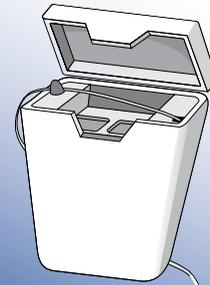


The Floss Line



by Dr. Timothy Taylor

Produced to improve your dental health and awareness

Winter 2008

fromthedentist

Referrals Do Us Proud

...Every time!

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ...but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues.

Thank you for your trust!

Yours in good dental health,

Dr. Timothy Taylor

turnthepage

What have you been hiding?

The perfect fix for men of action!

Know the 3 ways to trick time!

Personalized Care

Hygiene Department: Cheryl and Juliet

We practice what we preach. Proof positive of our commitment to optimal preventive oral health care is our wonderful hygiene staff. Their goal is to help you to achieve and maintain optimal oral health through diagnostic assessment, prevention, and education.

Here's how they develop your personalized dental hygiene plan of care based on your needs.

Assessment

- reviewing your medical and dental history;
- examining your teeth for decay, visually and with radiographs;
- examining your gum tissue;
- assessing your biting, chewing, and swallowing patterns;
- evaluating your dental readiness for procedures including cosmetic smile enhancements;
- reassessing your overall treatment.

Prevention

- screening for oral cancer with clinical measurements, radiographs, and other assessment methods;
- applying fluoride and pit and fissure sealants;
- cleaning and scaling teeth to remove plaque, tartar, and surface stains.

Education

- instruction about brushing and flossing;
- counseling about diet and its relationship to oral health;
- explaining dental treatments, orthodontics, periodontal therapy, and cosmetic procedures using a range of visual aids.

They are always happy to answer questions about your personalized plan of care which is imperative to your oral health. After all, proper home care including brushing, flossing, and healthy eating are a crucial part of preventive dentistry!



Because not all smiles are born that way...



Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

Answers: all of the above; gum disease; seconds of brushing

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

Type Of Crown: **All-Metal**

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type Of Crown: **Porcelain Fused to Metal**

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type Of Crown: **All-Ceramic or All-Porcelain**

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Increase Your Shelf Life

Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

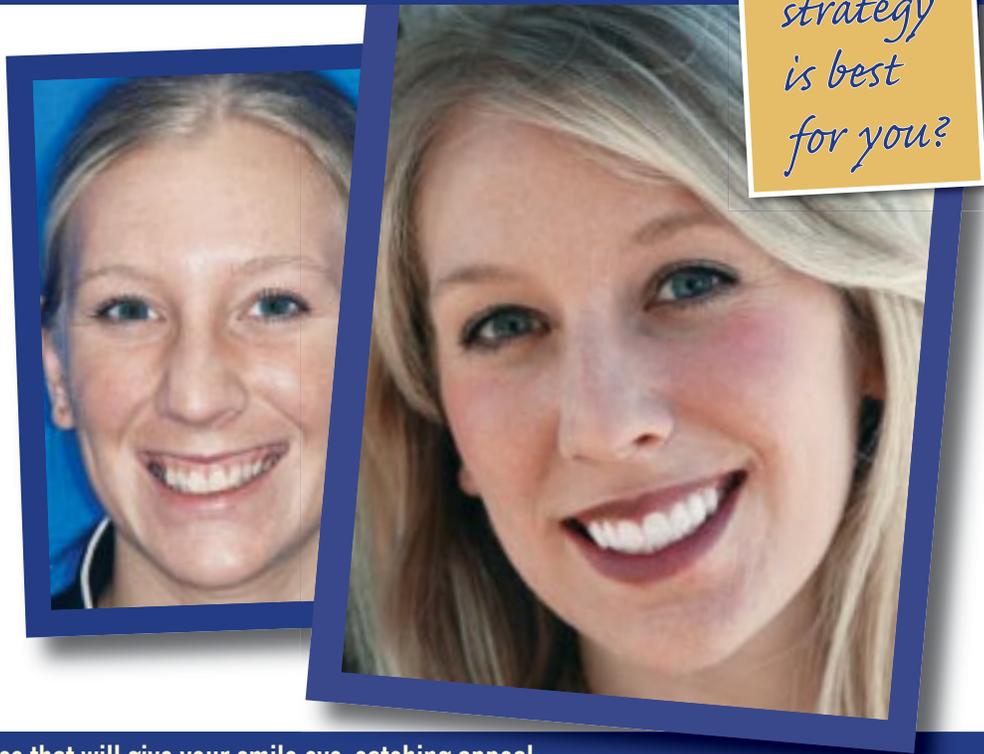
What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



Assert Yourself!

Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

First Steps

Your child's teeth can last a lifetime

Baby's first tooth is a celebrated occasion and the perfect time to start ensuring healthy teeth for a lifetime.

Baby teeth are like *place holders* for the adult teeth, and are susceptible to cavities, especially for babies put to bed with other than water in their bottle. Carefully wipe your infant's new teeth and gums with a piece of damp gauze or a washcloth, then move to a soft-bristled children's toothbrush.

Your good example is best for teaching. Use a pea-sized amount of fluoride toothpaste on a soft brush, then encourage them to brush – but follow-up with a *parent check*.

The first dental visit should be between two and three years of age. You can put your child at ease by playing dentist ahead of time and treating the visit as a normal part of their day. If your water isn't fluoridated, we'll adjust your child's treatments. Fluoride makes teeth stronger and more resistant to infection.

Once your child's permanent teeth



appear, a plastic coating is placed in the grooves of the back teeth. This keeps food and bacteria out of the grooves.

If your teenager is lax about routines or concerned about poorly positioned teeth or other dental problems, talk to us. We can advise about procedures to help encourage their self-esteem.

The road to a healthy mouth is a lifelong journey that starts with their first tooth.

Meet Baby Lily



In our last issue we welcomed the arrival of baby Lily, the newest and first addition for proud parents Gina and Teddy. Lily was born October 23rd weighing 7 lbs. and 12 oz. and she is just magnificent! Both mom and baby are doing exceptionally well and we all enjoy Lily's visits into the office.

We were able to tear Gina away after her maternity leave so she is now back to her regular duties at the front office – Welcome back Gina!. Make sure you ask to see the new baby photos next time you are in the office.

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Gina, Jenny

Hygiene

Cheryl, Juliet

Assistants

Becky, Terra

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

Enhance Financing



Overcome Fearfulness

Look & feel great

As many as 145 million North Americans avoid dental visits ... but that's changing. According to the American Dental Association, there's been a relative decline in dental fear compared to an increase in people's general anxiety levels.

We are trained to help put people at ease with a welcoming atmosphere, relaxed environment, and comfortable non-surgical procedures. And it doesn't matter what your age or how long it's been since your last dental visit ... you can still experience a white, attractive smile; non-surgical cosmetic and restorative treatments; healthy gums and fresh breath; and comfortable dental appliances.

Dental Implants

Smile therapy!

Increasingly, people are choosing dental implants as the preferred tooth replacement therapy. A survey revealed that dental implant procedures have increased by almost 50% in the past five years. That's because people are discovering that implants look very natural and feel secure, allowing patients to speak clearly and eat easily. And because they help prevent bone loss, implants can help maintain a more youthful appearance.

Implants have improved since their invention in 1952. A titanium post is placed into the bone to support a single replacement tooth, or a frame for several. The post will become biologically fused to the jawbone, and the replacement tooth will be secured to this post, resulting in a natural-looking fully functional smile.