



# Dentally Speaking

WITH DR. DILIP DUDHAT & ASSOCIATES

Winter 2012

## Dear Neighbor,

If you haven't seen a dentist in a while, if you're worried about the health of your teeth, or you have a concern about someone in your family, please call us today. We have been practicing in your neighborhood for years with over 15 years of combined experience, and we always welcome new patients!

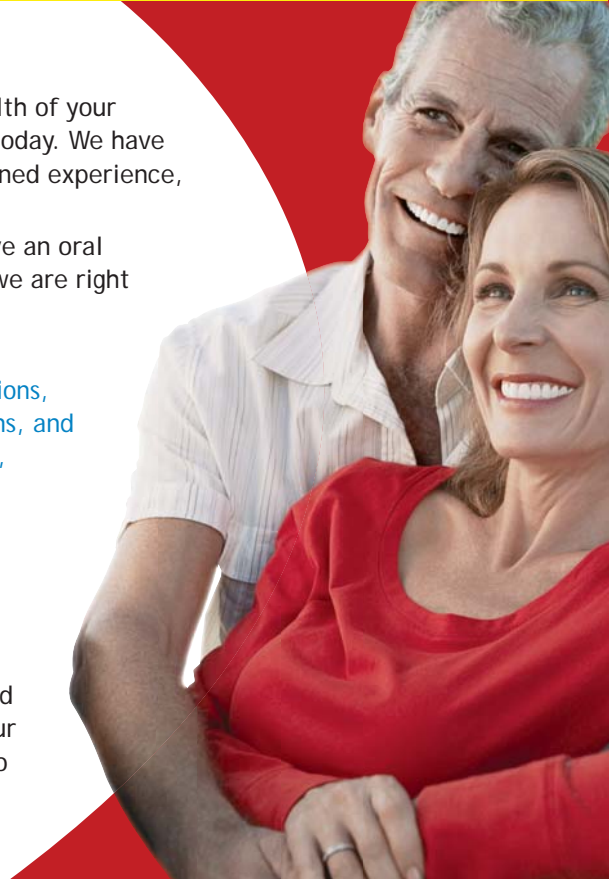
Call us now - start with a consultation. You'll meet our team, and receive an oral health exam. You can talk about concerns and smile goals - then decide if we are right for you and your family!

### **WE PROVIDE:**

- the convenience of multiple, well-maintained, and welcoming office locations,
- personalized dental care, comprehensive treatment planning, restorations, and cosmetic dentistry - to achieve optimal oral health and fulfill smile goals,
- prevention-focused dentistry to reduce the amount of time spent in the dental chair,
- patient-friendly care using modern techniques and technology,
- interest-free financing and numerous payment options,
- a spa-like atmosphere, including paraffin hand treatments and heated neck wraps.

We know that the healthier your teeth and gums are, the less you'll need to see us - that's our goal! We hope you enjoy this informative edition of our newsletter, and do feel free to call us with any questions, we'll be happy to answer them. Our friendly team is eager to welcome you.

*P.S. Our consultation appointments fill quickly - call to reserve yours!*



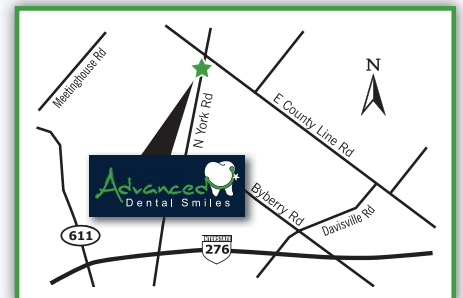
## Family, Implant & Cosmetic Dentistry Creating Beautiful Smiles for Generations

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New & emergency patients welcome!

**See page 4 for your  
Special Offers!**



**Dr. Dilip Dudhat  
Dr. Pappy Chhina**

533 North York Road  
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# Feed Your Complexion

## FEED YOUR SMILE

Foods that promote a healthy mouth also fight wrinkles, so you can eat your way to a winning smile and beautiful skin!

### BERRIES & CITRUS FRUITS

**Smile:** Vitamin C contributes to healthy gum tissue.

**Complexion:** Antioxidants protect skin from free radical damage.

### EDAMAME (e-da-ma-may or baby soybeans)

**Smile:** High calcium content builds strong teeth.

**Complexion:** Amino acids build cells and repair tissue.

### LEAN PROTEIN

**Smile:** Amino acids help gums heal faster.

**Complexion:** Protein speeds the regeneration of skin cells and collagen.

### ORANGE PRODUCE (including carrots, yams, pumpkins)

**Smile:** Vitamin A increases resistance to mouth infections.

**Complexion:** Beta-carotene and antioxidants rebuild skin cells.

### GREEN LEAFY VEGETABLES (including spinach, beet tops, broccoli)

**Smile:** Calcium strengthens teeth.

**Complexion:** Antioxidants counter the ill-effects of free radicals.

## Bye Bye “Gummy” Smile

*We can help!*

Are you concerned that your gums show too prominently when you smile? Or whether or not your “too-gummy smile” is healthy? While it’s not an indication of poor gum health, a gummy smile could dampen smile appeal.

During your consultation, we can explain how a gum lift could make a tremendous difference ... perhaps even **create the smile of your dreams!**



To give you the smile that you’ve always wanted, let’s discuss options including:

- Crown Lengthening - A gum-sculpting procedure that can either raise or even-out your gumline, exposing an engaging balanced smile.
- Crowns or Veneers - Options that can correct the length and shape of your teeth, giving them a more attractive uniform look.

## 7 Factors You Can't Ignore

Do they apply to you or someone you love?

Gum disease is a chronic bacterial infection that is a major cause of tooth loss in adults and triggers an inflammatory response in your body. Scientists believe it may be linked to other inflammatory diseases such as heart disease and stroke, Alzheimer’s, diabetes, respiratory diseases, cancers, arthritis, and osteoporosis. As if this weren’t worrisome enough, research suggests that the incidence of gum disease may be 2-3 times higher than previously thought. This is alarming because only about 3% of those afflicted seek treatment.

Here are 7 factors that could make you vulnerable to developing gum disease...

# Improve Your Smile!

## Enrich Your Life!

### DENTAL IMPLANTS



If you are self-conscious about your smile, you may not be getting the most out of life. Missing teeth or worn restorations can age your face and make you feel less vibrant. They can also cause you to miss out on the things you once enjoyed, like favorite foods. Rest assured that there is a solution: *dental implants*, which are artificial roots secured by the jawbone, serve as anchors for replacement teeth. They offer superior stability and help preserve bone. Implant-supported teeth look, feel, and function just like natural teeth.

#### IMPLANTS CAN IMPROVE YOUR SMILE BY:

- providing a permanent anchor for attractive replacement teeth
- curtailing bone loss
- supporting face and lips, eliminating a “sunken” look.

#### IMPLANTS CAN IMPROVE YOUR LIFE BY:

- offering the convenience and comfort of non-removable replacement teeth
- restoring bite pattern and alleviating headaches and jaw aches
- aiding digestion by allowing you to properly chew foods.

Whether you need to replace one tooth, several teeth, or all of your teeth, there is a solution for you. We will be happy to discuss ways to bring back your healthy smile and vibrant lifestyle.



## Vital For Your Health

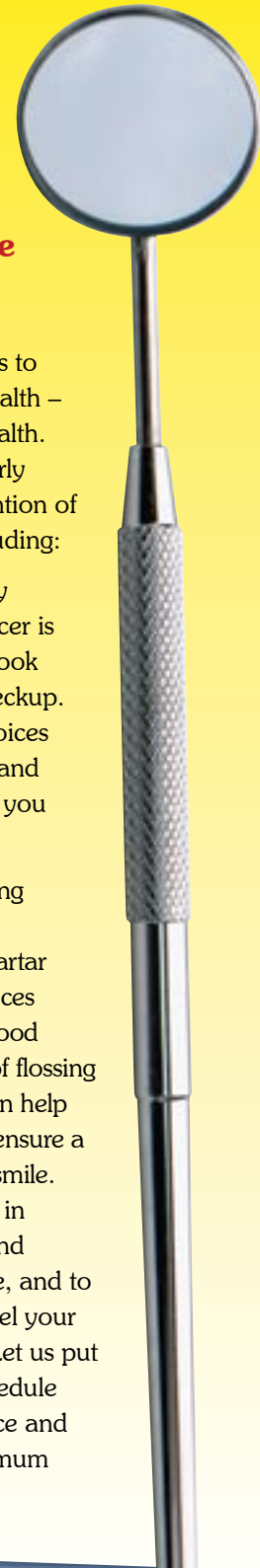
### Dental hygiene visits

Regular recall appointments help us to monitor your oral health – even your overall health. We can aid in the early detection and prevention of serious diseases including:

**ORAL CANCER** – Early detection of oral cancer is imperative, and we look for signs at every checkup. Making informed choices about diet, tobacco, and alcohol use can help you prevent this disease.

**GUM DISEASE** – During regular cleanings, we remove plaque and tartar and can detect instances of infection. With a good home-care regimen of flossing and brushing, you can help prevent disease and ensure a fresh sweet-smelling smile.

Our goal is to aid in the early detection and prevention of disease, and to help you look and feel your best. Call us today. Let us put you on a regular schedule of health maintenance and monitoring for maximum smile results!



#### Tobacco & Alcohol

Smoking or chewing tobacco and drinking alcohol are the leading causes of oral cancers. Doing both could put you at 15 times greater risk than others.

#### Genetic Susceptibility

About 30% of the population inherits the tendency to be six times more at risk for gum disease.

#### Hormonal Changes

Life stages that bring natural changes in hormone levels include puberty, pregnancy, menopause, and andropause.

#### Stress

Stress has been linked to cancers and can make it more difficult for you to fight off oral and other infections.

#### Diabetes

Diabetics are at higher risk for infections including gum diseases which can make it more difficult to control blood sugar.

#### Clenching Or Grinding Teeth

Excess force on the supporting tissues of your teeth could speed their deterioration.

#### Avoiding Dental Visits

Regular exams and confirmation of proper home care techniques can help you prevent gum disease. Our professionals can identify gum disease symptoms before you can, and help you to halt or even reverse its progression.

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We look forward to  
meeting you!