theirs.

- ONE** Do you notice seeds, pepper, or other small bits of food caught in a smile well after mealtime is over? It's time to brush up on brushing and flossing!
- TWO** Have you noticed bad breath or coated tongues instead of healthy-looking pink ones? It's important to brush the tongue as well as the teeth.
- THREE** Dried-out toothbrushes are unused toothbrushes. It's worth checking and reminding everyone that they need to brush for two minutes at least twice a day.
- FOUR** When's the last time you bought dental floss? A couple of months ago? Everyone in the family should floss at least once a day. Little ones will need assistance.
- FIVE** Have you noticed anyone self-consciously covering up their smiles? Embarrassment about stained teeth, fillings, or visible tooth decay is a sure sign that a dental visit is overdue.

**We're always happy to help with a thorough checkup and a home care refresher!**

# Just The Two Of You

## Stages of dental development



Pregnant women are particularly susceptible to gingivitis, or gum disease, which may travel through the blood stream to the uterus, sometimes causing premature labor and lower birth weight. Please make sure you see us regularly during your pregnancy, and pay particular attention to your oral health home care.

### Birth To Two

Beginning a few days after birth, clean baby's gums by gently massaging them with your (clean) finger and later a damp cloth. Letting your baby lie in bed with a bottle of milk or juice can lead quickly to baby bottle tooth decay. The time for your baby's first dental visit is between the ages of two and three.

### Three To Six

Children should learn to brush at least twice daily, and always at bedtime. Teach your child to choose healthy drinks and snacks, and schedule regular preventive checkups with us.

### Seven To Twelve

Baby teeth are replaced by the permanent set, so be firm about regular oral health care habits! Set specific times for brushing, accompanied by flossing at least once a day. Mouthguards can protect those precious teeth.

### The Teens

Teenagers are more susceptible to tooth decay than adults, usually because of their diet and inadequate oral care. Emphasize the lifelong importance of professional and personal care ... and that bad breath can be cured by doing all the boring home care their parents keep harping about!

## Quick *kid* Tips

By the time your children reach age six, we should be working together on a strategy to prevent tooth decay that includes regular checkups, appropriate fluoride use, dental sealants, and proper brushing and flossing techniques.

Drinking fluoridated water from birth has been shown to reduce tooth decay by as much as 50%.

## office information



**Dr. Jim Chen**  
**Dr. Matthew Foulkes**  
1953 Como Lake Avenue  
Coquitlam, BC V3J 3R2

### Office Hours

Monday 8:00 am – 5:30 pm  
Tue & Wed 10:00 am – 7:30 pm  
Thu & Sat 8:00 am – 4:30 pm  
Friday 7:00 am – 5:30 pm

### Contact Information

Office (604) 931-7491  
Email [comolakedental@telus.net](mailto:comolakedental@telus.net)  
Website [www.ComoLakeDental.com](http://www.ComoLakeDental.com)

### Office Staff

Pattie..... Office Administrator  
Michelle..... Office Administrator  
Chiharu..... Certified Dental Assistant  
Morgan..... Certified Dental Assistant  
Toni..... Certified Dental Assistant  
Salima..... Registered Dental Hygienist

## Welcomed! Appreciated!

### Patient referrals

Some of our patients assume that our dental practice is closed to new patients. The truth is that we always accept new patients, particularly if they come to us as referrals from you. If you know someone who you think would benefit from our state-of-the-art dental practice, we would very much appreciate you referring them to us.

When you refer new patients, they will receive the same courteous, skilled, professional, and friendly service that you receive.

To show our appreciation for your trust and belief in us, we will be delighted to present you with a Starbucks® gift card for each new patient referred. In addition, you could also win a New iPad® before Christmas. Thank you for keeping us in mind.

## Oral Cancer

### Did you know...

- Oral cancer affects an estimated 30,000 to 40,000 North Americans each year and kills 8,000 to 9,000 annually.
- Men are twice as likely as women to develop oral cancer.
- In its earliest, most treatable stages, oral cancer usually causes no pain or discomfort.
- If left undiagnosed, oral cancers can progress to more advanced stages.
- A complimentary oral cancer exam is performed on all adult patients in our practice at each recall visit.

