



# L'Heritage Family Dentistry

## NEWSLETTER

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

Spring 2011

### fromthedentists

#### Exceeding Expectations Our daily pledge

It's a matter of great personal and professional pride to our team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services you want ... and to keep them at the superior standards you expect. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, for your wonderful feedback, your loyalty, and your ongoing referrals.

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



## No Longer Reserved...

### For the rich and famous

Many of us think of cosmetic dentistry as a luxury reserved for big screen stars. The fact is we've come a long way since celebrities put on their smiles with slip-on teeth known as "Hollywood Splints." Today's modern techniques are fast, simple, affordable. There's no reason to put that radiant smile on hold.

The techniques used to disguise flaws like severe stains and chips can be done as part of a single regular appointment. The method is called bonding. We can build up a tooth that's too small and fill in spaces between teeth that are too far apart. We can even make fillings that are hard to detect because they are tooth-colored.

We use three types of material: porcelain, acrylic (plastic), and composite. All of them are bonded to the tooth with a cement-like adhesive. That's a little less durable than traditional crowns and fillings, but the extra smile power is worth the trade-off.

Bonding materials are the closest thing we have to Mother Nature. They can be toned and sculpted to a shade and shape that closely matches your real teeth. The look and feel is so natural the only difference you'll be able to detect is that extra sparkle in your smile. So give us a call if you've even casually thought about changing up your smile. Let's talk about what we could do for you!



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

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

## Here are five fruit-friendly tips...

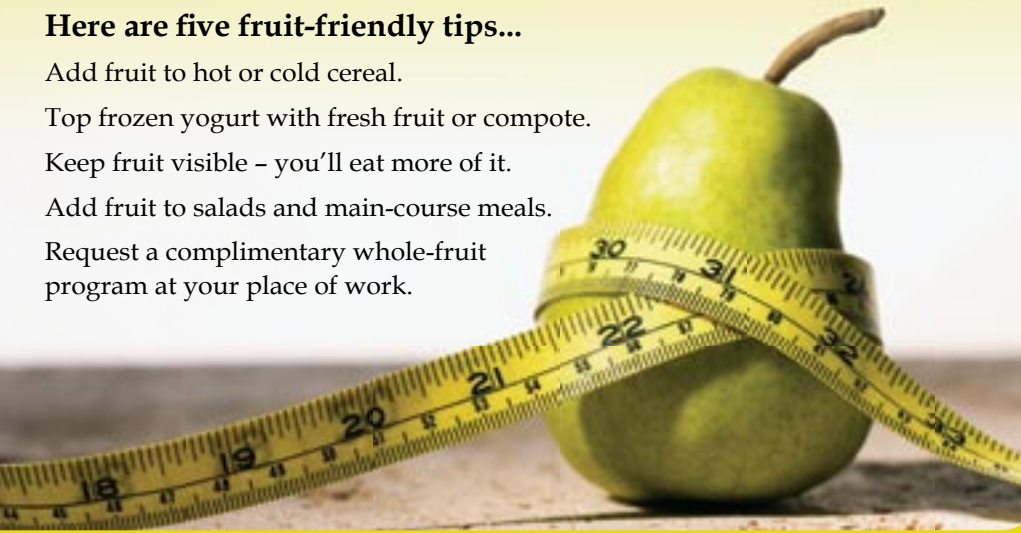
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

# What's Precious To You?

**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



# What Do You Expect?

## Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

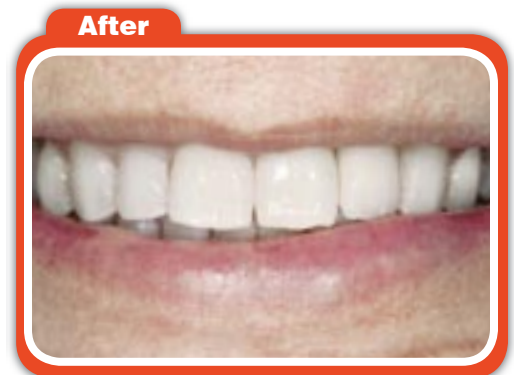
### Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



# Good luck Michelle!

Where has the time gone? This year marks the 20th Anniversary and Retirement of our Michelle! Though her quick witted humour and banter between co-workers will be sorely missed, we all appreciate her many years of dedication and commitment to excellent patient care! We hope you enjoy your next venture of travel, and please remember to visit us!

Good luck Michelle!  
- Dr. John, Dr. Erin, Julie, Terri, Ann, Jackie M, Jackie D, Sarah, Melissa, Heather and Janet



## L'Heritage Family Dentistry Recipe Corner

### Chocolate Raspberry Torte

Preheat oven to 350 degrees.

Flour and grease two 9-inch round cake pans.

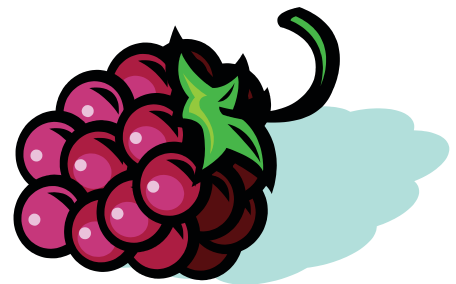
- 1 pkg. Devil's Food or dark chocolate cake mix.

**Filling:**

- 2 cups whipping cream
- ¼ cup icing sugar, sifted
- 1 cup raspberry jam

**Frosting:**

- 1 ½ cups semi-sweet chocolate chips
- ¾ cup sour cream
- Chocolate curls
- Fresh raspberries



**Cake:** prepare and bake according to package directions to make two 9-inch round cake layers.

Cool 10 minutes in pan on a wire rack, then remove layers and cool completely. With a long, sharp knife, cut each layer horizontally in half to make four layers.

**Filling:** beat whipping cream and icing sugar until stiff peaks form.

**Frosting:** in top of double boiler, melt chocolate chips or microwave on medium for two minutes. Stir until smooth. Stir in cream.

**Assembly:** place one halved cake layer cut side up on a serving plate. Spread 1/3 cup of jam and 1/3 of the cream. Repeat layering, ending with top cake layer cut-side down. Frost top and sides of cake with frosting. Decorate with chocolate curls and fresh raspberries. Chill until serving. Store left-over cake in refrigerator.

Dr. Erin

### Slush

- 1 can frozen 5Alive Tropical flavour
- 1 can frozen pink lemonade
- 1 can frozen orange juice
- 1 large can pineapple juice
- 26 oz Vodka or Rum (coconut Rum is also good)

Freeze all ingredients. Use ice cream scoop to fill glass 3/4 full then top with 7-Up, Sprite, Ginger ale, or Soda.

Enjoy! Michelle



### Welcome Baby Aiden!

Congratulations  
Dr. Erin and Jeremy  
on your new addition...  
Weighing in at 8lbs 10oz!  
Born March 1, 2011.  
He is so cute!

## office information

Dr. John Milne  
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**Office Hours**

Monday 8:00 am – 5:00 pm  
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**Office Staff**

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

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

