

DR. CHEN'S

Word Of Mouth

COMO LAKE DENTAL UPDATE

Produced to improve your dental health and awareness

Spring 2008

fromthedentist

You Are So Generous Many Thanks!

Last Christmas season everyone at *Como Lake Dental* decided to help those in need rather than buy each other gifts. To our surprise, when our patients saw our donations for the Coquitlam Food Bank under the Christmas tree, they brought in donations too. Thank you all for your generosity!

We would also like to thank you again for referring your friends and family to our office this past year. On December 15th we had our draw for the Referral Reward Program. Tara and Joanna were the happy winners of the *Nintendo® DS Lite*, and Nadia received a very popular grand prize - *Nintendo® Wii™*. This year we will continue with our Referral Reward Program and many great gifts, including a Romantic Getaway Package at Tigh-Na-Mara Seaside Spa Resort. So please continue to refer your family, friends, and colleagues!

Yours in good dental health,

Dr. Jim Chen

turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great impostor – implants!

Women In Dentistry

Lucy Beaman Hobbs: first female DDS

Until the 19th century, women were denied a place in most of the professions, including dentistry. In the 1850s a Michigan teacher named Lucy Beaman Hobbs decided at age 26 to become a medical doctor, and was accepted at the Eclectic Medical College in Ohio - only to learn that the College had just changed the rules to deny women admission to medical school.

Miss Hobbs was allowed to study dentistry, and in 1866 the Ohio College of Dentistry conferred on her the degree Doctor of Dental Surgery. She was the first woman in the world to receive the degree and the first female delegate to an American Dental Association (ADA) convention. There was opposition, however. In the *Dental Times* for April 1866, one Dr. George T. Baker tried to have women banned as delegates to the ADA.

Dr. Hobbs went on to become a prominent dentist and citizen in Kansas until her death in 1910. Since then the percentage of women dentists has exploded, particularly in the last thirty



Dentistry is truly a wonderful profession for both women and men

years. In 1972 only one tenth of one percent of practicing dentists in North America were women. Today women make up almost 50% of first-year students in dental schools.

Dentistry is a wonderful profession for both women and men, and we'd be delighted to give any advice if you or any of your children are thinking of dentistry as a career.

Thank you for all your referrals. We appreciate them!

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Green Tea, Good Tea

Add boiling water, sit back ... and smile

In Asian societies green tea is consumed in about the same quantities as coffee is in North America. Which is to say *a lot*. The Chinese have believed in its benign qualities for centuries. Now scientists have confirmed that green tea not only halts the growth of new oral cancer cells but it actually breaks

down and kills existing oral cancer cells without harming the host cell.

The secret is that green tea is loaded with polyphenols which have about 100 times the antioxidant effect of Vitamin C and work against oxidants, or free radicals, in oral cells that cause mutation of genes that can lead to cancer growth.

Our mouths, oxygen-rich environments closely connected to our blood vessels, provide an ideal habitat for the growth and rapid proliferation of cancer cells. This is why we examine your mouth closely on each visit to determine any changes in texture or color that might indicate the presence of oral cancers. This early screening is just one more reason to make sure you don't miss your regular checkup.



And just how much green tea should we be drinking? At least four to six cups a day ... or simply use it regularly as a mouthwash.

More than 30,000 patients are diagnosed with oral cancers each year. Please make sure you see us for your regular checkup!

4 more reasons to smile!

More than 92% of adults agree that an attractive smile is an important social asset and encourages a smile in return.

Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!

From the distance of a football field, the only facial characteristic we can notice is a person's smile.

Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.

officeinformation



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Office Hours

Monday 8:00 am – 5:30 pm
 Tuesday 10:00 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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Office Staff

Pattie..... Office Administrator
 Andrea..... Office Administrator
 Chiharu..... Certified Dental Assistant
 Stephanie..... Certified Dental Assistant

It's All Timing

You matter!

Thanks to all of you for your loyalty to our practice. In return, our team does everything possible to provide you with only the very best in dental care. Your appointment times are reserved specifically for you and our operatories are set up to meet the unique requirements of each appointment.

When you call with last-minute cancellations or don't show up, your oral health can be adversely affected. How? Delaying necessary treatment or interrupting a series of treatments can impede your progress and affect the ultimate outcome. In addition, there is usually insufficient time to schedule other patients who could benefit from your time slot.

If you can't keep your appointments, please give us 48 hours notice. We really appreciate the time!

New Patients Welcome! Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients - the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.