

DR. CHEN'S

Word Of Mouth

COMO LAKE DENTAL UPDATE

Produced to improve your dental health and awareness

Summer 2009

fromthedentist

A Warm Welcome

I would like to take this opportunity to welcome *Dr. Laura Turner*. She joined our office last March, after Dr. Mandeville had returned to Penticton to work with her father. Dr. Turner's warmth and caring personality, and gentle treatment approach will put patients at ease. Like the rest of us, she believes that your health and comfort are our Number ONE priority. As always, we are accepting new patients. Please share our office with your family, friends, and colleagues.

We strive to provide you with the best dental services available, and this is why all members of our office, not just the dentists, are committed to update our knowledge and skills on a regular basis. In addition to attending annual *Pacific Dental Conference*, we go to various seminars and workshops every year. Most recently, all of us attended *American Academy of Cosmetic Dentistry 25th Scientific Session*. We are proud to be in a profession that can improve people's health, smiles and lives.

- Dr. Jim Chen

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*



Dr. Laura Turner

Dr. Laura Turner's desire of helping people and improving their quality of life is one of the reasons why she has chosen dentistry as her career.

Born and raised in North Vancouver, BC. Dr. Turner developed a keen interest in science early on in her education. She chose to continue these studies at the University of British Columbia and completed four years of undergraduate training, majoring in Microbiology. While completing her Doctor of Dental Medicine degree at UBC, she won many awards for her outstanding academic achievements and excellent patient care. Dr. Turner began her professional career in Victoria, and came back to the Lower Mainland after her husband Rob started his medical residency at Vancouver General Hospital.

Dr. Turner is currently a member of a number of dental organizations including the Canadian Dental Association, the BC Dental Association, the American Academy of Cosmetic Dentistry, and the College of Dental

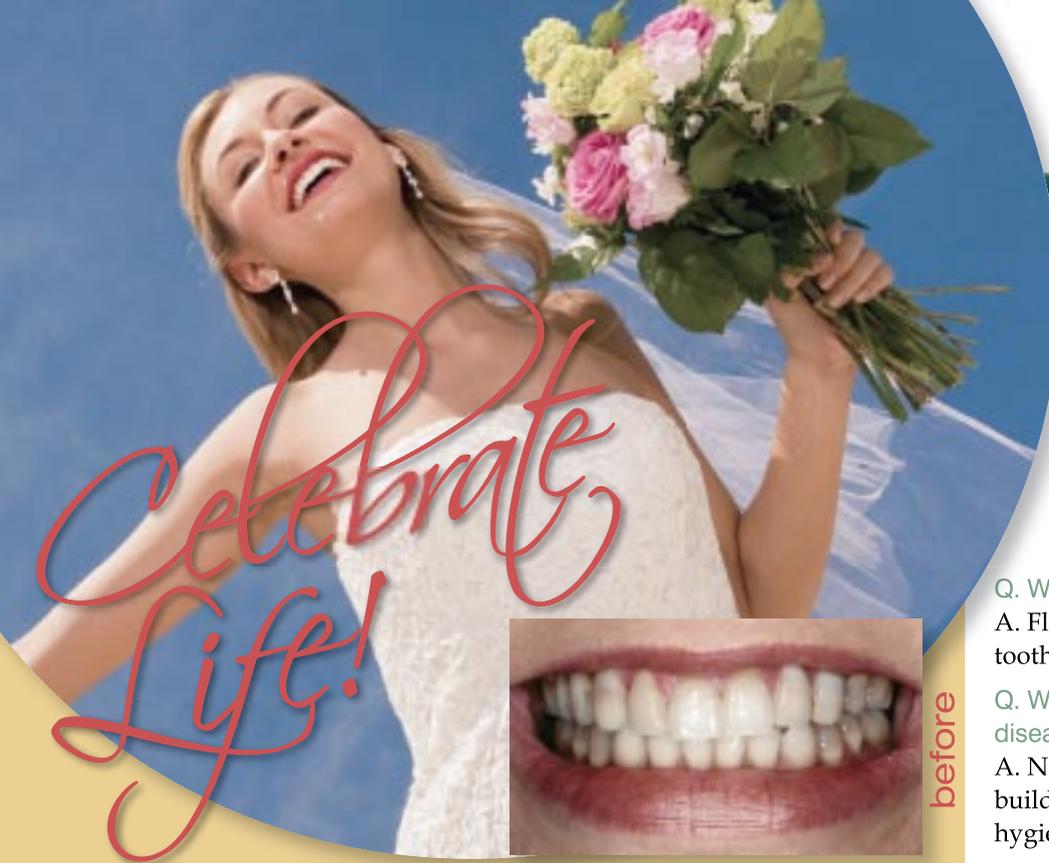
Surgeons of BC. She has completed numerous continuing education courses, including Endodontics and Invisalign orthodontics.

Dr. Turner's pre-dentistry work and volunteer experience revolved around helping other people. Her previous job with the Ministry of Children and Family Development has given her unique insight in dealing with children and families. She also volunteered weekly in the Extended Care Unit of UBC Hospital, helping medically compromised patients, while attending UBC.

In her spare time, Dr. Turner's recreational activities are primarily athletic. Throughout university she played intramural soccer, basketball, softball and ice hockey. She enjoys golfing, skiing, running and biking, and recently competed in her first triathlon.

Dr. Turner's genuine interest in people and her gentle approach, along with her up-to-date dental education, will enable her to give her patients the best possible care.

Thank you for all your referrals. We appreciate them!



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi,** and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!





Be Anxiety Free

Oral conscious sedation brings relief

We are pleased to be able to offer our patients what's called *oral conscious sedation*, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain fully conscious and able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are very apprehensive about dental care and who even may avoid care due to these fears. You must be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Drowsy and dozey, as if you'd had a few glasses of wine, for example. After you've been driven home, you'll feel like a nap, and you should probably organize a friend or spouse to stay with you for a few hours.

Please contact us if you feel that oral conscious sedation might be right for you.

office information



Dr. Jim Chen
Dr. Laura Turner
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Office Hours

Monday 8:00 am – 5:30 pm
Tuesday 10:00 am – 7:30 pm
Wednesday 10:00 am – 7:30 pm
Thursday 8:00 am – 4:30 pm
Friday 7:00 am – 5:30 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
Toni..... Certified Dental Assistant
Salima..... Registered Dental Hygienist

Plan To Benefit!

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now – through summer to the end of the year – because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal – a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember... we have more appointment times available in the summertime! Call today! We'll fit you in!

Our Sincere Thanks...

For your trust & loyalty

We'd like to take this opportunity to thank you for your many years of continued support for our dental practice. It's been a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

We try to treat our patients with the utmost dignity, respect, and compassion. And it's very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to our practice. We are truly grateful for your trust.

Please continue to refer any friends or colleagues to us, and accept our genuine "thank you" for your future referrals.