

### fromthedentist

#### Office Updates

##### New and exciting!

I'm pleased to announce that Dr. Kelly Mandeville is joining our office. She and I share a similar philosophy in serving your oral health needs: careful diagnosis, thorough explanation of your treatment options, and treating you with gentle care. Read more about Dr. Mandeville elsewhere on this page.

I'd also like to welcome Stephanie, our Certified Dental Assistant. You'll also find her to be very caring and a valuable member of our team.

What else? To accommodate your schedule, we're extending our hours to six days a week, which includes Saturdays and evenings (see page 4 for more details).

There's more? Yes ... we're still accepting new patients! If you know someone who's looking for a dentist, please refer them to us! This year's referral program will give away a *Nintendo® Wii™* and other cool prizes!

Test your artistic talents on the fun picture enclosed, and your entry will be posted on our great wall. Don't forget to include your name and age so we know who you are! The winner will receive a great prize. Have fun and be creative! Make sure you submit your entry by August 31st, 2007!

*Yours in good dental health,*  
- Dr. Jim Chen



**Office Mascot,  
Teddy**

## Joining the Business

From her practice family to ours!



Front row left to right: Dr. Kelly Mandeville, Chiharu, Pattie  
Back row left to right: Dr. Jim Chen, Andrea, Stephanie, Kiran

For Dr. Kelly Mandeville, dentistry is a family business. Her father is a dentist in Penticton, BC and has been practicing for the past 28 years. She got to know the dental office inside-out at a young age, and, naturally, dentistry became her career of choice.

Born and raised in Summerland, BC, Dr. Kelly Mandeville moved to Vancouver to attend the *University of British Columbia* where she received a Bachelor of Science degree in Biochemistry and Doctor of Dental Medicine degree.

While completing her dental degree, Dr. Mandeville practiced dentistry in her father's office. Her previous work experience was obtained at the *BC Cancer Agency*, the *Toronto Centre for Addiction and Mental Health*, and the *Hospital for*

*Sick Children* in Toronto broadened her view in the field of life science enabling her to see the whole person, not just teeth, while treating a patient.

Dr. Mandeville is a member of the *Canadian Dental Association* and the *Association of Dental Surgeons of British Columbia* and is participating in the *International Federation on Endodontic Association 7th World Endodontic Congress* this summer. She is also a part-time member of the *Faculty of Dentistry at UBC*, teaching dental students the clinical skills they need to become dentists.

Outside of the office, Dr. Mandeville is an avid figure skater. She enjoys walking her dogs, reading, and gardening. She is married to Ryan, her high school sweet heart.

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

## **G**oodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

## *Fabulous Lips!*

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

**Glorious smile!**



## **Crown Your Day!**

*Light up your beautiful smile – discretely!*

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

**1** A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

**2** When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

**3** A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!

# Don't Pout!

## Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!



## Smile Talk

Color has a lot to say!

Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

**Yellow?** The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



Yellow

**Gray?** It's likely that you have experienced tetracycline damage – probably sometime during your youth.



Gray

**Blue?** Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



Blue

**Beige?** Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

**White?** You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.



White

# TENS & TMD

## Add up the benefits of jaw pain relief!

We're proud to announce that our practice can now offer *Transcutaneous Electrical Neural Stimulation* (TENS), a technology for the diagnosis and treatment of jaw joint disorders. Commonly known as TMD, Temporomandibular Joint Disorder affects millions of North Americans.

Do you or a family member suffer from:

- unexplained facial or head pain;
- tenderness in the jaw muscles;
- limited jaw opening;
- jaws that get stuck;
- joint grating or clicking?

TMD can be dental in origin. With TENS, we can determine with amazing precision your optimal jaw position. The tests are strictly *non-invasive* – no injections and no discomfort. In fact, some patients take a nap during the procedure!

Instead of medication, we painlessly massage facial muscles into a relaxed state using a tiny electrical current

from the type of battery used in a Walkman. Minuscule electrical signals emitted by your muscles are detected and sent to the computer to compare to your *baseline data* or pre-relaxed state. By comparing the two results, we can determine whether your jaw is in a near-optimal position or should be adjusted to relieve pain and other symptoms of TMD.

If you think you may have signs of TMD trouble, the first step could be to relax ... with TENS! Thousands of patients with TMD

disorders have been diagnosed and treated successfully with excellent results.

Please call our team for a consultation.



## Women's Oral Health

### Keeping you well at every stage in life

It has been established that hormones can affect your oral health, triggering dental problems that require special care. That's why your home hygiene regimen and dental visits are so important.

No matter what you hear, it's *not* a mistake to visit the dentist while you're pregnant! Sometimes vigilance about exposure to x-rays is confused with a need to avoid the dentist. Often we suggest additional professional cleanings during pregnancy since gingivitis is common as gums are more susceptible to bacteria. Most pregnancy-related oral problems are preventable or controlled with good oral hygiene.

After your baby arrives, an increase in progesterone can cause gums to bleed when brushing or flossing. If you have *new mom gums*, be careful about bacterial infection.

*Oral contraceptives* can intensify existing oral problems, encourage gingivitis, or reduce saliva flow. Standard cleaning should prevent or solve most problems.

New research suggests a link between female hormones during childbearing years and *Temporomandibular (jaw) Joint Disorder* (TMD).

Hormonal imbalances during menopause may cause dry mouth, jaw pain, or a burning sensation in your mouth. Treatments range from oral lubricants to hormone replacement therapy.

No matter what your stage in life, we want to keep you well. We welcome questions about hormones and their effects on oral health.

## office information



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



### Office Hours

|           |          |   |         |
|-----------|----------|---|---------|
| Monday    | 10:00 am | – | 7:30 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

Office (604) 931-7491  
Email [comolakedental@telus.net](mailto:comolakedental@telus.net)

### Office Staff

Pattie..... Office Administrator  
Andrea..... Office Administrator  
Chiharu..... Certified Dental Assistant  
Stephanie..... Certified Dental Assistant  
Kiran, Gail..... Hygienists

## Your Referrals...

Thank You!

### Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them.