

fromthedentist

Let's Be Pro-active!

Fall follow-ups

Misplaced your fall recare appointment card? Don't worry – we understand about summer priorities. But fall is back, and we're all on track ... and a call to remind you is our pleasure.

Following up with continuing dental care is part of the commitment we make to all of our patients. We are pro-active when it comes to prevention and to maintaining your excellent level of oral health. Keeping your teeth and gums scrupulously clean and disease-free, ensuring that simple problems don't become more complex and costly, and checking for oral cancer are always high priorities.

Fall also signals upcoming renewal time for many dental plans. Benefits are not usually carried forward from one year to the next, so *now* is the time to schedule your recare appointment.

In good dental health,

Dr. Daniel Vaida

turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

The Sherlock Of Dentistry

Why x-rays are so important

How often do we find ourselves saying: *If I only knew then what I know now?*

Well, when it comes to the state of your oral health, you can know now and never have to look back with frustration. The hero in this case is the x-ray or radiograph – one of the most effective tools for safeguarding your dental health by assisting us in detecting minor changes and conditions in your teeth and jaws early, before they become major problems.

Think of it as a dental magnifying glass. X-rays can show us bone loss due to gum disease, impacted teeth trapped below the gums, infections at the root ends of teeth, indication of missing or extra permanent teeth, and cysts or tumors in the jaw or sinuses. Early detection and treatment can help save you time, money, and future discomfort.

Are they safe? Yes. Dental x-rays emit a low-level radiation similar to the type of background radiation we get from the sun, the earth's crust, various types of food we eat, and the air we breathe. The average person gets more radiation sitting in front of the television than from routine dental radiographs. That aside, we are committed to ensuring that only necessary x-rays are taken.



Think of an
x-ray as a dental
magnifying glass

It's important to remember when properly used, dental x-rays are one of your best allies in achieving and maintaining optimal dental health.

Thank you for all your referrals – we appreciate them!

FAQ

Q How often should I brush my teeth?

A: Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

Q My teeth are too close together to floss. What can I do?

A: If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

Q How do you floss wide spaces between teeth?

A: You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

Q Should I use an oral irrigator?

A: Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



So Much In Common
About gum disease, diabetes ... and you!

Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic. This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

Grin & Bear It ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!

Be The Best You Can Be

Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

Teeth whitening is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

For example...

Create your dream smile by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

Update your look by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

Lead the pack with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



Crown Classics

Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



Too Much Pressure?

5 Ways you can get it under control!

Increasingly, we are seeing younger patients with gum recession – a problem once more commonly associated with gum disease and ageing. A major contributor is brushing with poor technique or with too much pressure. Toothbrush abrasion can expose the roots of your teeth and your teeth enamel to cavity-causing bacteria, thin your teeth enamel so that the yellow dentin inside shows through, and make your teeth sensitive to hot and cold.

Here are 5 tips to avoid damaging your enamel and gums when brushing...

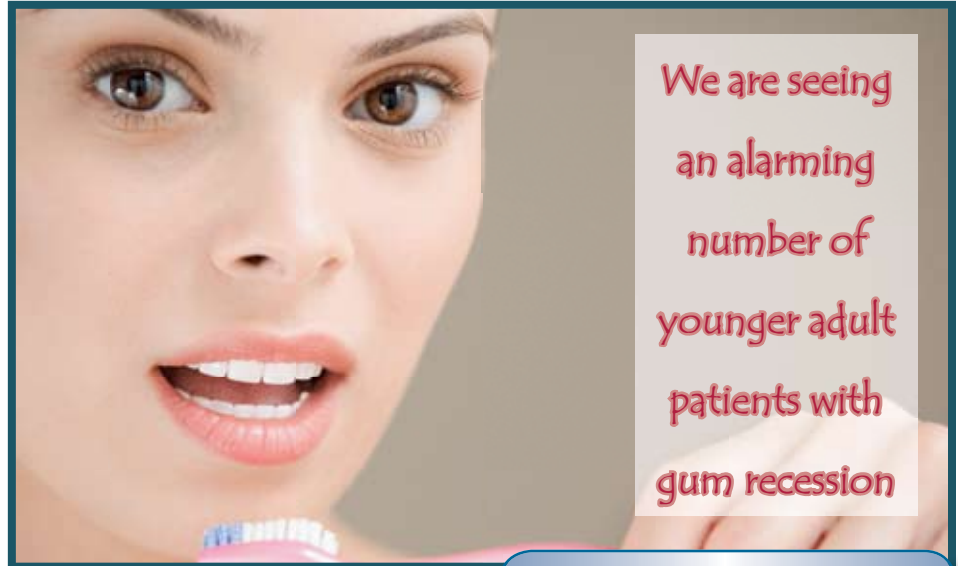
- It is important to massage your gums especially at the base of each tooth where plaque can accumulate and contribute to gum disease. The key is to do it *gently*.
- Remember that the pressure you apply to each tooth is concentrated in such a small area that it has a much greater impact than you may notice.
- Use a *soft*, round-tipped toothbrush,

twice a day, and keep your brush at a 45-degree angle so it's half on the gum and half on the tooth. Brushing – not scrubbing – should take about three minutes.

- Take time to thoroughly brush the back corners of your mouth and behind

your back molars. This area can be challenging to clean, so for most people, it's especially vulnerable to problems.

- Ask us to show you the correct brushing and flossing techniques and for help to establish the proper and safest amount of brushing pressure.



We are seeing
an alarming
number of
younger adult
patients with
gum recession

officeinformation

ProActive Dental Studio

Dr. Daniel Vaida

100-15225 104 Avenue
Surrey, British Columbia V3R 6Y8

Office Hours

Monday	10:00 am	–	7:00 pm
Tuesday	7:30 am	–	4:00 pm
Wednesday	7:30 am	–	4:00 pm
Thursday	7:30 am	–	4:00 pm
Friday	7:30 am	–	4:00 pm
Saturday	8:00 am	–	2:30 pm

*One Saturday per month

Contact Information

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Office Staff

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



Safety Measures

Infectious Mononucleosis

To provide maximum protection to our patients and staff, we maintain the highest standards of hygiene and cleanliness with our equipment and in our office and operatories. But there are certain medical conditions that can have a significant affect on our healthy environment.

Infectious Mononucleosis (or *mono*) is a viral infection that causes fatigue, fevers, sore throat, and swollen lymph glands. It can also cause oral sores which appear as a white patch, usually on the tongue. It's transmitted through contact with the infected person's saliva, or even through coughing. Mono is particularly easy to transmit during dental procedures, so it makes sense that patients with active mono avoid any elective dental treatments.

If you have mono, please make sure you let us know if you're due for an appointment.

Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches. *Temporomandibular Joint Disorder* (TMD) is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD?
Dentistry may have a solution.