



# Dr. Ritchie Park's SMILE • UPDATE • NEWSLETTER •

Produced to improve your dental health and awareness

Spring 2011

from the dentist



## Your Trust, Our Inspiration

### *Our thanks in action*

Beyond family and friends, our most important long-term relationships are those that bolster our health and infuse in us a sense of confident wellbeing. Few relationships, however, are more important than those with healthcare professionals like your dentist. Every team member at our practice intimately understands the strong link between our oral health and general health that cannot be ignored, and it is this vital health-connection that fosters our dedication to you. That you would place such an important trust in our professionalism is genuinely humbling and a constant inspiration for us to reassess our performance, to seek technologies that are state-of-the-art, and to create an environment that inspires confidence and ease in our patients.

I appreciate your trust and remain dedicated to build upon it at every point in our relationship.

Regards,

Dr. Ritchie Park

**Complimentary  
Implant and Denture  
Consultation**

(Panoramic Digital X-ray Included)

Offer expires May 31, 2011.

## The Magic Of *Spring!* ...Celebrate your smile!

Mother Nature in all her glory casts the greatest magic of all ... spring! The blossoming of trees and flowers ... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations - weddings, graduations, sports, and social events - wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks - a natural part of socializing. Grandma's chocolate-covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You

can almost feel a cavity coming on just thinking about it! Now is a great time to make sure those off-diet times weren't also teeth-damaging times. Come in to us so we can nip any tooth decay in the bud - whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it - give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home so you can avoid repairs.

Get ready for outdoor activities you want to share and social gatherings you're sure to remember.



*Spring*  
is a magical  
time. Make  
sure your  
*Smile* is  
magical too!

*A healthy smile will last a lifetime!*

# A Face-Saving Option

## Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

*Let us lift your smile & your confidence!*

## Go Ahead! Add an onion!

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





## Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

## Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

## When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.





# Mind, Body, And ... Mouth?

## 5 strategies to put you more at ease

These days I'm seeing more and more signs of stress in patients. You know the kind of thing I mean – cracked and worn down teeth from grinding and clenching, exposed roots from brushing too hard, and bleeding gums. Many people believe that poor oral hygiene is the only way to get gum disease, but stress and diet can both be triggers, especially if you're genetically pre-disposed. If you are, you may be six times more likely to develop gum disease than your neighbor!

Here are some lifestyle strategies that can help improve your oral and overall health...

**Drink green tea.** *Kyushu University* researchers say that routine intake may also help promote healthy teeth and gums, possibly by interfering with the body's inflammatory response to oral bacteria.

**Meditate daily.** Researchers at *Charles Drew University* and the *University of Hawaii* found that Transcendental Meditation reduced depressive symptoms an average of 48% in clinically depressed participants.

**Drink lots of water.** *Loma Linda University* researchers found that drinking five or more 8-ounce glasses of water a day could help lower your risk of heart disease by up to 60%, the same as exercise, diet, and not smoking.

**Smile more.** Researchers at *Harvard* and the *Mayo Clinic* found that optimists live longer healthier lives, and numerous studies show that smiling can positively affect your body like true happiness.

**Get regular dental care.** It's a proven way to eliminate stress about your oral health.

## office information

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### Extended Office Hours

Mon-Fri 9:00 am – 6:00 pm  
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DISCOVER NETWORK

## Your Good Word Our inspiration

From the moment you call our practice or step through our doors we want your experience, whether from a personal or a professional perspective, to be something worth smiling about. There is no more powerful promotion than a good word, so it is our goal that everyone goes away eager to tell family and friends about the calibre of treatment at Dr. Park's Practice. We consider your referrals of such importance that we are offering incentives just for mentioning us to others. When you refer new patients, ask that they mention your name because when you honor our team of dental professionals in this important way, it is our honour to give you a little something in return.

Thanks to all for your excellent referrals. Your good word is our inspiration to excel.

## Patient Special!

Complimentary exam and digital panoramic x-ray when you keep your regular dental appointments.

Offer expires May 31, 2011.



## Get Hooked On Hygiene!

### And seal the deal

Healthy, bright smiles breed self-confidence, help convey a sense of personal pride and promote good general health. No wonder parents are willing to wear the label of "pest" to establish good oral health habits in their children. But there is more parents can do to protect young smiles.

Dentists recommend scheduling regular "smile-checkups" to monitor oral health, but to effectively reduce the occurrence of cavities, molars and premolars can be coated with dental sealant. "Chewing teeth" have folds and buckles that trap food often missed by brushing. Applying a thin plastic coat over folds and indents prevents cavities from taking hold, and this simple procedure requires only that teeth be cleaned and dried before application.

Good oral health habits and dental sealants are a one-two combination for delivering life long smiles.