

DR. CHEN'S

# Word Of Mouth

COMO LAKE DENTAL UPDATE

Produced to improve your dental health and awareness

Spring 2011

from the dentist

Beyond family and friends, our most important long-term relationships are those that bolster our health and infuse in us a sense of confident well-being. Few relationships, however, are more important than those with healthcare professionals like your dentist. Every team member at our office intimately understands the strong link between our oral health and general health that cannot be ignored, and it is this vital health-connection that fosters our dedication to you. That you would place such an important trust in our professionalism is genuinely humbling and a constant inspiration for us to reassess our performance, to seek new technologies, and to have a team of dedicated people to create an environment that inspires confidence and ease in our patients.

Speaking of dedicated people, we have Dr. Matthew Foulkes, whom some of you have already met, and Hailey (CDA) recently joined us, while Andrea and Chiharu are on maternity leave.

I appreciate your trust and remain dedicated to build upon it at every point in our relationship.

*Yours in good dental health,*

*Dr. Jim Chen*

## Spotlight On Dr. Matthew Foulkes

Dr. Matthew Foulkes was born and raised in Burnaby, British Columbia, although he spent the majority of his summers in the Gulf Islands. It was there that he became interested in natural sciences and biology, leading eventually to studying sciences at the University of British Columbia where he graduated with an honours undergraduate degree in Animal Biology.

It was during his undergraduate studies that Dr. Foulkes started understanding the importance of relationship between oral health and overall health. He had also realized that dentistry is not always accessible to all of our communities when spent the time on the Islands. Naturally, he went to pursue a Doctor of Dental Surgery (DDS) at the University of Western Ontario (UWO) in London, Ontario. After enjoying living in a new city for four years and embracing the Ontario winter, Dr. Foulkes returned to his home province.

Dr. Foulkes is great with children. Prior to dentistry, he volunteered at the VanDusen botanical gardens in Vancouver taking school groups through the gardens. He enjoyed teaching elementary school children biology and ecology while showcasing some of the more interesting plants of the garden. He also volunteered time to the Vancouver Aquarium and the Stanley Park Ecology Society Nature House, where he became more involved with guiding children through different displays showcasing unique features of the park and its' wildlife.

While attending UWO, Dr. Foulkes participated in community events such as an annual Mouth Guard Clinic and an outreach program with a portable dental clinic. The Mouth Guard Clinic provides local sports teams of all ages with affordable tooth protection and is made possible by all members of the university clinic providing their time and care for each participant. In an effort to give back to local community, Dr. Foulkes also participated with a portable dental clinic that brought dentistry to several community centers around the city of London, and provide care for those who otherwise would not be able to access a dentist for a variety of reasons.

Dr. Foulkes is a member of the Canadian Dental Association, the British Columbia Dental Association and the College of Dental Surgeons of BC. He looks forward to continuing his education through meetings and courses to keep up to date with the best techniques and information to serve his patients. His calm and welcoming demeanour, coupled with respect for the individual needs of each person gives his patients comfortable and quality care.



*Thank you for all your referrals. We appreciate them!*

# PROTECTING *Your Smile*

## Mouthguard selection

Your adult teeth should last a lifetime with daily flossing, twice-daily brushing, regular dental care, and a good diet. No problem ... almost. It takes more than maintenance to keep a cool smile – it takes *protection*.

It's easy to forget to protect your teeth from injury when you're pumped about hitting the ice, the bike trails, or making those spectacular slam-dunks. But your teeth are as vulnerable as other parts of your body and mouthguards are an essential aspect of your sports equipment. While there are many off-the-shelf styles from which to choose, please *don't compromise!* We will custom-fit a comfortable mouthguard especially for you, and we will take into consideration your budget and requirements.

You play the sports. We'll protect your teeth!



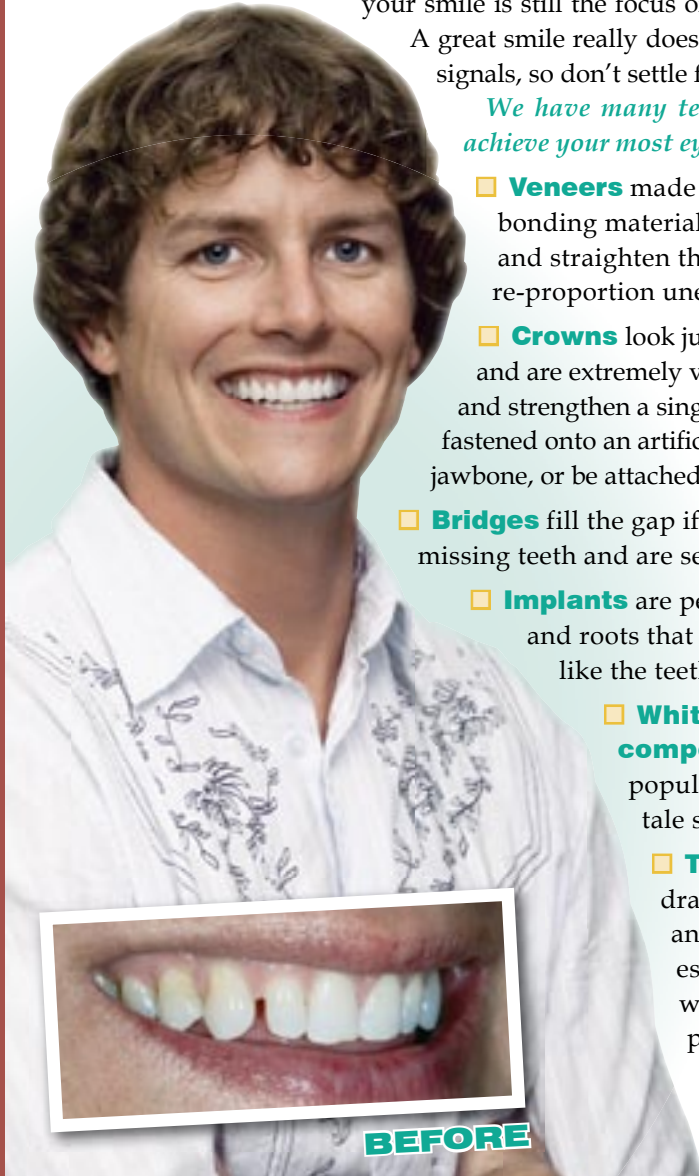
# Make A Statement

## Smile starters that really connect!

From our earliest ancestors onward, facial expressions that started with the lips and mouth emerged naturally to form a part of our emotional vocabulary. Could that be why your smile is still the focus of so much attention today?

A great smile really does transmit the most positive signals, so don't settle for less than your best.

*We have many terrific options to help you achieve your most eye-catching smile...*



■ **Veneers** made of either porcelain or bonding materials can instantly whiten and straighten the appearance of teeth and re-proportion uneven gumlines.

■ **Crowns** look just like your natural teeth and are extremely versatile. They can cover and strengthen a single damaged tooth, be fastened onto an artificial root implanted into the jawbone, or be attached to a bridge.

■ **Bridges** fill the gap if you have one or more missing teeth and are secured to adjacent teeth.

■ **Implants** are permanent artificial teeth and roots that look, feel, and function like the teeth they replace.

■ **White porcelain or composite fillings** are popular options to replace tell-tale silver-colored ones.

■ **Teeth whitening** will dramatically brighten and improve your smile, especially when combined with other cosmetic procedures.

*Focus on your new smile  
- and more memorable future!*

# Make The Connection


## Heartburn can jeopardize oral health

People who suffer from heartburn – or *acid reflux* – usually suffer a double whammy: a threat to good oral health often accompanies uncomfortable symptoms such as throat irritation, gagging, and a bitter taste.

Stomach acids are meant to flow through the digestive system, but for people with reflux, acid will actually flow up into the esophagus and sometimes even into the throat and mouth which may have an impact on your smile. Teeth have a neutral pH of 5.5, but stomach acid, as you would expect, is much more acidic at a pH level of 2.0. Because of this, reflux will erode tooth enamel, inviting sensitivity, pain, and discoloration. Bad breath may also become chronic.

If you suffer from acid reflux, please seek treatment from your doctor and see us to ensure your teeth are protected.





## DOUBLE The DAZZLE

### How to improve your health & your smile

Twins in the same household tend to eat the same things and share routines, making them excellent research subjects. In one twin study for example, when researchers added flossing to only one of each set of twins' homecare routines, the flossing twin's cavity-causing bacteria, gum disease, and gum bleeding were significantly reduced. This confirms the importance of flossing in addition to daily brushing of the teeth and tongue, but it's the more serious complications that can arise from gum disease that make prevention and treatment so important.

#### *Your mouth can affect your body...*

- When gum disease progresses, it can destroy the ligaments and the bones which support your teeth. This could lead to painful and misaligned jaw joints, limited ability to chew and get adequate nutrition, digestive problems, oral sores, and bad breath.
- Gum disease is an inflammatory disease, and while it does not cause other inflammatory illnesses like diabetes, cardiovascular diseases, and arthritis, research strongly suggests that it does have a negative impact on them.
- Studies have linked gum disease to low birth weight, toxemia, and premature delivery, and though rare, to stillbirth. Nearly half of women with gestational diabetes also have periodontal disease.

Gum disease is present in about 90% of the population. So like the study says, twin up your daily flossing with brushing twice a day. And please - never miss your regular professional cleaning.



## It Shouldn't Hurt To Smile

*De-stress for  
health*

You're a busy person with a full life and a ton of responsibilities. Sometimes it's overwhelming. People react to stress by fighting it, fleeing from it, freezing, or just shutting down. The *World Health Organization* cites depression, anxiety, and related mood disorders as the most prevalent causes of chronic illness in young to middle-aged adults.

This is very worrisome to us because stress also directly affects oral health. Teeth-grinding, jaw-clenching, and even the lack of attention to preventive homecare routines all stem from stress.

There are great ways to ditch stress-triggers in your life... Simplify. Learn to say no. Meditate. Schedule alone-time. Unplug and go for a long walk. And ensure your recall appointment with us so you can chill in our chair while we care for your dental needs, helping to ensure your prime oral health.

# Sign Up For Success

**It's the right fit that really counts!**

Who among us has not used one or all of these excuses for ditching our fitness program: we're too tired ... too stressed ... have no time ... don't have the right outfit! How many people do you know who sign up for the gym in January and are toast by February? Here are some ways to silence your inner dodger, avoid the burnout trap, and keep your fitness resolve this year.

Write down the health benefits that come with regular exercise and post them where you'll see them...

- better cardiovascular fitness
- increased insulin sensitivity
- lower blood pressure and cholesterol
- less anxiety and depression
- a lower risk of early death and disease
- looking great.

Start with something that works for where you are now. Maybe a gym membership isn't for you. There are lots of ways to fit in exercise at home, work, or after hours, and with a buddy is even better...

- walk the dog
- do some gardening
- take the stairs
- join a masters swim club
- clean the house
- commute by bike
- walk-jog
- park and walk the rest of the way.

Whatever you do, make it a habit - just like grabbing that first cup of coffee or taking the same route home every day. According to research, if you can commit for a minimum of 21 days, your habit will stick!



## office information



**Dr. Jim Chen**  
**Dr. Laura Turner**  
**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

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 Website www.ComoLakeDental.com

### Office Staff

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

## An Open Invitation

To you & yours

We appreciate your business and friendship, and though you may not realize it, your referrals are also crucial to our success. Your ongoing recommendations let us continue to grow. In turn, we can invest in technology, additional staff, expanded hours, and other improvements to offer you and yours the most convenient and very best dental treatment.

Your referrals are our number-one source of new patients and not one of our team members takes that for granted. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with only the highest quality of service and care.

Congratulations to Bill who won last year's Patient Referral Grand Prize of a getaway to Wedgewood Hotel and Spa. This year's referral prize will be an iPad!

*Thank you in advance! We look forward to welcoming your friends, family, and colleagues with a smile!*

## Wild Dental Trivia

### Answer & win!

Test your wild dental knowledge! You could win a fantastic prize!

1. Which insect can carry up to 50 times their own weight with their mouth?

*tna*

2. What mini fish, used as bait for fishing, has teeth in its throat?

*ownimn*

3. This slimy slow-moving insect has thousands of tiny teeth, all lined up in rows.

*islan*

4. In the middle ages, it was believed that if you kissed this stubborn animal it could relieve a toothache.

*edkyno*

5. This small bird removes food remnants from the teeth of crocodiles.

*Wproe*

Please submit your 5 answers to us by mail or email. All correct entries received by April 30, 2011, will be entered into our fabulous draw for a movie pass for two! Go wild!