



L'Heritage Family Dentistry

NEWSLETTER

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

Fall 2009



from the

dentists

We're Here For You!

Keep smiling

If we haven't told you lately – you are valued, you are important to us, and as smile experts, our goal is to make sure your smile is bright, healthy, and happy! That's why we encourage you to come in for your exams and to follow through with treatment plans – even in this very difficult economy.

Actually, keeping up with your appointments is an excellent money-saving strategy. The longer small problems are left untreated, the more serious the consequences to your oral health, appearance, and wallet.

No one is more aware than we are that to you, the oral health care of your family is a necessity – not a luxury. We will do everything we can to provide as many treatment plan, scheduling, and payment options as possible for you.

Please call with any questions.

– Dr. John & Dr. Erin

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

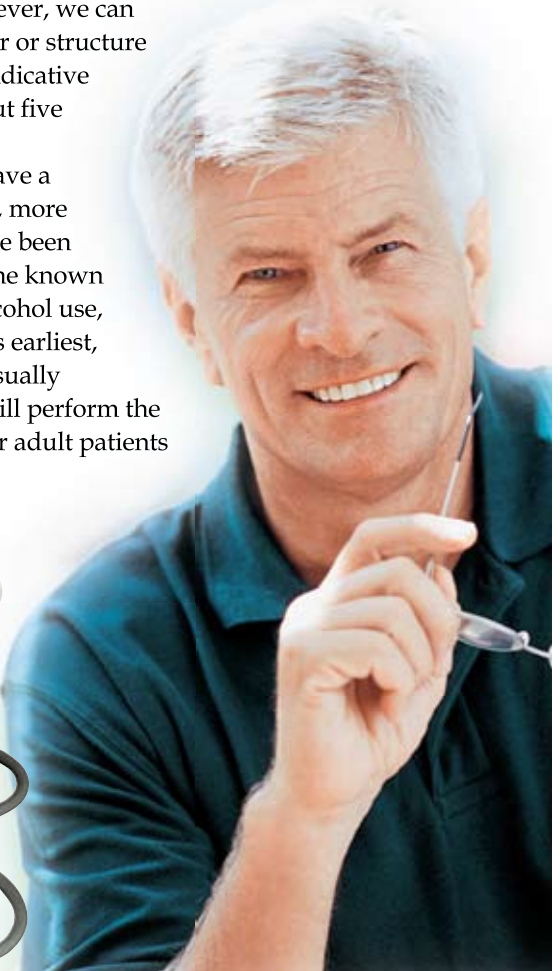
Fighting Oral Cancer

VELscope® oral cancer screening device

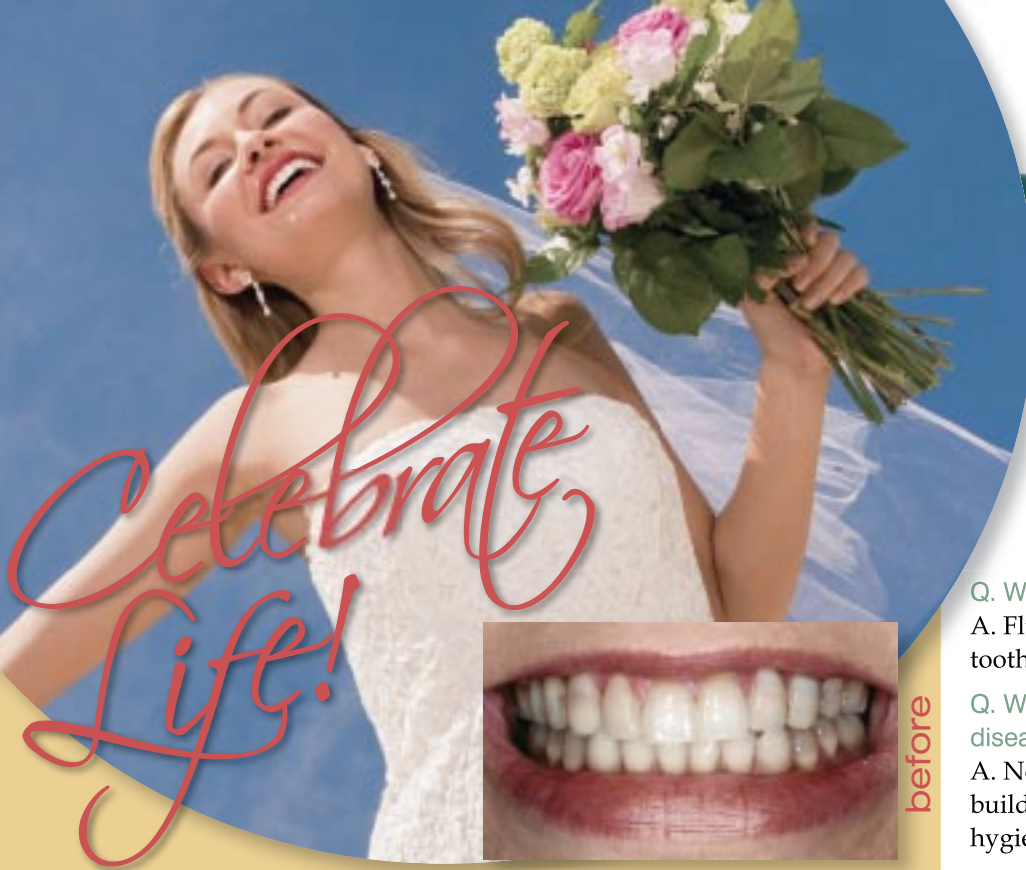
Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired VELscope®, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a VELscope examination? After conducting a thorough oral cancer examination, we'll use a handheld device to shine a blue light into your mouth then examine the tissues through a special eyepiece. This technology takes advantage of your mouth's natural fluorescence which is normally invisible. Using the blue light, however, we can look for specific changes in the color or structure of your oral tissues that might be indicative of abnormal cells. It takes only about five potentially life-saving minutes.

We want all of our patients to have a bright and smiling future. Recently, more than 25% of oral cancer victims have been under age forty and have none of the known lifestyle risk factors like tobacco, alcohol use, diabetes, or HIV. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform the VELscope examination for all of our adult patients every year.



Visit our web site at www.heritagedentistree.com



Celebrate Life!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...



before



after

Share your smile with the one you love!

FAQtually Speaking

About toothpaste

Q. What does fluoride toothpaste do?

A. Fluoride fights tooth decay and strengthens tooth enamel.

Q. Will tartar-fighting toothpastes prevent gum disease?

A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.

Q. Are whitening toothpastes okay for sensitive teeth?

A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.

Q. Does *The American Dental Association* test toothpastes?

A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.

Q. Do children's toothpastes need to taste good?

A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.

Q. How often should I use toothpaste?

A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



Whitening *Bonding*
Tooth-colored inlays/onlays

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

Dental implants
Veneers *Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how
to avoid
the Silent
Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know
they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



The Time To Act Is Now

We can help save your money & your smile

We want you to know how important it is to treat your oral health as a top priority. Delaying treatment until your oral health has suffered can have serious consequences for your overall health and your appearance, and end up costing you more in the end.

Untreated tooth decay can spread and require a root canal, crown, or implant, far more expensive procedures than a filling. In turn, delaying restorative treatment can mean cracks will continue to enlarge and deepen, requiring extensive repair later. You could lose your tooth.

Doesn't it make sense that a small cavity diagnosed early means you won't have to live with a chronic toothache, and a smaller restoration will require less expense and trauma to your teeth?

Similarly gum disease caught in early stages is easy to treat – it's actually reversible if caught early enough. But left too long, gum disease can lead to tooth extractions, shifting teeth, and the expense of a restoration. Not to mention the damage to your self-esteem.

And the most costly outcome of all? Gum disease has been linked to chronic systemic illnesses like heart disease and stroke, diabetes, respiratory diseases, cancers and complications in pregnancy.

Brushing and flossing daily, eating a healthy diet, and visiting us regularly for an oral exam is critical to your health. Call us. You'll save money in the end ... as well as your health and your smile.



officeinformation

Dr. John Milne
Dr. Erin Manicom
1350 L'Heritage Drive
Sarnia, Ontario N7S 6H8

Office Hours

Monday 8:00 am – 5:00 pm
Tue/Wed/Thu 8:00 am – 6:00 pm
Friday 8:30 am – 2:00 pm

Contact Information

Office (519) 542-8876
Fax (519) 542-3341
After Hours
(Dr. at home) (519) 337-7432
Sarnia Fresh
Breath Centre (519) 542-3327
Web site www.heritagedentistree.com
Email famtree@ebtech.net

Office Staff

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



Be Sportsguard Savvy

Save your smile

Whether you're a kid or just a kid-at-heart who likes to play hard or just active in sports, you're at risk of getting hurt. Wearing a helmet for contact sports or potentially high-impact activities like biking, skate boarding, or snow boarding makes a lot of sense. But how do you protect your face and teeth? A custom-fitted mouthguard will protect you without interfering with your breathing or speech.

Wearing one may guard you against or reduce the effects of...

- chipped, fractured, or knocked-out teeth;
- injuries to your lips, cheeks, and gums, even if you wear a dental appliance like braces, or dentures;
- jaw fractures;
- concussions.

Phone us for an appointment and opt for maximum protection!

The Best Thing To Do

Come on in!

Every dentist hears amusing and creative excuses for missed appointments – you know, variations on the dog ate my homework theme. Some patients just flat out admit they had something better to do. But the real truth is they only think they've got something better to do. Your oral health is precious – and without regular care – precarious.

Let me explain. Your body is its own ecosystem. If the bacterial balance of your oral environment is lost, it can lead to painful cavities and gum disease with tooth and bone loss. It may affect your general health. The more you postpone, the more extensive and costly treatment can become.

Please don't miss appointments because you're nervous about a treatment or expense. I care about your oral health and I care about you and your family. We'll work something out together.