

fromthedentist

This is the time of the year when we are all optimistic and make every effort to stick with our New Year's resolutions. Do you plan to start dieting? Then you must be aware that many weight-loss plans are so low in mineral and vitamin intake that good oral health can be seriously affected. For example, dairy-restricted diets limit calcium and vitamin D, which are essential elements for proper tooth development.

Diet suppressants decrease the saliva flow, especially in middle-aged patients. Saliva is our natural defense against cavities and gum disease, as it prevents the food from adhering to our teeth. If you are taking diet pills, increase your tooth brushing time and floss regularly. Drinking lots of water will also help retain moisture in our mouth. When dieting, make sure to use fluoride toothpaste and avoid whitening toothpaste as its ingredients are too harsh in a dry oral environment and may damage the enamel.

Last, but not least, talk to us about your dietary habits, so we can advise you on what you should include in your daily routine to protect your teeth and gums.

In good oral health,

Dr. Daniel Vaida

turnthepage

How dental implants can help your smile!

Q&A clues about your oral health!

Why you should eat oysters!

Leading-Edge Laser

SIROLaser

We are delighted to announce our acquisition of the *SIROLaser* - our new patient-friendly diode laser! It provides you with comfortable, preventive, minimally invasive treatment options and benefits including:

- bacteria reduction -between the teeth, in gingival pockets, and under the gumline;
- elimination of bacteria that could otherwise interfere with the long-term outcome of root canal treatment;
- painless removal of cankers and relief from denture sores;
- recontouring a "too gummy" smile to expose beautiful enamel hidden by too much gingival (gum) tissue;
- virtually no discomfort.

A laser produces and amplifies light, and the *SIROLaser's* wavelength has been precisely calibrated for minimally invasive, preventive, soft-tissue applications. This leading-edge technology is just one more way that we're making your visits more comfortable while increasing the level of care we provide.

Tax Time! No Problem...

As many of you already know, medical expenses can be claimed by a taxpayer for any 12 month period ending in the current tax year (and not claimed in the prior tax year). All dental treatment qualifies as deductible, even if it was completed for cosmetic reasons only. We are happy to provide you with a statement for 2006, so you can take advantage of this tax break. Please call (604) 583-4242 or email us at office@proactivedentalstudio.com to request one.

TIP: You should claim the total medical and dental expenses for yourself, your spouse and dependents on ONE tax return, preferably on the one with the lower net income. The tax credit is calculated by subtracting either \$1844 or 3% of your net income (whichever is less) from the total medical and dental expenses. For example, if your total medical and dental expenses are \$4,000 and your net income is \$50,000, the tax credit will be \$2500 ($\$4,000 - \$50,000 \times 3\% = \$4,000 - \$1,500 = \$2,500$).



Thank you for all your referrals - we appreciate them!

Serendipity And Your Smile



DENTAL IMPLANTS

This could be one of the most serendipitous articles you've ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently

replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will *always* follow the loss of a tooth. And if bone is lost even from only

one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we'll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.

HOW CAN IMPLANTS HELP?

- Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge.
- Implants really do look and feel just like real teeth.
- Implants help to keep gums looking healthy and young.



Wine & chocolate... or rather grapes & cocoa beans...



...develop distinct personalities from a geographical factor known as *terroir*: soil type, temperature, and other factors including weather conditions. Well, according to science, so do – of all things – oral bacteria.

In an international study of patients with chronic gum disease, scientists found clear geographical differences in the bacterial content of dental plaque, the biofilm that coats your teeth. Other research suggests that the microbial differences are *not* confined to disease. They appear in healthy individuals as well.

What differences? Brazilians and Americans have completely different kinds of bacteria in their mouths. In fact, one type of microbe might be more dominant in one group than another. This is exciting stuff! Instead of one-treatment-fits-all, there is potential to tailor treatments for patients from different

parts of the world ... no matter where their travels take them!

Probing Questions Smart Answers

Periodontal disease is an inflammatory disease of the gums and the tissues that support your teeth. It is caused by bacteria. Many adults know little if anything about it. Here are some answers to common questions.

How do I know if I have gum disease?

You may not know without visiting us. In early stages, it's asymptomatic which is why it's called the *Silent Disease*. Eventually, you'll develop a bad taste in your mouth, bad breath, and gums that bleed when brushed or flossed.

How can gum disease affect me?

If symptoms are ignored, they could progress and you could lose your teeth. Gum disease has also been linked with heart and stroke, diabetes, kidney disease, lung disease, Crohn's disease, premature deliveries, and pre-eclampsia.

What is being done about periodontal disease?

In the microscopic world of mouths, bacteria form ecological systems. Understanding this has led to scientific interference with bacterial and microbial nutrients, pH balance, oxygenating agents, communication systems, and ability to self defend.

How will this benefit me?

New understanding leads to new treatments and new diagnostic methods that are available at our dental practice. Prevention through good home care routines and keeping regular dental appointments are still your best defense against periodontal disease.

Think *Zinc!*

Think you have some peculiar food fixations? In one study, 20% of the participants didn't like their foods to touch on the plate. About the same percentage will eat only from a selection of the same ten (or fewer) foods. More than a third rejected slippery food like oysters ... something to reconsider?

Oysters contain more zinc per serving than any other food. It may help prevent oral and esophageal cancers, and help maintain smell and taste.

Other good sources of zinc include red meat, poultry, beans, nuts, seafoods, whole grains, breakfast cereals, and dairy.

No matter how distinctive your food preferences, everything tastes better with a clean mouth and tongue. Regularly brush, floss, and rinse!

Knowledge Is **POWER**

A British study has confirmed that smokers are six times more prone to gum disease than non-smokers. Gum disease can predispose you to oral cancer. Such knowledge is power. Why? Because quitting can improve periodontal (gum) health, prevent premature tooth loss, and diminish your chances for oral cancer.

Oral cancer, if caught early enough, has an extremely high cure rate. Science is expanding its knowledge by integrating *systems theory* to both cancer and periodontal disease research. Instead of only examining individual parts of disease and looking for weak links to cure, systems theory tackles biocomplexity and helps us understand how systems work.

Visit our office regularly. Gum disease and oral cancer can be spotted early, successfully treated, and prevented!



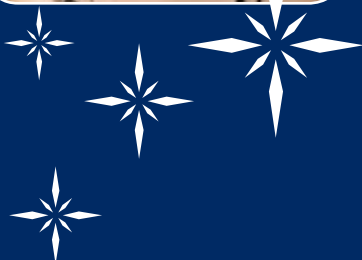
From Our Hygienist Sherri Wong



New Year's Dental Resolutions

Tooth tips to remember for the new year!

- Stay away from starchy foods like chips and crackers – they can be just as bad for your teeth as sweets.
- Drink plain tea without sugar. It helps cut down on plaque and cavities.
- Brush after every meal or at least twice a day.
- Choose healthy foods like cheese and crunchy vegetables.
- Never use your teeth to open things.
- Use a fluoride toothpaste.
- Don't smoke – and remember that coffee, tea, colas, and soya sauce can stain your teeth.
- If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
- Go for brushes with soft nylon bristles and a flat surface.
- Replace your brush about every three months.
- Brushes with soft bristles clean as well as hard bristles.
- Use a mouthguard if you play contact sports.
- Always wear a seatbelt in your car – it can save your teeth in an accident.
- Floss every day.
- See your dentist regularly!



office information

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Office Staff

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



Staff Corner

● We are very pleased to announce the newest addition to our team: Aman Gill, Registered Dental Hygienist. She will help us out while Sherri is on maternity leave until December 2007. Aman has integrated into our team very quickly and we enjoy having her here at *Proactive Dental Studio*. She is extremely gentle and passionate about our patients' oral health.

● In the meantime, Sherri is enjoying her baby, her sleepless nights and her walks with the stroller. Stay tuned for a photo of her baby in the next newsletter.



Allergies And Plaque

Avoid dry mouth

Signs of spring can bring more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable, even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief. What many people don't know is that though many allergy medications are good with noses, they can cause problems by drying out your mouth. That means less saliva to wash away debris from your teeth. Over time plaque will build up around teeth and gums and cause cavities. If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing and flossing after each meal will keep your smile healthy and stop plaque from getting a hold of your teeth.

