



# L'Heritage Family Dentistry

## NEWSLETTER

Produced for the Patients of Dr. John Milne and Dr. Erin Manicom

Spring 2009

### fromthedentists

#### Spring Into Action! *Keep your recall*

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

*Yours in good dental health,  
Dr. John & Dr. Erin*

### turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

## Laser Comfort Zone

### No noise, no vibration, no anesthetic

Dental technology is constantly developing methods and procedures that make dental visits a more pleasant experience for patients. This evolution is beneficial to all patients, including children, and especially to the millions of people who fear dental visits.

The newest addition to our practice - the *KaVo KEY Laser® 3* - is an excellent example of patient-friendly dental progress. The KaVo is so versatile, it can be used on soft tissue like gums and on hard tissue like tooth enamel ... something that was not possible until recently.

**How does that benefit you?** It helps you to relax and increase your comfort...

The KaVo produces no vibrations and no shrill drilling noise.

Anesthetic is generally not required. The pulse duration of the laser is so short that the reaction threshold of the nerves is not reached.

**KaVo kills all germs.**

Patients heal more quickly from laser treatment than from traditional methods, which means less discomfort after procedures.

**KaVo cleans your teeth safely,** conveniently, and effectively. The built-in autopilot provides continuous feedback so the laser is used only as much as necessary and as little as possible.

**As dental professionals, how does the KaVo help us?** We appreciate many technical aspects that make the laser safe, effective, and efficient. But what really matters to us is that we can treat you and your family to relaxed, comfortable dentistry.



*Welcome ...*

Logan David

9lbs 2oz

*The newest addition to our dental family!*

Congratulations  
Melissa & Dave!



Visit our web site at [www.heritagedentistree.com](http://www.heritagedentistree.com)

## 4 STEPS ... *In 3 minutes!*

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

*Floss each tooth thoroughly with a clean section of floss...*

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



## Are You Progressing?

Why the answer just might surprise you!

**Periodontal disease.** The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

### Periodontal disease is progressive...

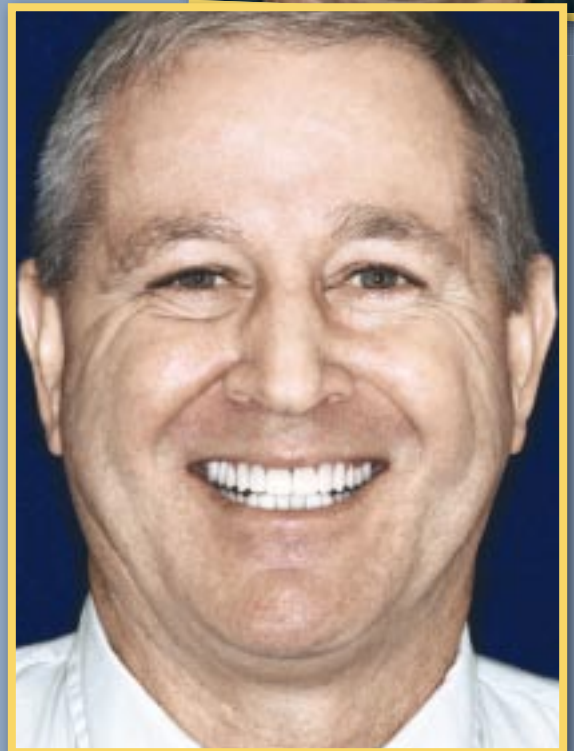
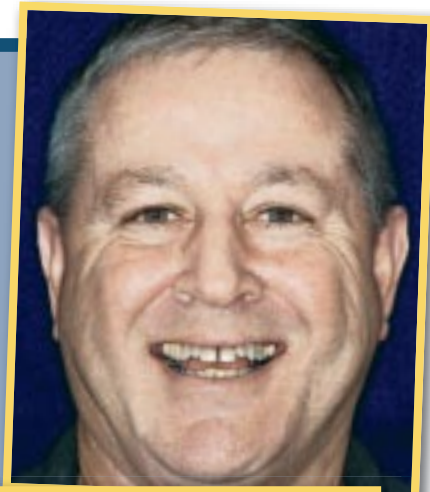
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

**Periodontitis:** This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

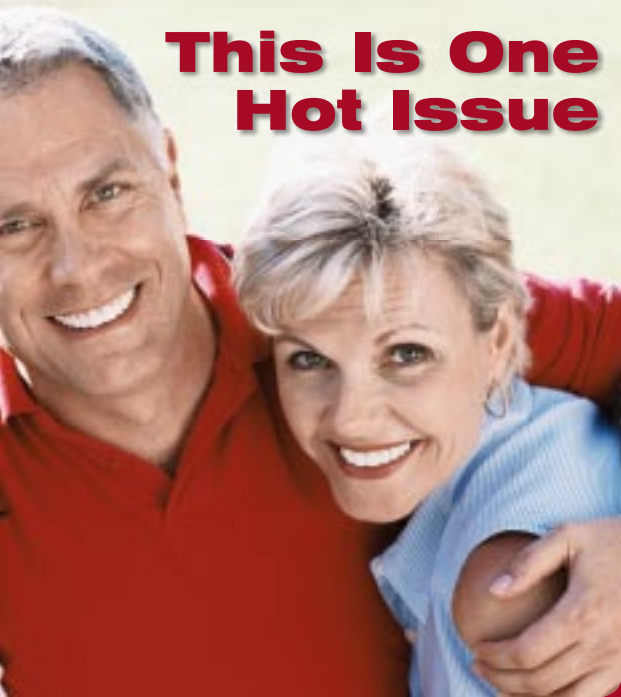
### There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

**Call us for an appointment – any time!**



# This Is One Hot Issue



## Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

*Gum disease has been associated with inflammatory diseases that include...*

**Osteoarthritis** and **rheumatoid arthritis**

**Diabetes**

**Cardiovascular diseases**

**Lung infections**

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

## Practice Makes Perfect

### Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

## Live Life Well

### Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



# Ensure You Mix It Up

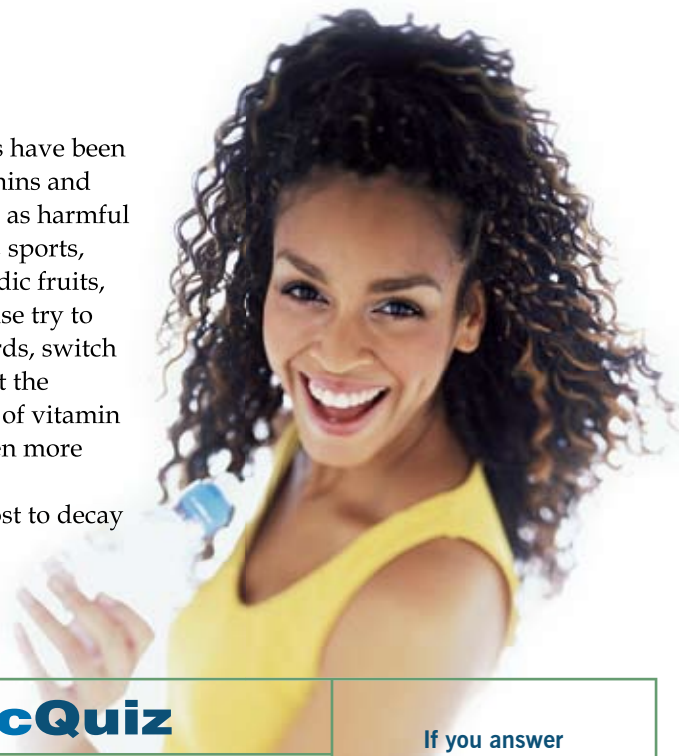
## Could vitamin water hurt your smile?

There's a lot of buzz these days about flavored vitamin waters which appeal to just about everyone. They're so tasty you want to take your vitamins, they contribute to keeping you hydrated, and they can give you a little energy boost. Designed to provide a wide variety of vitamins and minerals to supplement your daily diet, they hold a definite attraction. But, dentally ...not so much.

For one thing, most brands of vitamin water contain a large amount of sugar which contributes to the formation of plaque which harbors the bacteria that cause tooth decay and gum disease. As well, many brands are high in vitamin C which is ascorbic acid. Too many acidic foods or beverages can erode away the hard surface enamel of your teeth and lead to yellowing, tooth sensitivity, grooves, or notches in the sides of the teeth, and eventually, worn down teeth.

Although these drinks have been supplemented with vitamins and minerals, they can be just as harmful as too many sugary soda, sports, and energy drinks, or acidic fruits, juices, and wines. So please try to rinse with water afterwards, switch beverage types, and resist the thought that if one bottle of vitamin water is a good thing, then more must be better.

Tooth enamel that's lost to decay or erosion won't grow back. We can repair the damage, but the best solution is prevention.



### CosmeticQuiz

- Do you feel awkward or self-conscious when you smile?
- Do you ever talk through your hands?
- Do you purposely smile for the camera with your lips closed?
- Would you like your teeth to be whiter or straighter?

If you answer  
**YES**  
to any of  
these questions,  
we can help.

### officeinformation

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Janet ..... Business Assistant  
Julie, Terri, Melissa, Sarah, Trish .....  
..... CDA/PDA  
Jackie M, Michelle, Jackie D .....  
..... Hygienists



## Chocolate Boosts Health? *You bet it can!*

Diabetics have found heaven on earth. So have dentists who have discovered the extraordinary health benefits of Xocai™ dark chocolate, coined "The Healthy Chocolate." Unlike most commercial chocolate that claims to have 80% or higher cacao content – Xocai (Sho-sigh) uses its own exclusive "unheated" process that keeps "alive" over 300 ingredients full of antioxidant, *eliminating almost all of the fat and sugar typically found in other chocolate.* In fact, 1 chocolate nugget is equal to ½ a pound of spinach – sharing the #6 position in the top 10 super foods.

With less than 10% of North Americans consuming enough fruits and vegetables to obtain the necessary antioxidants their bodies need, healthy chocolate like Xocai is a delicious option for slowing the ageing process, improving your health – and even reducing plaque and gum disease!

## Referrals Inspire Us ...To raise the bar

We love it when our patients refer us to family and friends. It speaks volumes to how much you trust us to provide you with the best possible oral health care. And it even goes beyond that. Your referrals inspire us!

Every time you refer our practice to people you care about, it re-energizes our commitment to ensure that your entire experience at our practice is relaxing, comfortable, and even educational – from the time you arrive, to the attention, care, and support you are given while you're here – to our continued communication beyond your appointment. It compels us to continually raise the bar and discover new ways we can provide you with even more.

So, please keep the referrals coming. Your inspiration benefits everyone – you, as well as your family and friends.

