



Smile Update



L'Heritage Family
Dentistry

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

Fall 2011

from the dentists

Make Our Day

Patient referrals

Surrounded by the busy hum of an active, dental practice, it's easy to think that there's no room for new patients. Nothing could be further from the truth. We love our work, and part of that is the excitement of getting to know new patients, as well as the satisfaction of successfully providing dental care for long-term clients.

When you refer your friends, colleagues, or family to our office, it makes our day. It shows that our dedication to our patients' oral health has been noticed.

Please make sure your name is mentioned when booking their appointment. We keep track of referrals and enjoy acknowledging your efforts!

Thank you for your confidence in us!

Yours in good dental health,

Dr. John & Dr. Erin



Visit Our Dental Spa

Relax & be pampered in the dental chair

We understand that apprehension is natural before a visit to the dentist. Each person has thousands of random thoughts a day, and about half are negative ... all day, every day! Those negative thoughts can actually create physical tension and the release of stress hormones. Hence, we go beyond the ordinary to provide an experience more akin to a day at the spa than a day at the dental office.

Here are some of the amenities we offer to ensure that you remain completely comfortable during your visit...

- your choice of music, TV, or movies;
- complimentary lip balm and dark glasses during treatment because little things can make a big difference to how you feel;
- we offer paraffin hand wax, hot mittens, and provide neck or back pillows also, because relaxation techniques make a big difference too!

Even though we utilize leading-edge technology to provide gentle diagnosis and, if necessary, treatment, we are committed to taking every extra step possible to ensure that you have a pleasant visit with us. Our team is trained and prepared to help you, and our spa is just the beginning!

With all of the simple, non-surgical cosmetic dental procedures available today, it's a shame to let yourself miss out. Please give us a call. We'd like to see you smile!

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

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!





L'Heritage Family Dentistry Recipe Corner

PINEAPPLE CAKE

Cake:

- 1 19 oz. can crushed pineapple
- 2 cups flour
- 1 cup walnuts (optional)
- 2 eggs
- 2 tsp baking soda
- 2 cups sugar
- 1 tsp vanilla

Icing:

- 4 oz. cream cheese
- ½ cup butter
- 2 cups icing sugar

Preheat oven to 350°, combine everything but pineapple. Mix well and add pineapple and juice. Grease 9x12" pan and bake at 350° for 40 minutes.

office information

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, Heather.....
..... CDA/PDA
Jackie M, Jackie D, Kate..... Hygienists

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



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

Smile For The Camera!

Digital x-rays take the perfect picture

Modern technology has found ways to reduce the amount of radiation exposure so that the benefit of a diagnostic x-ray far outweighs the risk. Dentistry has discovered a great advantage in the newer technology of digital x-rays, a perfect way to accurately check the state of your dental health and treat accordingly.

Digital x-rays use 75-90% less radiation than conventional film x-rays (those use chemicals for processing), and are every bit as accurate, if not more so because their images are instantaneous and in color, not just black and white. They do cost a little more, but are significantly safer, even for pregnant women.

Normally, a patient new to a dental practice has a full set of 18 x-rays taken, and then, like our "regular customers," bite-wings x-rays are taken every 6-18 months thereafter. These images dramatically aid us in ascertaining your dental health and then deciding on a course of treatment. X-rays show things that are not readily seen through a visual examination, things such as: the condition of fillings, crowns and bridges (better to fix those before there's a problem!); hidden tooth decay; abscesses (before they become painful); bone loss due to gum disease; and the presence of impacted or extra teeth.

A clear picture makes for a sure dental strategy, and now, with digital x-rays, it also makes for a safer method of proper diagnosis and a healthier mouth for you!



TV Tooth Whitening

Know the risks

If it's done right, bleaching can be a safe, inexpensive and dramatic way to whiten your smile. If you're thinking of whitening your teeth at home using a kit ordered from a TV infomercial, or purchased from the drug store, make sure that you understand the risks!

No one can guarantee the results of bleaching. But one thing is certain – we're up-to-date on all the latest agents and techniques. We have better ways to control the potentially harmful effects and can do the job faster and more effectively.

The tooth whitening products advertised on TV work in much the same way as ours. They use hydrogen peroxide to bleach out stains on your tooth enamel, but that's where the similarities end. The amount of hydrogen peroxide varies with every brand so the results are not nearly as predictable as products from our office.

If you are considering tooth whitening, give us a call or talk to us during your next visit. We can make a recommendation on the best product to brighten your smile.

Smile Questionnaire

Food for thought

If you answer yes to any of these questions, give us a call. We can help you smile more!

- Do you have any stained or discolored teeth or fillings?
- Do any of your teeth have uneven shapes due to chips, fractures, or rough edges?
- Are any of your teeth crowded, overlapping, or crooked?
- Do you have any gaps between your teeth or are you missing any teeth?
- Are your teeth uneven in length?

Smile Analysis!

Regularly \$199

Now \$99

Offer expires Dec 31, 2011



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