



from the dentist

We would like to extend the best holiday wishes and a Happy New Year to all of our patients. We look forward to serving you in the coming year and giving you the best dental care available. Thank you for your patronage and loyalty in the past year.

Dr. Daniel Vaida, Alina, Roberta,
Terri-Lynn, Sherri and Aman

Patient FAQ's From 2007

Answers to what you wanted to know!

Why do we recommend power toothbrushes? They have different cleaning modes for complete care of teeth, gums, and tongue. The latest versions stop if you press too hard and include a timer to track brushing time. Many people damage their gums by pressing too hard with a manual toothbrush.

What is the right type of toothbrush? We recommend a soft toothbrush to minimize potential gum damage and bleeding.

How often should I change it? Every three months.

Are amalgam fillings toxic? Studies have proven that over time, amalgam fillings leak mercury and expand. Expansion can fracture the tooth structure.

What causes the need for a root canal? Harmful bacteria can open a cavity in your teeth enamel and spread into the pulp and nerve of the tooth. We remove the diseased tissue, then medicate and fill the canal

in preparation for restoration.

Why do I need a crown restoration after a root canal? The tooth has now become brittle and susceptible to breakage. A crown covers, strengthens, and protects the tooth.

How can I get straighter-looking teeth? We can apply anterior crowns or veneers for a straighter appearance, but more serious problems require braces or *Invisalign*™.

Why do you recommend home whitening systems over laser whitening? We believe home whitening systems are safer and gentler and the level of brightness can be monitored over time. The bright laser light gives off heat and can damage your teeth, causing sensitivity and pain. Often



several laser treatments are required to achieve the desired result which does not last long.

When should I bring my child to the first dental exam? As early as the first tooth's appearance so they familiarize themselves with the dental office and staff. If your child is timid bring him or her just to play in the playroom and say hi for the first few times.

Thank you for all your referrals - we appreciate them!



Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

Answers: all of the above; gum disease; seconds of brushing

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

Type Of Crown: **All-Metal**

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type Of Crown: **Porcelain Fused to Metal**

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type Of Crown: **All-Ceramic or All-Porcelain**

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Increase Your Shelf Life

Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



Assert Yourself!

Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

Tooth Mysteries What's a mouse to do?



Different cultures celebrate with different traditions. Even true for the loss of primary teeth! Can you guess which country has which tradition?

- If it's a lower baby tooth, throw it up onto the roof so that the new tooth grows healthy and upwards. If it's an

upper tooth, throw it underneath the house so that the new tooth grows healthy and downwards.

- A tooth fairy comes during the night, scoops the tooth that has been placed under the child's pillow, and replaces it with money.

The baby tooth is placed under the child's pillow at night. The fairy takes the tooth while the child is asleep, and replaces it with a tiny present.

- A mouse, not a fairy, takes the child's tooth during the night and leaves some money.

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Mistletoe	Eggnog	Dancer	Holly
Pinetree	Church	Donner	Hymns
Reindeer	Ornaments	Blitzen	Sleigh
Threewisemen	Manger	Comet	Incense
Stockings	Cupid	Tinytim	Greetings
Dickens	Prancer	Jesus	Christmas
Scrooge	Vixen	Elves	Northpole
Caroling	Dasher	Presents	

office information

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Office Staff
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 Roberta.....Certified Dental Assistant
 Sherri, Aman.....Hygienists
 Alina.....Manager



Please Help Us... Serve you better

Canceled appointments cost all of us. When our time is not used effectively, we lose our freedom to see you when you really need us. If you must reschedule an appointment, we ask that you contact our office at least **48 HOURS** beforehand. Please give us a call at (604) 583-4242 and Terri-Lynn will be happy to find a more suitable time for you. And when you book that appointment, please make sure that we have all the telephone numbers we may need to reach you. A little bit of forethought can save all of us a lot of precious time!



Looking For A Christmas Tree?

Here are some of the farms in our area where you can find yours.

Valley View Tree Farm
 5585 238th Street, Langley, BC V2Z2P1.
 Phone: 604-514-2375

Family Christmas Trees
 22700 Lougheed Hwy.,
 Maple Ridge, BC V2X-4X5.
 Phone: 604-603-7601.

Pine Meadows Tree Farms Ltd
 47038 Prairie Central Road, Chilliwack, BC
 V2P 6H3.
 Phone: 604-792-2632 or 604-793-3090.

Oh Christmas Tree Farm
 21858 Maxwell Crescent, Langley, BC.
 Phone: 604-805-5052 or
 604-539-8381.

Murphy's Christmas Tree Farm
 5988 248th Street, Langley, BC V4W 1B9.
 Phone: 604-856-2268.