

DR. CHEN'S

Word Of Mouth

COMO LAKE DENTAL UPDATE

Produced to improve your dental health and awareness

Spring 2009

fromthedentist

Oral Health Month

Ask us about it!

Every April, the *Canadian Dental Association (CDA)* campaigns to raise public awareness about the importance of oral health. This year's slogan - Oral Health - Good for Life- emphasizes poor oral health reducing a person's quality of life by affecting one's physical, mental and social well-being. Research has linked oral disease and other health problems. The campaign draws attention to this message and many issues that you read about in this newsletter, like the need to maintain good oral hygiene, eat a well-balanced diet, check your gums regularly, be a non-smoker, and see "yours truly" regularly.

Throughout April, you'll find the CDA message promoted across Canada. We'll be happy to answer your questions and provide educational materials right here at the office.

Yours in good dental health,

Dr. Jim Chen

turnthepage

Rejuvenate your smile!

What's your flossophy?

Defeating diabetes!



Botox[®] Cosmetics now available!

We are now offering *Botox[®] Cosmetic* to all our dental patients at a reduced price.

Botox Cosmetic is a simple, non-surgical, healthcare professional-administered treatment that can temporarily smooth moderate to severe frown lines between the brows in people from 18 to 65 years of age. *The American Society for Aesthetic Plastic Surgery (ASAPS)* estimates that, in 2005, almost 3.3 million procedures were performed with FDA-approved *Botox Cosmetic*.

One ten-minute treatment - a few tiny injections - and within days there's a noticeable improvement

in moderate to severe frown lines between the brows, which can last up to six months (results may vary).

In British Columbia, dentists, such as us, who have received further training, and have been certified, can administer *Botox Cosmetic*. Dentists have extensively studied anatomy of head and neck regions. We treat not only dental problems, but also concerns regarding facial muscles and nerves on a daily basis. As important as knowing facial underlying structures, dentists deal with injections everyday! Our experience will insure an accurate and painless injection.

Call us today to book a free consultation. You can also find more information at www.ComoLakeDental.com/botox

Thank you for all your referrals. We appreciate them!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

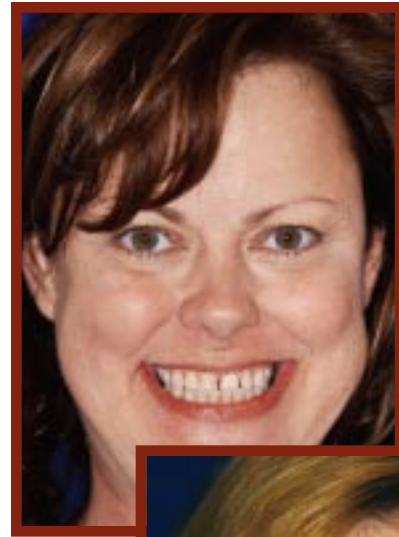
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

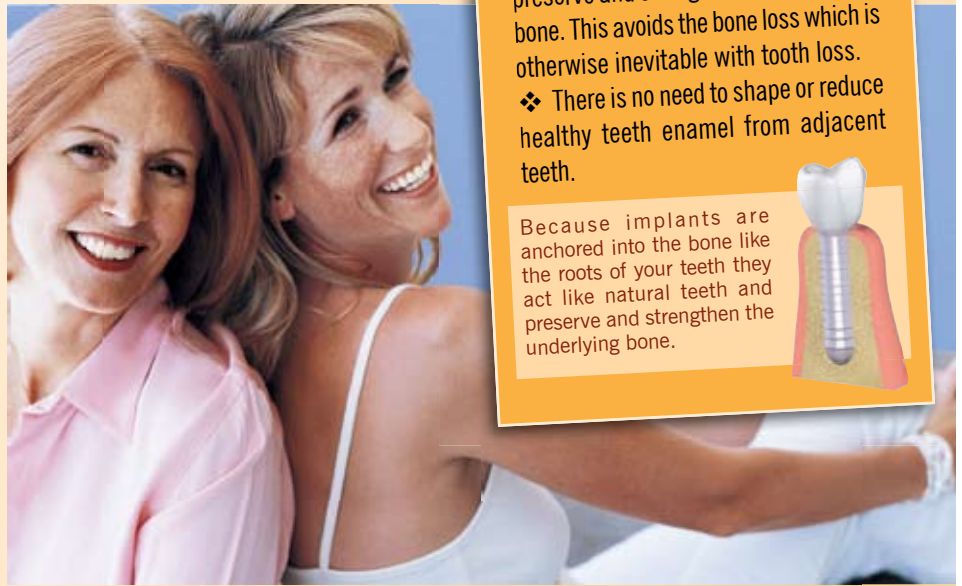
Some Implant Trivia

Because a smile is never trivial

In 1952, a Swedish Professor Per-Ingvar Brånemark had a lucky accident. He discovered that titanium bonded irreversibly to living bone tissue. The first practical application of *osseointegration* was the implantation of new titanium roots in 1965. Here are some more dental implant facts...

- A dental implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it.
- Dental implants can anchor dentures or replace the form and function of only one tooth up to an entire jaw of teeth.
- The oldest known implant patient is 88; the youngest 15.
- Implant-supported dentures behave more like natural teeth, overcoming problems associated with bone loss, gum soreness, and difficulty with chewing and speaking.

- In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten – second only to natural teeth, and far above the two out of ten for their prosthetics!



Dental implants are minimally invasive:

- ❖ Dental implants require only normal brushing and flossing to maintain oral health.
- ❖ Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. This avoids the bone loss which is otherwise inevitable with tooth loss.
- ❖ There is no need to shape or reduce healthy teeth enamel from adjacent teeth.

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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 – 7:30 pm
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Office Staff

Pattie..... Office Administrator
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Dental Word Scramble

Win a prize!

Try your hand at our dental word scramble. Simply fax, email, or mail your answers along with your name, address, and phone number. Once we receive your completed puzzle, you will be entered into a drawing. The grand prize will be a movie pass for two! Good luck!

We will pull the winner's name in a blind drawing on June 30th, 2009.

Enter today!

eioldruf _____
 sofsl _____
 thosbhrtuo _____
 lomra _____
 ctaiyv _____
 sornici _____
 lamene _____
 iivtigngis _____
 lerotdpaoin _____

Congratulations

Congratulations to our patient referral rewards winners for 2008:

Ryan and Kihoon received gift certificates for *Spa Utopia*.

Trish won the Grand Prize, a Romantic Getaway Package at *Tigh-Na-Mara Seaside Spa Resort* on Vancouver Island, which included overnight accommodation, a gourmet dinner, and more.

Thank you to everyone for thinking of us when you referred your family, friends and colleagues. We will have new prizes for 2009, including spa package and *Botox*® Cosmetic therapy just in time for the holidays and other social events.

(Draw date: December 14, 2009)