

DR. CHEN'S

Word Of Mouth

COMO LAKE DENTAL UPDATE

Produced to improve your dental health and awareness

Winter 2007/2008

fromthedentist

Thanks to everyone who entered our *Summer Colouring Contest*. We had people from 2 to 85 years young submit their artwork. The "judges" had quite a difficult time choosing the winners. Congratulations to *Natalie, Alyssa, Phoenix, and Kirsten* who won the prizes.

We have something new for you to check out: our brand new website, www.ComoLakeDental.com, launched in August. You will find information about our office as well as about the services and promotions we offer. You can even drop us a line through the website. Please let us know how we did in serving you and how we can do better!

Christmas is around the corner. Need some gift ideas? How about getting an oral-B electric toothbrush at cost from our office, or presenting your loved ones with a Como Lake Dental Gift Certificate, which can be used for any service or product we offer. It is also a time to draw winners for our *Referral Reward Program*. On December 15, we are giving out one very popular (and hard to get) *Nintendo Wii* and two *Nintendo DS* to thank you for your referrals. We will have more cool prizes for next year, so keep referring your friends and family to us!

Wishing you and your family a wonderful holiday season!

- Dr. Jim Chen



Thank you for all your referrals. We appreciate them!

9

Risk Factors

Could *you* lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time

if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you or someone you love fits any of these nine risk

indicators identified by dental experts, you or your loved one could be susceptible to gum disease and the tooth loss associated with it.

1
Are you older than 35?

2
Are you male?

3
Have you never received – or avoided – dental care?



4
Have you never – or only irregularly – used dental floss?

5
Do you smoke? Have you ever?



6
Do you have diabetes?

7
Do you have high blood pressure?

8
Do you have rheumatoid arthritis?

9
Do you have gum disease around your front teeth?



These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care.

Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! In fact, teenagers can get

periodontal disease and virtually all adults will have some aspect of it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

flossing

Eschew This

Ask us how!

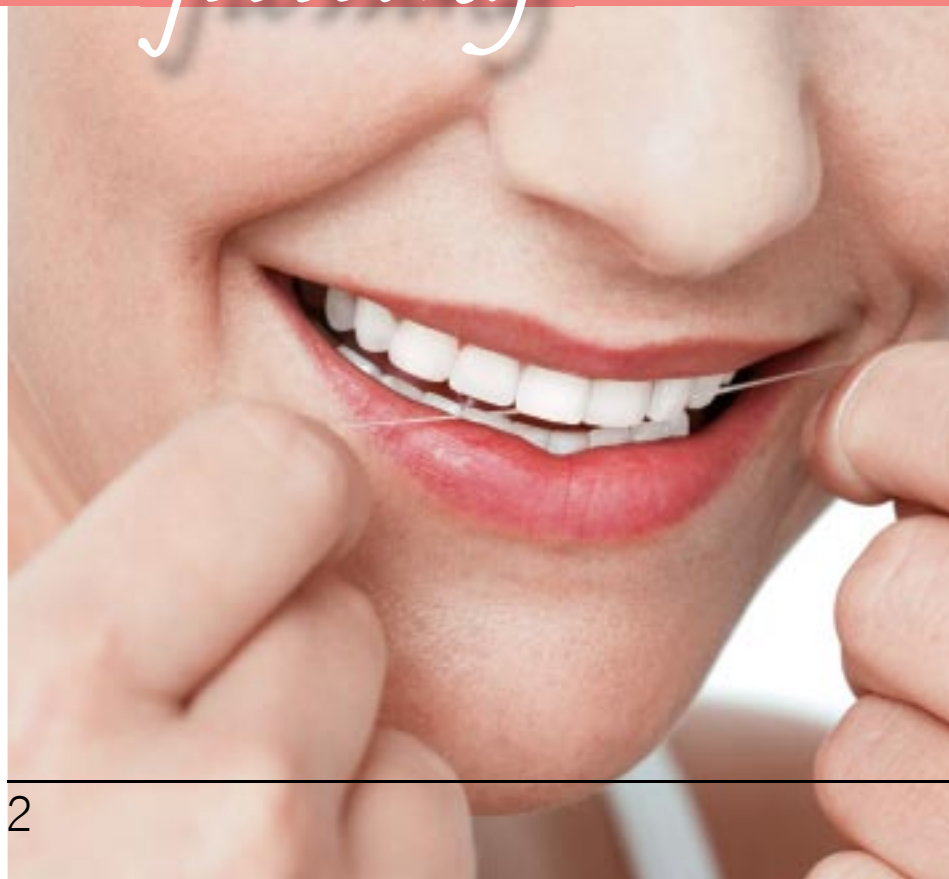
Which of these tools would be part of your "top ten" to use when dental floss just isn't handy?

- (1) screwdriver (2) earring (3) needle (4) key
- (5) paper clip (6) matchstick (7) nail file
- (8) pencil (9) card (10) none of the above

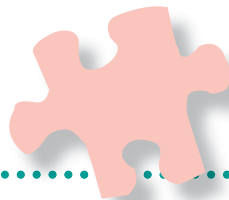
We hope you picked (10) *none of the above!* Believe it or not, over 60% of participants in one survey admitted to using at least one of these potentially gum-damaging methods to remove food from between their teeth. Another 23% just left the food there – increasing the risk of disease and bad breath!

Flossing once a day is essential to oral health, removing food and plaque buildup from between your teeth.

Ask us about flossing instructions and safe flossing alternatives.



Is Something Missing?



Crowns & bridges can bring back your beautiful smile!

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's *crowns* and *bridges* can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

- A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and

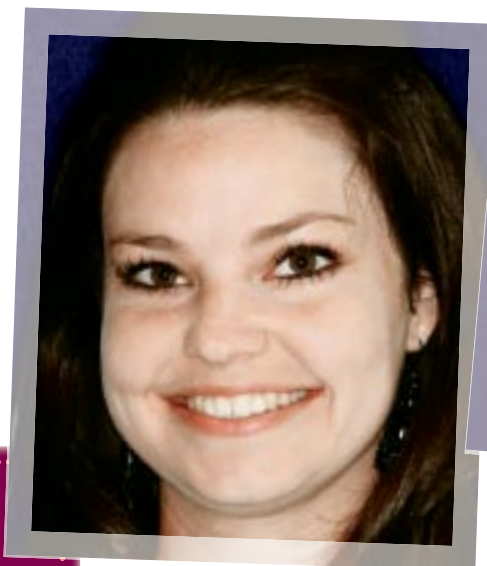
protect a damaged tooth.

- To fill in gaps, crowns are combined with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge

has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.

New crown & bridge technology plus veneers brightens old restorations for a perfect smile.



It Could Be Related!

Dental origins

Millions of people suffer from discomfort that only *seems* unrelated to dentistry. Do you have any of these symptoms? Tender jaw muscles... restricted jaw opening ... clicking or grinding jaw joints ... earaches... facial or head pain? Call us. Dental intervention may help.

Here are some discomforts that may be dental in origin...

- **Temporomandibular Disorder (TMD)** can create head, jaw, and ear pain when the jaw joints located just in front of your ears become misaligned or traumatized, or when surrounding muscles become strained.

- **Chronic Heavy Snoring** can interrupt breathing and usually occurs when your lower jaw and tongue drop back during sleep.

- **Headaches** can be related to TMD, interrupted nighttime breathing, and nighttime tooth grinding.

Don't Hold Your Breath!

Dine with friends

A yellow, sulphurish-smelling stain which has survived on an arctic glacier has been linked to extraterrestrial life. You've probably felt a little alien yourself if you've experienced yellow stained teeth or bad breath from volatile sulphur compounds (VSCs) in your mouth. We can help with oral hygiene but you're on your own with what you eat!

Volatile sulphur compounds are infamously present in some popular foods like onions and garlic. Both foods are low in calories and fat and have no cholesterol, but contain fiber, vitamins,



minerals, and antioxidants. Many people simply can't do without their intense and wonderful flavors.

What can you do about garlic or onion breath?

- Feed them to other people so no one will notice?
- Eat a bouquet of parsley?
- Your best bet is to brush, floss, and rinse!

10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.



before



after

Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.

- Implants ... require only normal brushing and flossing for maintenance;
- ...are anchored permanently in your jawbone;
- ...preserve and strengthen the underlying bone just like the roots of your natural teeth;
- ...do not alter or compromise adjacent healthy teeth;
- ...require no plates that can affect comfort and fit;
- ...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;
- ...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;
- ...are without any age barrier;
- ...are safe & reliable (hundreds of thousands are placed every year – all over the world);
- ...look completely natural so that no one will know you have them ... unless you tell!

Call for a consultation.
Safe, reliable, & natural-looking dental implants may be your solution.

office information



Dr. Jim Chen
Dr. Kelly Mandeville
1953 Como Lake Avenue
Coquitlam, BC V3J 3R2



Office Hours

Monday	8:00 am	–	5:30 pm
Tuesday	8:00 am	–	7:30 pm
Wednesday	11:00 am	–	7:30 pm
Thursday	8:00 am	–	7:30 pm
Friday	8:00 am	–	4:30 pm
Saturday	8:00 am	–	4:30 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

Peace, Hope, And Joy Our sincere greetings

Peace, hope, and joy are sentiments that can never be expressed often enough. Another is our heartfelt gratitude to our patients who have made the growth of our thriving practice possible through their loyalty and friendship.

It is truly astonishing to think how quickly yet another holiday season has arrived. Before we all get too caught up in what seems like an endless flurry of activity, we'd like to take a moment to reflect on the year that has just passed. There is no doubt in the minds or hearts of our team, that the bonds of friendship and trust that we share with our practice family make everything easier.

We are honored by your ongoing loyalty and patronage and look forward to sharing another year with you. From all of us to all of you, have a safe, healthy, and happy holiday. If you have any questions or concerns, be sure to give us a call. You are important to us.

Wishing you a wonderful holiday.

Colouring Contest Winners

Congratulations to Colouring Contest Winners: *Phoenix* and *Kirsten* from the under 10-year-old group, and *Natalie* and *Allyssa* from the above 10-year-old group (unfortunately, we don't have Natalie and Allysa's pictures).

