

## fromthedentist

Ask any dentist and he will tell you that it is truly a privilege to practice dentistry today. Scientific knowledge has exploded, giving us better technologies to improve your oral health and your self-esteem – all while keeping you comfortable.

The twentieth century brought us tools that are quieter and more comfortable, as well as natural-looking materials like white fillings and porcelain veneers that strengthen and beautify your teeth. Dental implants, once the stuff of science fiction, are among the 20th century's advancements that have made oral function and a natural-looking smile a reality for people with missing teeth.

We decided to dedicate this issue to dental implants in an attempt to explain all the aspects of implant dentistry. We will try to answer all the questions that you, our patients, had had in the past about implants. We feel very privileged to be able to bring these technical advances straight to you so please do not hesitate to ask us your questions.

*Yours in good dental health,*

*Dr. Daniel Vaida*

## turnthepage

Get the competitive edge!

Prevent tooth loss, now!

Restore your smile: reclaim your life!

## Dental Implants

### Questions & Answers

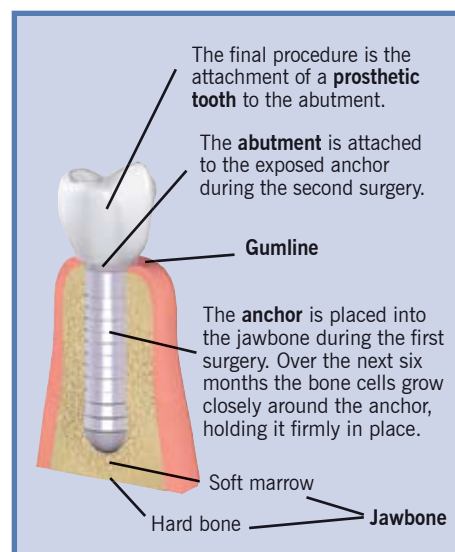
#### What is a dental implant, after all?

A dental implant is a natural looking substitute tooth that is surgically screwed or implanted in your jaw to replace missing teeth.

Dental implants consist of three parts: a root of biocompatible metal, a post to attach the replacement tooth and a custom-made tooth crown.

#### How does the dental implant work?

The root (or anchor), which has often been specially treated with a material that helps bone adhere to it, is placed into the jawbone. The anchor is then left alone for three to six months, allowing bone to grow around it, ensuring it is permanently attached. After the post is placed, an artificial tooth (much like a regular porcelain crown) is attached to the secured anchor.



#### Why dental implants?

Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth. Implants...

- require only normal brushing and flossing for maintenance;
- are anchored permanently into your jawbone;
- do not alter or compromise adjacent healthy teeth;
- require no plates that can affect comfort and fit;
- can replace the form and function of only one tooth or two, or replace teeth in an entire jaw;
- are without any age barrier;
- look completely natural so that no one will know you have them ... unless you tell!

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

# Set The Trend

## Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger

close gaps

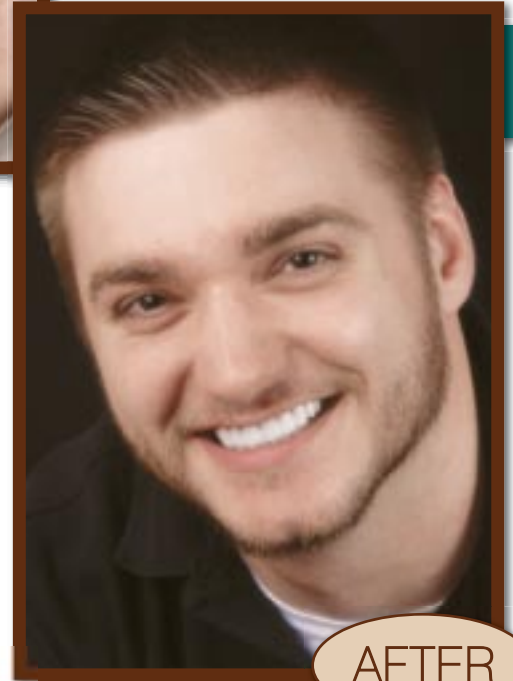
repair

straighten

brighten

camouflage

VENEERS



AFTER

## Avoid Gum Disease

### Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

#### What We Can Do

**Perform** regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

**Provide** brushing and flossing instruction and explanations about your oral health needs.

#### What You Can Do

**Schedule and keep** regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

**Commit** to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





## 2 Quick Fixes ..... Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

**Whitening** - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

**White Bonding** - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

### What's On Your Menu?

#### Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

**Add** low-fat milk to sugar-free coffee or substitute with skinny lattes.

**Swap** black tea for green which has beneficial antioxidant properties.

**Switch** from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

**Rethink** soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

**Replace** red wine with white, and dark berry juices with light.

#### Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

## Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

### IMPLANT & VENEERS



### COMPOSITE FILLINGS



# Dental Implants

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## How about costs?

Dental implants require a higher initial investment than other traditional options for replacing missing teeth (e.g. bridges, dentures). However, if we do the math, an implant is a life long solution whereas a bridge or a denture needs to be replaced at least every 10-15 years. Only if you need to replace them once in your lifetime, the cost is already higher.

Here, at *Proactive Dental Studio*, we offer various financial options that enable all of our patients to afford the treatment they need. Do not hesitate to ask Terri-Lynn or Julie about it.

## Three-unit bridge or dental implant?

Historically, a bridge was used to replace a single missing tooth. Dental implants provide a more advanced replacement for the missing tooth.

Here is a comparison chart with the advantages and disadvantages of each option:

	Advantages	Drawbacks
<b>Three – unit bridge</b>	<ul style="list-style-type: none"> <li>Restores chewing function</li> <li>Achieve acceptable esthetic outcome</li> <li>Less expensive</li> </ul>	<ul style="list-style-type: none"> <li>Requires grinding of healthy adjacent teeth</li> <li>Bone loss results in compromised esthetics over time</li> <li>Life span of only 10-15 years</li> </ul>
<b>Single tooth implant</b>	<ul style="list-style-type: none"> <li>Adjacent teeth remain intact</li> <li>Bone integrity is preserved</li> <li>Maintains long –term, esthetics results</li> <li>Helps keep other teeth in position</li> <li>More conservative solution</li> <li>Ability to eat whatever you want</li> </ul>	<ul style="list-style-type: none"> <li>Higher cost than bridge</li> </ul>

## Removable full dentures or implant-anchored overdentures?

Dentures are the traditional option when one loses all his or her teeth, however anchoring a denture with implants is becoming the norm in the last years. See below the comparison chart:

	Advantages	Drawbacks
<b>Traditional denture</b>	<ul style="list-style-type: none"> <li>Restores chewing function</li> <li>Achieves acceptable esthetic outcome</li> <li>Less expensive</li> </ul>	<ul style="list-style-type: none"> <li>Does not stop the bone shrinkage</li> <li>May become loose with the bone loss</li> <li>Gums become sore and painful over time</li> <li>Speech is sometimes impaired</li> </ul>
<b>Implant anchored denture</b>	<ul style="list-style-type: none"> <li>Adjacent teeth remain intact</li> <li>Bone integrity is preserved</li> <li>Maintains long –term, esthetics results</li> <li>Helps keep other teeth in position</li> <li>More conservative solution</li> <li>Ability to eat whatever you want</li> </ul>	<ul style="list-style-type: none"> <li>Higher cost</li> </ul>

## office information

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### Office Hours

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### Office Staff

Terri-Lynn, Julie ..... Receptionists  
 Roberta.....Certified Dental Assistant  
 Sherri, Aman .....Hygienists  
 Alina ..... Manager



## April is National Oral Health Month

In a national effort to raise awareness of the importance of oral health, the Canadian Dental Association declared April to be the National Oral Health Month in Canada. We would like to fully support their efforts by updating our patients on their treatment plans. Therefore, in the event that Dr. Vaida recommended a treatment during your last visit and you would still like further explanation, or are now ready to follow-through, just give us a call and we will be happy to print and mail a detailed treatment plan for you.

## The World's Biggest Christmas Stocking Winners Are...

Lauryn and Benjamin D. We hope they enjoyed all the toys over the holidays.

*Congratulations!*

