



SCOTIA
SQUARE
Dentistry

Creating Beautiful Smiles

Produced for the Patients of Dr. Tammarie Heit

Winter 2010

fromthedentist

Fun in Japan

Many of you know that I attended the 15th annual International congress for ICCMO (International College for Craniomandibular orthopedics) in Japan this past November. I was asked to present a study I did in the clinic last year to my colleagues from around the world.

The study will be published in two dental journals.

The study had to do with Multiple Sclerosis. I will now be doing further studies on this topic with some neurology specialists in medicine. This is a very exciting time for dentistry with the cool technology available and used by dentists all over.

I was accompanied by my husband, John as well as my folks. We had a fabulous time. Japan is a very beautiful country.

My feeling is the year 2010 promises fabulous breakthroughs and new beginnings. As a health care provider, I will do my very best to contribute to our wonderful community.

In light of all that excitement, I want you to know that my family dental practice is number 1 with me because my favorite thing to do is take care of YOU.

See you next time!

Dr. Tammarie Heit



Thank you for all your referrals. We appreciate them!



Not For Women Only

6 perio facts

- 1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.
- 2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.
- 3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.
- 4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.
- 5 Tobacco and alcohol should be avoided, especially in combination.
- 6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Step Into Our Practice

During the winter, many of us lose our drive for health and fitness and slip into hibernation mode. If this sounds like you – please don't let your dental care be one of the healthy habits you let slide.

The 2009 American Association of Endodontists survey revealed that 80% of adults fear the dentist, and that half of those will allow it to prevent them from going to a dental office. Yet delaying important treatments can lead to bigger, more expensive issues down the road. There is no need for you to postpone procedures, especially since a more stable winter schedule makes it easier to book appointments.

So come in and see us and we'll:

- listen to your fears and concerns,
- answer any dental/treatment questions you may have,
- introduce you to our patient-friendly technology,
- help you get started on your smile makeover,
- make you feel like part of our dental family,
- help you to get the most out of your insurance benefits before they expire.

Providing quality dental care in our community is important to us. It gives us the opportunity to help you, our neighbors. What are you waiting for? Sleeping away the season is not the answer; call us today!

P.S. Ask about your FREE consultation! These appointments fill up fast, so call today!



officeinformation



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

An Honouring Meeting

Dr. Heit's great recognition in Japan

This past November, Dr. Heit attended the 15th International Congress of the International College of Cranio-Mandibular Orthopedics (ICCMO). While at this meeting in Fukuoka, Japan – a land where the importance of ceremony has not been forgotten – she was one of three members of the ICCMO to receive Mastership status in a formal robed service.

Dr. Heit's achievement is no small feat. In order to receive Mastership from the ICCMO Dr. Heit fulfilled: more than two years commitment, achievement of her Fellowship, successful completion of a two-hour written exam, and a presentation of her thesis – which was followed by an oral exam based on her thesis and general science. It was a rigorous process that was well worth the effort.

We're extremely proud of Dr. Heit's distinguished accomplishment and offer our congratulations!

– Hallie Truswell

→ We're here to help

Trying to understand exactly what your insurance entitles you to can be frustrating. Luckily, you have us on your side. We know how to help you get the most from your benefits and can build your treatment plans around your coverage to ensure you make the most of it before it expires. We will even fill out the paperwork for you!

We do, however, require you pay the full balance for your treatments on the day of your appointment. Your covered amount will be reimbursed to you by your insurance company, *sometimes even before your credit card statement arrives.*

Our team works hard to help you get the most from your insurance. So call today to get started, and please remember we require 48 hours notice to change or cancel appointments.

Stretch Your Benefits