

fromthedentist

Keeping You Informed

If you ask a dentist, they'll always say it's an exciting time to be part of the dental profession. Every day new advancements are announced, and I truly believe that it is vital that we share this news with you. That's why we send you our newsletter, and publish it regularly.

We have formulated a guideline for the creation of each newsletter:

(1) It must inform you about oral health to help you make educated decisions.

(2) It must teach you about our dynamic team of professionals, their special qualities, qualifications, and talents, and inform you about our practice events and updates.

(3) It must inform you about the cosmetic and restorative procedures we offer, and help you understand which options may be right for you.

If you have suggestions for our newsletter, please let us know!

Yours in good dental health,

Dr. Jim Chen

turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

Radiographs

The dental detectives

What are they used for? Dental radiographs help to safeguard your dental health by assisting us in detecting minor changes and conditions in your teeth and jaws early, before they can become major problems. Your x-rays can show us: bone loss due to gum disease; impacted teeth trapped below the gum; infections at the root ends of teeth; indicate missing or extra permanent teeth, and; cysts or tumors in the jaw or sinuses. Early identification and treatment of any of these conditions can help to save you time, money, and future discomfort.

Are they safe? We are committed to ensuring that only necessary radiographs are taken. As well, radiation used in a dental office is very weak compared to every-day environmental sources. The average American gets more radiation sitting in front of the television than from routine dental radiographs.

What if I'm pregnant? We usually avoid taking radiographs during this time as an extra precaution, but if a radiograph is absolutely necessary, we incorporate techniques to protect your developing baby.

How many do I need? Following your initial exam, the need for additional radiographs will be determined by your dental condition.

Remember, when properly used, dental radiographs are one of your best allies in achieving and maintaining your dental health. If you have any questions about this diagnostic tool, feel free to ask us!



Periodontal Stages



Between your tooth and gums is a space called the *sulcus* which, when healthy, is a crevice about two to three millimeters deep. When tartar and plaque invade, it deepens and is called a pocket, providing an excellent hiding place for bacteria.

Thank you for all your referrals. We appreciate them!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ Preventable

You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



Ahh ... Summertime!

Which way to the beach?

As we breeze through the lazy, hazy days of summer, kicking back and swinging in the hammock can be made easy knowing that your dental checklist has been pulled together for you. And yes, that does sound like something a dentist would say! But seriously, with so many things to think about, it's easy for the details to get away on you.

Here are a few things to check off your list...

■ **Mouthguards** – Protecting your teeth from summertime sports injury is essential. What shape is your mouthguard in? Have your children

outgrown theirs? Make sure your protection is in top-notch shape!

■ Insurance Opportunities

– Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to plan your treatment over the next six months.

■ **Back To School** – Book recalls for your kids now ... before school starts.



And for college kids, ensure they see us before they end up too far away for care.

■ **Recare** – We're learning more and more about how healthy gums equal a healthy body. Have you had a recare appointment in the past six months?

■ **Esthetics** – Whiten, brighten, and shine up your smile for those summertime photos! Ask for a personal cosmetic consultation!

So give us a call, check dentistry off your to-do list, then get back to summertime fun!



Seasonal Tooth Tips

- Go for brushes with soft nylon bristles.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Floss every day.
- See your dentist regularly!

office information



Dr. Jim Chen
Dr. Kelly Mandeville
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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

Multiple Benefits Of mouthguards

Most families understand the need for a protective helmet for contact sports and for activities like biking, skate boarding, and snow boarding. Jarring blows to the head can also cause the upper and lower jaws to crash together. Custom-fitted mouthguards may protect against broken teeth, injured jaws ... and concussions.

We do not recommend store-bought mouthguards, which can result in a poorly fitted and uncomfortable mouth protector that can interfere with speaking and breathing. In addition, boiling and molding can dramatically decrease the mouthguard's thickness... and protection.

We want you to enjoy family sports and recreation. Let us custom-fit a mouthguard to give you maximum protection. We can even tailor it to accommodate orthodontics and other appliances!

Spread Smiles!

Share rewards

If you are delighted with the excellent treatment you receive at our practice, then you might consider sharing the news with friends, family, and co-workers. You know they will experience the same commitment, compassion, and concern to which you have become accustomed. But you will earn more than the gratitude of those whom you refer.

For each patient that you send our way, you will receive a Starbucks or Roger's Video gift card. And there is more! With each referral, you increase a chance to win a Romantic Getaway Package at Tigh-Na-Mara Seaside Spa Resort and other wonderful prizes.

Making your friends happy is reward enough, but this is our special way to thank you for sharing ... and we really look forward to seeing you smile!