

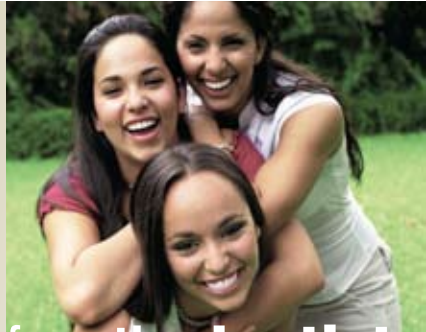


L'Heritage Family Dentistry

NEWSLETTER

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

Spring 2010



from the dentists

New Patients Welcome!

Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

– Dr. John & Dr. Erin

turn the page

How can you make a difference?

What e/se we've learned from monkeys...

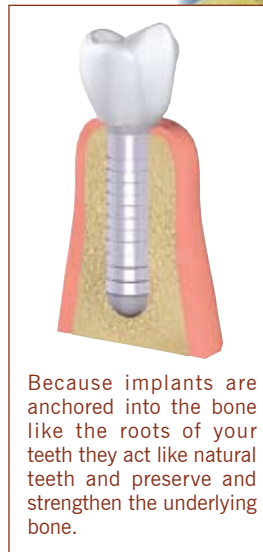
Blast that belly fat!

Why Implants?

Why not a denture or bridge?

It's true that in most cases a denture or bridge brings back much of the form and function of missing teeth. But a natural tooth does a lot more than help you cut and grind food and make for nice smiles. It also plays an important role under the gumline where you can't see it ... something a denture simply doesn't do.

Natural teeth need the support of the bone in your jaw. When you lose a tooth, the bone has no more use and it shrinks and weakens. For most people, the amount of bone lost isn't too serious – there's still enough to make a good solid foundation for a denture. But unfortunately for some patients, shrinking bone can trigger a number of problems. It can



Because implants are anchored into the bone like the roots of your teeth they act like natural teeth and preserve and strengthen the underlying bone.



cause dentures to fit more loosely, making it hard to bite and chew. Underlying gum becomes sore and painful, and speech is sometimes impaired, and along with it, self-image.

Dental implants are the closest cousin to natural teeth. They are permanent false teeth anchored right into your jawbone, just like your natural teeth. They're more stable than dentures, and eating is done with ease and comfort. Many patients find implants give them a more positive self-image and more confidence.

Dental implant treatment does require a greater investment of time and money, but in the long run, it's well worth it.



Visit our web site at www.heritagedentistree.com

When You Lose You Win

What you need to know
about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!



Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

What's Going On At L'Heritage Family Dentistry...

We would like to take this opportunity to welcome back two staff members to L'Heritage Family Dentistry. Melissa is finally back from her maternity leave. Can you believe that her baby boy, named Logan, is already one-year old! Heather is also returning to our office after starting her family. Heather now has a beautiful three year old daughter, Peyton, and a twenty month old, active baby boy named, Lachlan. If you see the proud new mothers, help us in welcoming them back and make certain you ask to see some adorable photos!

With the end of winter comes the end of the OHL hockey season and the Sarnia Sting games for another year. We wish to congratulate those who won tickets in the office draw and hope they enjoyed watching the games! Let's hope the Sarnia Sting have a better season next year so all of the Sting fans can cheer them on to some great wins.

Also, we have once again hosted the office's annual March Break Skate. It was a great success and we would like to thank everyone who came out, for helping make it such a fantastic afternoon! We hope everyone had as much fun as we did (and fell on the ice a lot less than we did!).

In this newsletter we have included a few of our favourite breakfast recipes for all of the aspiring chefs out there to try. If you are interested in a few new treats in the morning, give these recipes a try and be sure to let us know what you think!

From all of us at L'Heritage Family Dentistry, we wish you a bright and warm spring and look forward to seeing you in the office!



Baker's Banana Bread

- 2 eggs lightly beaten
- 1 cup mashed ripe bananas
- 1/3 cup vegetable oil
- 1/4 cup milk
- 2 cups all purpose flour
- 1 cup brown sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 5-6 Baker's Semi-Sweet chocolate squares, coarsely chopped
- 1/2 cup chopped nuts (optional)
- 1/4 cup brown sugar
- 1/2 tsp cinnamon
- Heat oven to 350° F. Stir eggs, banana, oil and milk until well blended. Add flour, sugar, baking powder, and salt; stir just until moistened. Stir in chocolate and nuts. Pour into greased 9 in. x 5 in. loaf pan. Combine brown sugar and cinnamon and sprinkle on top of batter. Bake for 60 minutes or until wooden pick inserted in center comes out clean. Cool for 10 minutes. Remove from pan, and let bread finish cooling.

-Dr. Erin

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, Michelle, Jackie D
..... Hygienists



Pecan Waffles

- 1 ¼ cup white flour
- 1 ½ cup milk
- 1 cup pecan halves
- 5 tbsp melted butter
- 1 tbsp white sugar
- 2 tsp baking powder
- 1 tsp vanilla
- 3 eggs
- 1 pinch of salt

Mix flour and baking powder in a large mixing bowl. Set aside.

In a blender mix all other ingredients, except the butter. Pour into mixing bowl and stir with dry ingredients. Stir in melted butter. Cook on high heat in waffle iron.

Enjoy!

-Dr. John