

# Dr. Daniel Vaida's Smile File

Produced for the Patients of ProActive Dental Studio

Summer 2008

## fromthedentist

Exciting new breakthroughs in cancer treatments hit the headlines with regularity. Due to the work of many non-profit organizations we are all aware of the risks of lung, breast or colon cancers. We feel, as your oral health provider, that it is our responsibility to raise awareness about the less known, but fatal, oral cancer.

Oral cancer affects an estimated 30,000 to 40,000 North Americans each year and kills 8,000 to 9,000 annually. Research indicates that patients with gum disease may be at significantly greater risk than those with healthy gums. Moreover, it appears that men are twice more likely to develop oral cancer than women. In its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, which is why early detection is essential for an 80-90% cure rate. If left untreated, oral cancer can lead to chronic pain, facial disfigurement and death.

Here at Proactive Dental Studio, a complimentary oral cancer exam is performed on all adult patients at each recall visit. Please do not hesitate to ask us your questions.

*In good dental health,  
Dr. Daniel Vaida*

**Summer Promotion**  
Refer a friend or family  
member before August 31st, 2008  
and you BOTH receive a Free  
Home Whitening Kit.

## A Top Teen Secret!

Teens who need braces can finally stop worrying about how they'll look and about how their social lives will suffer. Once upon a time when train track braces were the only option, tangled metal smiles rated right up there on the nightmare scale. That was before Invisalign®.

We were one of the first practices to offer Invisalign, a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners. Each aligner is precisely calibrated using the latest 3D computer technology, and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment ... invisibly.

### Ten Things Teens Like About Invisalign:

- They are invisible – no one can tell they're being worn.
- You can keep smiling at parties, weddings, and on dates.
- They are simple to put on and take off.
- You can eat and drink just like normal while in treatment – just remove the aligners.
- They are comfortable – no metal wires or sharp brackets.
- You can wear them playing sports and woodwind and brass musical instruments.
- If you lose an aligner, it can be reproduced.
- Treatment is finished faster with fewer appointments.
- Fitting is high-tech and much more efficient.
- Using virtual technology, you can see your straight teeth – in advance!



*We know teens will be inspired to consider  
Invisalign! Please call us for a consultation.*

*Thank you for all your referrals – we appreciate them!*

# Show What You Know

Choose all that apply!

## The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

## Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

## You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

## The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



# Your Smiling Future

## Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

### Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.



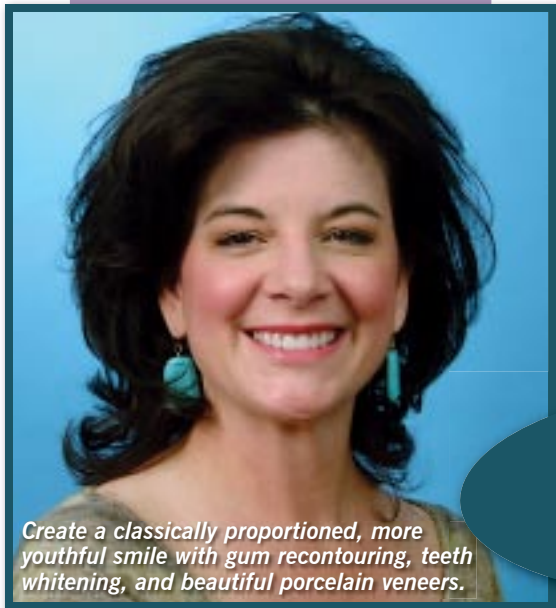
# Restore Your Balance

## Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!



Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

# Don't Chance It!

## Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

**Dentist-Supervised Teeth Whitening** - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

**Enamel-Colored Restorations** - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



## A Smart Investment

Dental implants: bank on a beautiful restoration

### IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

### HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

### APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

