

fromthedentist

We'd like to take this opportunity to thank you personally for your many years of continued support for our family 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 clients with the utmost dignity, respect, and compassion, and we've increased our capacity to work around your busy schedule. It is very satisfying to see just how many of you pay us the ultimate compliment by referring your friends and family to our practice. We are truly grateful for your trust.

As you know, every year we give away some prizes to you for your referrals. Last years' Patient Referral Rewards winners are Agnes, Cindy and Teresa. Please continue to refer any friends or colleagues to us, and accept our genuine "THANK YOU" for your future referrals.

Yours in good dental health,

Dr. Jim Chen

turnthepage

Let your smile speak for itself!

Don't whine over your wine!

Bad breath? Busted again!

Keep Them Smiling!

Regular recare makes all the difference

Your child's oral health is essential for overall health and wellbeing. Of course, an attractive smile and sweet breath are important confidence-builders at any age, but gum disease has been linked to systemic diseases including diabetes in children, and difficulties with eating and speaking can create social and nutritional issues. Regular recare appointments allow us to develop your child's personalized plan of care to identify and prevent potential problems or catch them early before they become more serious, more painful, and more costly.

What can your child expect at a recare visit?

Assessment

- examination for decay, visually and with Bitewing x-rays once a year and/or panoramic films to check orthodontic status, tooth alignment, and abnormalities;
- examination of gum tissue;
- assessment of biting, chewing, and swallowing patterns;
- evaluation of dental readiness for necessary procedures like orthodontics;
- reassessment of overall treatment plan.

Prevention

- cleaning and scaling teeth to remove plaque, tartar, and surface stains;
- application of fluoride and pit and fissure sealants;

Education

- instruction about brushing and flossing;
- counseling about diet and its relationship to oral health;
- explaining dental treatments including orthodontics, using visual aids.

Our entire team takes great pride in creating a warm, welcoming, and supportive environment, and building trusting relationships. You can rely on us to provide the personal care and attention your child deserves.



Thank you for all your referrals. We appreciate them!



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile

Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 Protect your damaged tooth by capping it with a crown.

2 Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

What Is Dry Mouth?

Dry mouth (xerostomia) is caused by a decrease in the amount of saliva in the mouth when the salivary glands do not work properly. Prescription and over-the-counter medications are the most common cause of dry mouth. In fact, more than 400 medications can contribute to mouth dryness. Dry mouth may also be a sign of a serious health condition or occur when a person is upset or experiences stress. It also can be caused by radiation therapy, chemotherapy, hormonal alterations, or diseases such as AIDS, diabetes or Sjögren's syndrome. Approximately 30 percent of persons over the age of 65 are affected by dry mouth.

Dry mouth can cause difficulty in tasting, chewing or swallowing. It also allows plaque to build up on your teeth faster, leading to a higher risk of cavities. Dry mouth can also lead to bad breath, ulceration or soreness of the mouth, gum disease and difficulty in wearing dentures.

Saliva helps wash away cavity-causing bacteria, provides enzymes to help digest food, protects teeth from decay by neutralizing harmful acids and keeps oral tissues healthy. Without saliva, you would lose your teeth much faster.

Your dentist can help find the causes of your dry mouth and treat the symptoms. Ask your dentist if you have difficulty swallowing or speaking, oral soreness or a dry throat.



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

Office (604) 931-7491
Email comolakedental@telus.net
Website www.ComoLakeDental.com

Office Staff

Pattie..... Office Administrator
Andrea..... Office Administrator
Chiharu..... Certified Dental Assistant
Stephanie..... Certified Dental Assistant
Toni..... Certified Dental Assistant
Salima..... Registered Dental Hygienist

Canker & Cold Sores

Get relief

Your mouth is designed to handle some pretty tough jobs, but once in a while it can get painfully sore. Cold sores are the most common culprit. These are recurrent blisters around the lips caused by a virus. You can reduce cold sore breakouts by lowering stress levels and reducing sunlight exposure. To avoid getting the virus, avoid kissing and holding hands with someone who has a cold sore.

Canker sores are also very common. Cankers show up during stressful times or as a result of diet or a nick in the mouth. Keep cankers in check by reducing stressful situations and avoiding certain foods such as chocolate, nuts, and acidic fruits and juices.

Most other sores come from injuries to the mouth so try to handle utensils and toothbrushes carefully.

...Welcome referrals!
I hope you have enjoyed your visits to our office and are pleased with our care, treatment and commitment to your good oral health. I would like to take this opportunity to thank you for referring friends and other family members in the past. We really appreciate your vote of confidence!

We are currently welcoming new patients, so if you know of co-workers, friends, or family members who are looking for dental care, by all means give them our practice number.

Everyone on our staff is committed to providing quality care in a comfortable environment and we are happy to welcome new patients. We will ensure that they receive the same professional care you enjoy from our practice as well as access to the latest in advanced technology and research.

Welcome New Patients!