

**DR. CHEN'S**

# Word Of Mouth

**COMO LAKE DENTAL UPDATE**

Produced to improve your dental health and awareness

Winter 2009/2010

## **fromthedentist**

### **Best Wishes**

#### *Thanks for 2009*

As we look ahead to 2010, I would like to thank each of you for your continued loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2010 and look forward to seeing you in this New Year.

*Here's to a great 2010!*

*Dr. Jim Chen*

## **turnthepage**

Brushing, biking, recycling!

Vitamin D-licious!

7 smile-saving solutions!



*Season's  
Greetings*

from our  
family to  
yours!

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

# Mix It Up

Find out how to make a real difference!



## Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
  - **fight inflammation** which has been linked to gum disease;
  - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

**Whitening** has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

**Bonding** tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right  
Way  
And A  
Wrong  
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



# 7 Smile Savers

## See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

### Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

## Recycle Your Bicycle

### Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

#### FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

#### GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

#### SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

#### SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

# Strengthening The Mouth Body Link

## The latest on pancreatic cancer

A Harvard study has linked gum disease with an increased risk of pancreatic cancer, a fatal disease and the fourth-leading cause of cancer death in the US. About 30,000 new cases are diagnosed annually, and its five-year survival rate of 3% gives it the worst prognosis of any cancer. This places great urgency upon every diagnostic tool, treatment strategy, and study that could lead to prevention or a cure.

Although two other studies have linked gum disease and pancreatic cancer, the Harvard study analyzed sixteen years of data on over 52,000 males. Among the 216 cases of pancreatic cancer that occurred...

- Men who reported having periodontal disease had a 63% higher risk than those who did not, after adjusting for smoking, diabetes, age, physical activity, and diet;
- Men who never smoked had double that risk;
- Men who reported a history of periodontal disease within the past four years showed more than two-and-a-half times the risk.

Scientists believe the association may be due to systemic inflammation and/or increased levels of carcinogenic compounds generated by bacteria in the mouth. Individuals with periodontal disease have high amounts of bacteria in the mouth and the gut, as well as nitrosamines (chemical compounds) which have been proposed to increase the risk for pancreatic cancer.

*This gum disease risk could mean an additional 36 cases of pancreatic cancer per 100,000 people. Please take care of yourself.*



## office information



**Dr. Jim Chen**  
**Dr. Laura Turner**  
1953 Como Lake Avenue  
Coquitlam, BC V3J 3R2

### 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

## A Smile...

### Better than chocolate?

If you receive enough smiles, you really can feel like a million dollars. Tests show that receiving a smile generates much higher levels of stimulation to the brain and the heart than being given money or eating chocolate! In fact, exchanging smiles actually changes our brain chemistry and creates a halo effect, bestowing a glow of optimism and positive feelings on the experience.

Never underestimate the importance and power of your smile. Have you ever noticed ... when you smile at someone, they almost always smile back!

Make maintaining your oral health your number-one priority. Let your smile make a favorable impression!



## Thank You

### For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we really appreciate the new business you send us! Please accept our tokens of appreciation for every person you referred. We will continue our Referral Reward program next year with more exciting Grand Prizes!