

DR. CHEN'S

Word Of Mouth

COMO LAKE DENTAL UPDATE

Produced to improve your dental health and awareness

Winter 2008/2009

fromthedentist

Holiday Greetings! And all the best!

The holiday season is here, and with it a chance for all of us to give all of you a heartfelt thanks for your loyalty and friendship during the past year.



As the New Year draws closer, many of us are inspired by our anticipation of everything a new beginning can offer. This is the time of year when each of us considers how we can make the coming year the best that it can be.

We intend to make this New Year our personal and professional best by continuing to provide you with leading-edge dental care in an atmosphere that is as warm, relaxed, and as welcoming as we can make it.

Our entire practice team hopes your holidays are happy, healthy, and filled with family and friends.

Have a wonderful holiday,

Dr. Jim Chen



"Congratulations to Chiharu (our CDA) and Jack on their new addition, baby boy Cameron. Mom and son are doing well."

To Our Patients And Friends



*We Wish To Extend Our Best Wishes
For A Very Happy Holiday Season
And A Prosperous New Year!*



Thank you for all your referrals. We appreciate them!



First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

Early disease includes gums that...

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

If left untreated gum disease can...

- progress to inflammation and chronic infections.

That can lead to...

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

Manage It!



Your environment can hurt your smile!

Smoking is the single major preventable risk factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

- Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.
- Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.
- Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.
- Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.
- Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.
- Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



How Do They Do That?



...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

Eggscellent!

A Piece Of The Puzzle

About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

Focus On You

Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.



Mercury & Moms-To-Be

FDA concerned about silver fillings

For several years, pregnant women have been cautioned about the dangers of eating fish with high levels of mercury. Mercury readily passes the placental barrier and concentrates in the red blood cells of the fetus. At birth, infants are also susceptible to mercury exposure through breast milk.

Now the Food and Drug Administration (FDA) is concerned about mercury found in amalgam (silver-colored) dental fillings, saying the mercury may have neurotoxic effects on the nervous systems of

developing children and fetuses. While the American Dental Association (ADA) believes amalgam fillings remain safe for patients based on many government studies and scientific reviews, the FDA is conducting a review of mercury contained in fillings, to be completed by mid-year 2009.

When amalgams are placed in or removed from teeth, they release mercury vapor; mercury vapor is also released through chewing. If you're interested in exploring the alternatives to dental amalgams, we'd be pleased to talk with you about composite fillings that resemble the natural tooth color.

Until the FDA report is completed, we encourage all of our pregnant patients to continue to see us and discuss options with us. Remember that dental care is particularly important during



pregnancy because gingivitis and other oral health problems may be linked to pregnancy complications. We'll keep you posted as information is available.

And in the meanwhile, if you are expecting, be sure to get lots of sleep now... Life will soon be a little different!



office information



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Office Hours

Monday	8:00 am	–	5:30 pm
Tuesday	10:00 am	–	7:30 pm
Wednesday	10:00 am	–	6:30 pm
Thursday	8:00 am	–	7:30 pm
Friday	7:00 am	–	3:30 pm
Saturday	8:00 am	–	4:30 pm

Contact Information

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Office Staff

Pattie..... Office Administrator
 Andrea..... Office Administrator
 Chiharu..... Certified Dental Assistant
 Stephanie..... Certified Dental Assistant
 Toni..... Certified Dental Assistant
 Salima..... Registered Dental Hygienist

Goodbye Frown Lines!

Smile with Botox®

We've long been advocates of non-surgical cosmetic smile makeovers because we see first-hand how our patients experience improved self-esteem from looking younger and more attractive. Now we'd like to recommend Botox, another non-surgical procedure that is world-renowned for its ability to smooth away lines and wrinkles. We can administer Botox right here in the office - easily and safely!

Men and women are increasingly aware that the residual effect of wrinkles, frown-lines and smile-lines can leave them looking strained and tense, and communicate fatigue and anger when nothing could be further from the truth!

Botox is a safe, clinically produced solution that we inject into muscles to prevent them from contracting. Within days of treatment, lines and wrinkles relax ... and so does your appearance!

Please call today for a consultation.

Delighted With You

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these factoids with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. To show our gratitude, on December 15th, we will draw this year's Patient Referral Reward grand prize, a Romantic Getaway Package at Tigh-Na-Mara Seaside Spa Resort on Vancouver Island! Other prizes include gift certificates for Spa Utopia in Vancouver. Good Luck!