



Your Smile

optimal • beautiful • personal

Produced to improve your dental health and awareness

Winter 2012

from the dentist

Happy New Year!

Thanks to you all

It was a great holiday and we've returned renewed, rejuvenated, and ready to get going for another year. We hope you had a terrific holiday season with friends and family helping to make it special.

As this New Year dawns, we'd like to take the opportunity to thank all of you for teaming with us to meet your goals in the past year. This means a lot to us, and we'd like you to know how honoured we are by this.

The New Year is always full of promises to improve ourselves and to live healthier lifestyles. Make a resolution to yourself to brush, floss, and rinse, and it'll go a long way in making good home care happen.

Here's to a Happy New Year, and once again, thank you for your business and your friendship.

Yours in good dental health,

Dr. John Carson & Team

turn the page

Are your prevention efforts effective?

6 ways to an ageless smile!

Teach your kids well!

Nourish Your Smile...

With a well-balanced diet



Eating correctly not only reduces the risks of diabetes, heart disease, and being overweight, it benefits your periodontal health. Here's how:

- Diets low in important nutrients weaken the immune system's ability to fight off infection.

- Periodontitis is a bacterial infection that destroys the tissues and bone that support the teeth.

- Calcium builds bone density in the alveolar bone that supports the teeth.

- Men and women who have insufficient calcium are almost twice as likely to have periodontal diseases – particularly young adults in their 20s and 30s.

- Vitamin C plays a role in maintaining and repairing healthy connective tissue.

- Patients who consume insufficient vitamin C risk developing severe gingivitis and red, swollen, bleeding gums.

Adequate nutrition and regular dental care are important steps on the road to periodontal health.

Dental Diet Tips

- ❖ Maintain your weight and your oral health

- ❖ Brush your teeth right after meals to keep from snacking beyond being satisfied.

- ❖ Drink water to curb your appetite, to avoid excess calories and carbohydrates, and to keep your mouth fresh.

- ❖ Chew sugarless gum while cooking so "sampling" doesn't turn into snacking.

- ❖ Get your teeth cleaned professionally ... regularly. You'll enjoy the clean look, feel, and taste so much – you won't want to stain them!

Thank you for all your referrals. We appreciate them!

5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



"Ascared" Of The Dentist?

Not your kid!

Kids' fear of "going to the dentist" is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for "brain freeze." It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!

Recommended Relief

Sedation dentistry: comfort, relaxation, & control

Dentists have worked long and hard to diminish or eliminate patient pain. Anxious and even phobic patients often discover that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable with sedation... and you are no different. We can make *your* next visit a lot more comfortable. And of course, prior to administering any anesthesia, we'll discuss your needs, your medical history, and your current health with you.

Nitrous oxide, commonly referred to as *laughing gas*, is an effective anesthetic with many benefits. This type of sedation dentistry is appropriate for those individuals who are dental phobic, people with a sensitive gag reflex, and people who require surgery, or who require extended and complex treatments.

Benefits Of Sedation Dentistry Include:

- Elimination of fear.
- Reduction of anxiety.
- Increased comfort levels.
- Heightened relaxation.

Oral sedation (pills) are used for many of our patients who are needle-phobic. Since with oral sedation patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. Like Nitrous oxide, oral sedation is also very safe, but it lasts for several hours after the appointment. You will need an escort home.



Dental sedation is a safe and effective way to reduce the stress and anxiety associated with your dental appointment. If you're apprehensive about dental visits, the first step is to call. We will work with you to eliminate this barrier to better oral health.

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FINANCING OPTIONS



Waste Not, Want Not Benefit now!

We just love it when we get to be the bearers of good tidings! This is our chance to remind you that for most people, January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the new year is an excellent time for an examination so that we can monitor your oral health and review your home care regime. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make this your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!

New Patients Welcome!

Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.