



**SCOTIA
SQUARE**
Dentistry

Creating Beautiful Smiles

Produced for the Patients of Dr. Tammarie Heit

Summer 2010

fromthedentist

Summer Is Here. Yahoo!

It's wedding season-time to whiten your teeth for all those fabulous summer parties. It is also time to enjoy the lovely weather in Edmonton, start gardening, golfing and bike riding in the fresh air and basking in all that daylight.

Next time you come to the clinic, you will notice that we've completed an amazing smile gallery on the outside of our practice. It features some of our wonderful patients, who have achieved the smiles they dreamt of. I am proud and honored to do your dental work and each one of those portraits brightens my day when I come to work.

On April 22nd, we had lots of fun while we showed our support of *Lois Hole Women's Hospital Foundation* by taking part in the *What A Girl Wants Show*, where beauty, health and advanced technology came together in an atmosphere of information and shopping. And all for a great cause!

For more information, please visit www.loisholehospital.com.

Hope to see you soon,

Dr. Tammarie Heit



Patient Testimonial

For several years I have suffered from chronic neck and shoulder pain. In the last year, the pain at times had become unbearable. I experienced daily headaches, ear pain that wouldn't go away, stiffness in my neck and exhaustion. I was tired all the time and had absolutely no energy. I was back and forth to my doctor who could find nothing wrong, so basically I just learned to live with it. A friend had sent me some information about *Scotia Square Dentistry*, and that helped her with her neck and shoulder pain. Not once did I ever believe that the pain I had been suffering with had anything to do with my jaw, so I just put the information away. I continued to suffer for months after, until I just couldn't take it anymore. I had nowhere else to turn, so I decided to make the call. I set up an appointment with *Dr. Heit* and her staff where they assured me that they could help. Finally, I discovered hope.

Dr. Heit thoroughly explained to me what was happening with my jaw and how using an orthotic could re-align my bite and help my jaw. I got so excited to live my life pain free again. Since getting my orthotic (mouth piece) I feel great. Within days my pain was gone. It was amazing! It has made such a difference. It's like a new release on life. Thank you!



Sandra Zaffino – Jasper, Alberta



Call us today!

(780) 429-4968

Or visit our website

www.scotiasquaredentistry.com

Thank you for all your referrals. We appreciate them!

The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Whitening & Veneers



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Pregnancy Perio Risk

Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.

We screen for gum disease at every visit ...because we like to see you smiling.



Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

Just Lose Five

Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

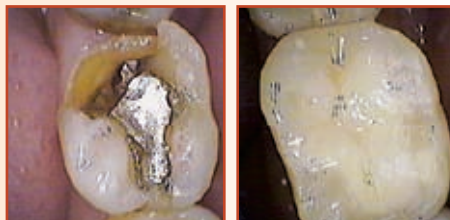
Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

Patient Testimonial

This is an actual case performed by *Dr. Tammarie Heit* of a beautiful onlay restoration created by her master technician Steve Yu.



Notice how this tooth fractured off a healthy cusp. This is a common occurrence in teeth with old, mercury fillings. First, the old filling is removed as is the decay underneath. Then the remaining tooth is sterilized and sealed, an impression is done and a temporary is put in. The master technician makes a piece from the impression that is custom fitted and exactly colored to your bite/tooth. In a second appointment, the piece is seated by Dr. Heit and the result is a stronger, more beautiful tooth with a very conservative, long-lasting restoration. What an excellent way to be proactive with your dentistry. Don't retire before taking care of those old fillings! You can do one at a time or all of them at once.

I was extremely please with the work of Dr. Heit and her team.



I had not been to the dentist for twelve years and the whole experience couldn't have been more seamless despite the amount of work that had to be done. And the new fillings and crown look like they've always been part of my mouth. I was also impressed by the care and attention and good humor shown in all my follow-up visits. My sincere thanks to Dr. Heit and everyone at Scotia Square Dentistry.

Jeff Haslam – Edmonton, Alberta

officeinformation



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Office Hours

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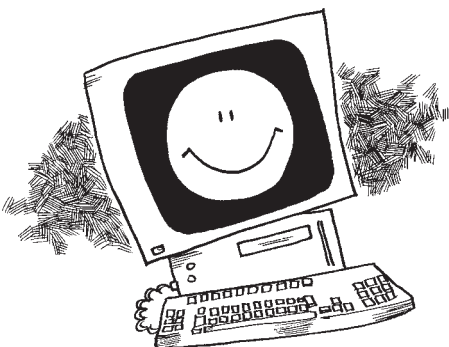
Office Team

Helen Dental Hygienist
Christen Treatment Coordinator
Gayle Hygiene Coordinator
Tanis Treatment Coordinator
John Photography

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

A Letter From Gayle

I noticed that a lot of people would like to be notified by email for their reminders and other insurance info, etc. We would like to provide this service to you for your convenience. If you would like this service, please let me know what your email is when you come in next, or just forward your request to 'scotiasquare@interbaun.com'. I look forward to serving you better and really appreciate your suggestions on how we can improve our service to you.



Introducing *Tanis...*

I would like to introduce Tanis as the newest member of the Scotia Square Dentistry team.

Tanis comes to us with a lot of dental assisting experience and is really looking forward to getting to know all of you. She enjoys dentistry, and likes the 'service' and 'excellence' focus of the practice. She is now discovering what amazing things neuromuscular dentistry can do for our patients with chronic pain. Tanis' previous dentist has now retired and we are lucky to have her. Welcome to the team Tanis!



– Dr. Tammarie Heit