



L'Heritage Family Dentistry

NEWSLETTER

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

Fall 2010



From The Dentists

Fall Colours

Fall – What a wonderful time of year! After a beautiful summer, we turn to a new season and embrace the changes it brings.

Along with the kids going back to school, many of us are refocusing on our busy schedules and planning ahead. Be sure to include us in your planning to keep your smiles healthy. When you visit our office, you will notice many improvements, which we are sure you will approve of.

Please let us know what you think, we are committed to providing excellent dental care with exceptional customer service.

Yours in good dental health,

Dr. John & Dr. Erin



10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.



before



after

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 in your jawbone;

...preserve and strengthen the underlying bone just like the roots of your natural teeth;

...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 can replace teeth in an entire jaw;

...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;

...are without any age barrier;

...are safe & reliable (hundreds of thousands are placed every year – all over the world);

...look completely natural so that no one will know you have them ... unless you tell!

**Call for a consultation.
Safe, reliable, & natural-looking dental
implants may be your solution.**

Visit our newly updated web site at www.heritagedentistree.com



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

- 1 **Protect your damaged tooth** by capping it with a crown.
- 2 **Close a gap** due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.
- 3 **Create a new tooth** with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



Crowns

After

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.



State-Of-The-Art: It's Here For You

Continuing education is the key

We believe that continuing education is an essential ingredient in providing our patients with the very best quality of dental care. For one thing, at no time in our history has the science of dentistry been changing at such an unbelievable pace with new technologies and techniques being discovered almost daily.

Continuing professional education directly benefits our team of dental professionals. But it also provides even greater benefits to all our patients and their families. We're going to make certain that all our team is as up to date as possible in this exciting and rapidly changing world of dentistry – so you can be sure of receiving the best possible oral and dental care.



L'Heritage Family Dentistry Recipe Corner

Mahogany Glazed Salmon from Dr. John

- 6 6oz (6 175g) Salmon Fillets, skin on
- 1 Can (10fl oz/284 ml) chicken broth, undiluted
- ½ cup (125 ml) Soy Sauce
- ⅓ cup (75 ml) packed brown sugar
- 1 Tbsp (15 ml) grated fresh ginger
- 1 Tbsp (15 ml) cornstarch
- 1 orange, juice and zest only

In a small saucepan whisk together chicken broth, soy sauce, brown sugar, ginger, cornstarch, orange juice and zest. Bring to the boil over medium heat and cook 5 minutes, stirring often. Pour glaze into a 9 x 13 inch (22 x 34 cm) Pyrex® pan and let school 20 minutes.

Place fillets skin side up in glaze, cover and refrigerate 1-8 hours. Preheat barbeque to medium-high and oil the grill. Remove fillets from glaze and place on the grill skin side up. Sear salmon for 2 minutes, turn over, cover and cook another 7-10 minutes until salmon just flakes when pressed with a fork. Alternatively, place salmon on grill skin side down and cook, covered, for 10-12 minutes. Be careful as glaze burns easily.

Pour remaining glaze into a small saucepan and boil 1 minute over medium-high heat.

Serve Salmon with the hot glaze.

Preparation time: 30 minutes (plus 1-8 hours refrigeration). Cooking time: 15 minutes. Serves: 6.

Spinach Dip

from Dr. Erin

- 1 package frozen chopped spinach, thawed and drained
- 1 cup mayo
- 2 cups sour cream
- 1 package Knorr® vegetable soup mix
- 1 can (10 oz) water chestnuts, chopped
- 3 green onions, chopped
- 1 large round sour dough or pumpernickel bread, hollowed
- Makes 4 cups of dip

Cheesy Mushrooms from Dr. Erin

- 1 lb large mushroom (approx. 30)
- ½ cup chopped parsley
- 3 garlic cloves, crushed
- ½ cup butter
- 2 tbsp dry bread crumbs
- ¼ cup freshly grated parmesan cheese

Remove stems from mushroom and set caps aside on a baking sheet with shallow sides.

Place mushroom stems, parsley and garlic in food processor.

Whirl, using an on and off again motion, until finely chopped.

In a medium size frying pan, melt butter over medium heat. Add mushroom mixture and cook, stirring occasionally, for about 5 minutes. Remove frying pan from heat and stir in breadcrumbs and parmesan cheese. Cool mixture completely.

Preheat broiler. Spoon or pipe mixture into mushroom caps. Broil until lightly browned, about one minute. Serve immediately.

Filling can be made ahead of time and refrigerated.

officeinformation

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*Communication is important
to us – don't be
afraid to ask questions!*

