

Orchard Heights Dental Centre's DENTAL NEWSLETTER

For the Patients of Dr. Ray Katz and Dr. Leslie Gelfand



Produced to improve your dental health and awareness

2009/2010

fromthedentists

Missing teeth ... loose dentures? Consider dental implants!

In the five years since we began placing dental implants in our office, we have found them to be an exciting, permanent and reliable way of replacing missing teeth and securing loose dentures. Dental implants are quickly becoming the gold standard of tooth replacement primarily because they don't attach to any of your other teeth. They are made of Titanium and securely attach to your own bone in the area of the missing tooth. Once a tooth is added to the implant, it looks and feels like a natural tooth. In the case of loose dentures, an attachment is added to the implant that secures the denture from moving. If you think this may be of benefit to you, we would encourage you to call or discuss it with us next time you are in our office.

On a more personal note, we would like to congratulate Michelle and Becky on the birth of their baby girls, and Dr. Gelfand on the birth of her baby boy! All are doing well. Dr. Gelfand is now back at work and available to see patients on Tuesdays 10am-7pm, Thursdays 9am-5pm, and Fridays 8:30am-4pm.

As always, we have you, our patients to thank for making our practice the success it is. We are grateful for your ongoing loyalty and continued referrals.

Warmest regards,
Dr. Ray Katz & Dr. Leslie Gelfand

Dental Implant Facts

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look following tooth loss. Dental implants can replace those lost teeth and help you to look great.

Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.

Implants...

- require only normal brushing and flossing for maintenance;
- are anchored permanently in the bony area of the missing tooth;
- preserve and strengthen the underlying bone just like the roots of your natural teeth;
- do not alter or compromise adjacent healthy teeth;

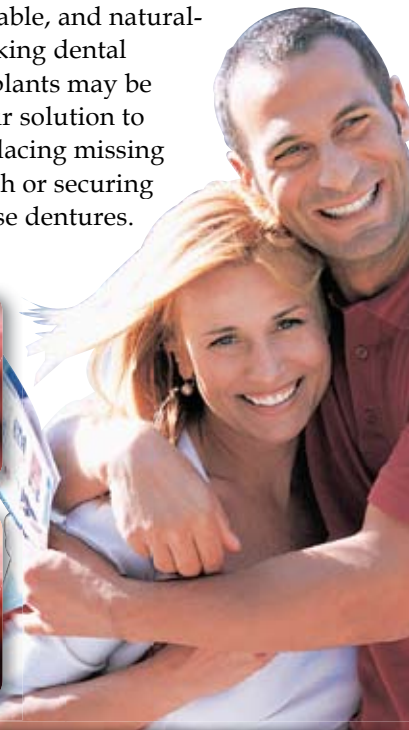
- are placed in the comfort of our office with just regular freezing;
- can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;
- can secure loose dentures, or replace partial dentures & bridgework;
- are without any age barrier;
- are safe & reliable (hundreds of thousands are placed every year – all over the world);
- look completely natural so that no one will know you have them... unless you tell!
- cost is similar to a permanent bridge!

Call for a consultation. Safe, reliable, and natural-looking dental implants may be your solution to replacing missing teeth or securing loose dentures.

before



after



Visit us at www.orchardheightsdental.ca or email our front desk at info@orchardheightsdental.ca

For weekend & evening emergencies please call Dr. Katz at (416) 560-5289 or Dr. Gelfand at (647) 988-8900



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

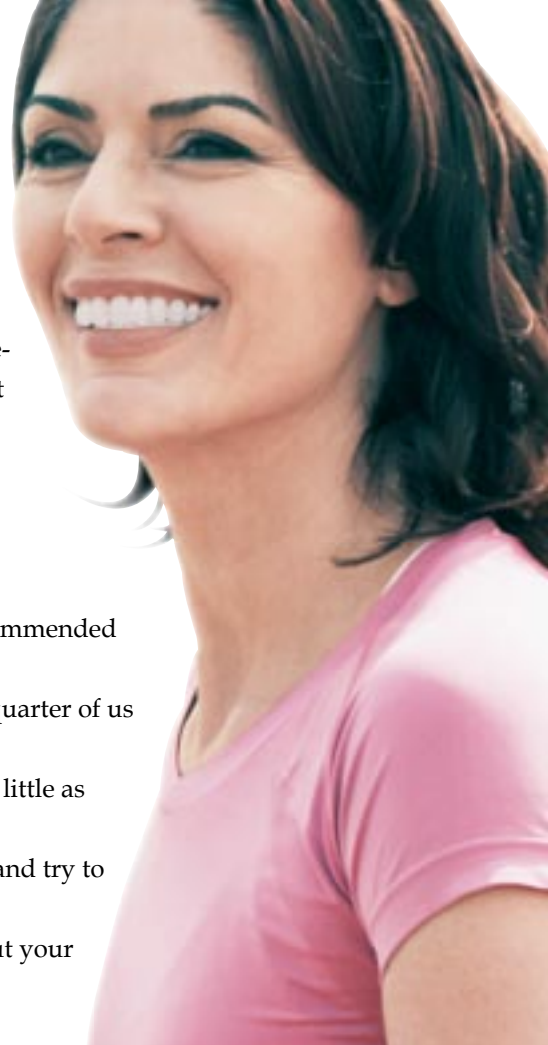
Healthy environment

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!



DISCOLOR



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.

Remember Your Recall

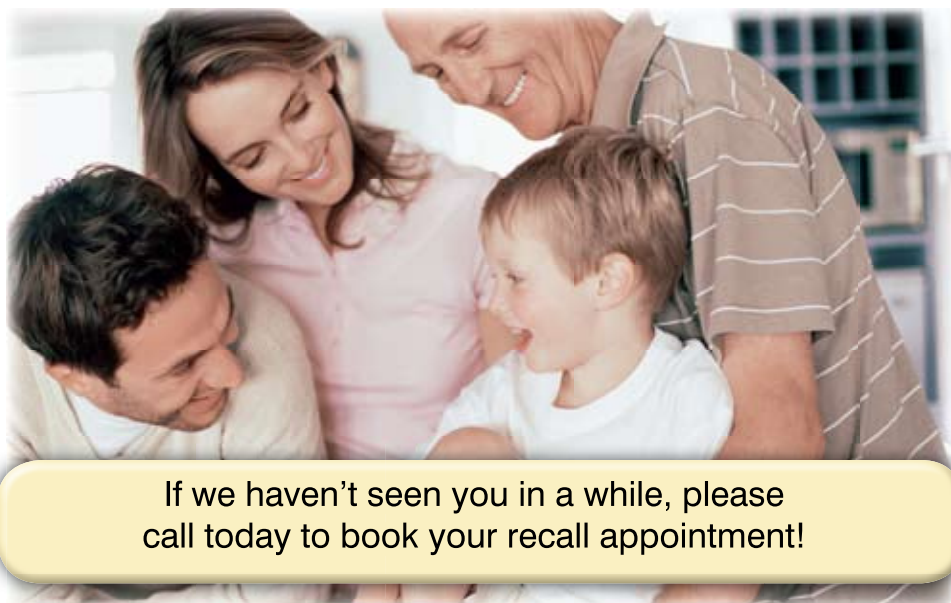
The importance of regular examinations

Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months.

We refer to your checkup visit as a *recall appointment*. A recall dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities or other problems.

If there are no problem areas requiring treatment, we probably won't see you again until your next recall appointment!

Giving your teeth regular checkups is the only way to keep them in tiptop shape. Recall visits help to catch dental problems like decay before they can grow to be more serious, painful and costly. Routine dental examinations can



If we haven't seen you in a while, please call today to book your recall appointment!

detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recall appointments a year. Insurance companies know from experience that regular recalls are a good long-term investment in your health.

At the end of your recall visit we encourage you to pre-book your next

appointment. If you have not seen us for a while and you are not sure when you are due for your next recall, don't delay - give us a call. Good dental habits will help your teeth last a lifetime.

Please advise us of your best method of contact! Email, cell, telephone?

office information

Dr. Raymond Katz, Dentist
Dr. Leslie Gelfand, Dentist

St. Andrew's Shopping Centre
45-2 Orchard Heights Blvd
Aurora, Ontario
L4G 3W3

Office Hours

Monday 8:00 am - 5:00 pm
Tue & Thu 10:00 am - 7:00 pm
Wednesday 8:00 am - 5:00 pm
Friday 8:00 am - 4:00 pm

Phone Numbers

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Office Staff

Christine, Becky Front Desk
Allyson, Tabettha, Michelle... Dental Assts
Brooke, Chrissy, Gail
..... Dental Hygienists

EDI claims processing



Plugged In Or Unplugged

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.



How Can We Reach You?

In an ongoing effort to update our records and improve communication with all of our patients, we would ask that you **take a moment to forward us your three methods of contact: e-mail, cell number, and home or business number.** Please indicate which would be the most preferred and reliable method for our office to contact you.

"Protect Your Smile"

Orchard Heights Dental Centre proudly sponsors girls and boys sports teams in our community! Our office provides custom **sports guards** in a variety of colors for only \$40!