

BROADWAY STATION DENTAL CENTRE

BULLETIN

Produced for the Patients of Broadway Station Dental Centre

Fall 2003

Women And TMD

If you are one of the millions of North Americans who suffers from tenderness in the jaw muscles, limited jaw opening, jaws that get stuck, unexplained facial or head pain, jaw joint grating or clicking, you may have a condition called *Temporomandibular Joint Disorder* or TMD.

Treating TMD has long been a challenge, and there's no simple prescription, but recent research seems to confirm that women are particularly susceptible and that there is a hormonal link. According to some studies, 90% of patients seeking relief for the problem are women of childbearing age.

Here are some tips for both women and men who experience a sore jaw joint. If the soreness continues, or if you have any of the symptoms we have outlined, please call us for a consultation.

Don't

- chew gum;
- open your mouth any wider than an inch or so;
- chew caramels, firm bread crusts, nuts, raw vegetables, or leathery meats;
- chew ice cubes;
- jut out your lower jaw to apply lipstick or lip balm.

Do

- yawn carefully;
- sleep on your back, rather than your side, and don't support your face on your arms or fists;
- avoid stress and jaw clenching;
- try ASA to reduce inflammation. (Ibuprofen can also help.)

Greetings!

We hope that your family had a great summer and enjoyed all the fantastic weather that was upon us. We are now back to our regular hours and are still open from Monday to Saturday with evening appointments available. Give us a call and we will do our best to accommodate you.

Do you still think of the dental office as where you just get your teeth cleaned and polished? Think again! A lot more time is being spent on the appearance of teeth than ever before. At Broadway Station Dental Centre we have a large array of dental services including orthodontics, implant dentistry, tooth whitening, porcelain veneers and crowns. If you are considering a smile makeover, please call us for a consultation.

Our goal is to keep you educated and informed about what is happening in dentistry

Did you know that Dr. Mark Parhar is the dentist for the *Vancouver Giants Hockey Club*? At this time he is busy making the players custom fit mouthguards. Do you or your children play a sport where a mouthguard is worn? We can provide a custom made mouthguard for you. Just give us a call and book an appointment.

At Broadway Station Dental Centre we are always striving for excellence and to fulfill this we are constantly looking for ways to improve our service to you. The doctors take many courses to learn new procedures and treatments. **Drs' Cheevers, Liu, and Parhar** are joining an implant study club. Implants are a very important part of dentistry and the use of implants will vastly increase in the future. Our goal is to be able to provide excellent implant treatments to you. **Dr. Saintonge** has taken several postgraduate courses in orthodontics. In addition, she has vast training in the management and treatment of TMJ disorders. **Dr. Shew** is always staying on top of the latest trends to help him provide quality treatment to all of his patients. As well, our hygienists and administration staff are routinely taking courses to better serve you. We take great pride in our effort to provide you with the best dental treatment and care possible.

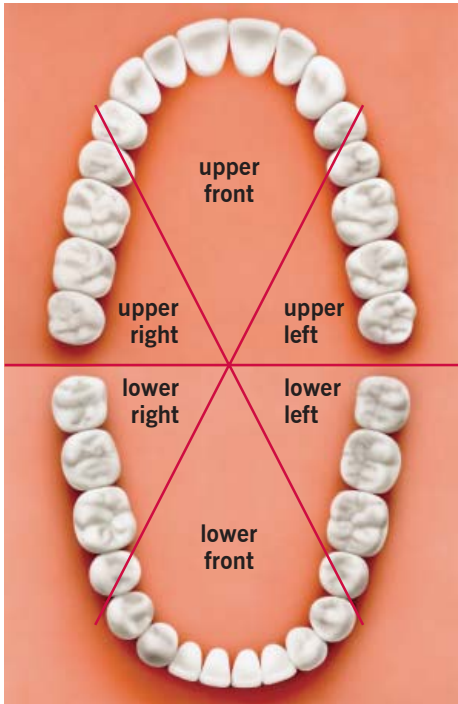
We hope you enjoy our bi-annual newsletter. Our goal is to keep you educated and informed about what is happening in dentistry and what we are doing at Broadway Station Dental Centre. We appreciate your trust in us and we look forward to meeting your every dental need.

See you in the chair!



A healthy smile is always in style!

Micro-Mapping Your Future



Probe: (prôb) noun: An exploratory action, expedition, or device.

Believe it or not, to a dental professional, probing the micro world of the oral cavity is every bit as absorbing and as important as an explorer's expedition to Everest, or a Cousteau underwater adventure. The oral cavity is a fascinating and complex microcosm, but more importantly – timely exploration could save your smile and perhaps even your life. This is particularly true of the gingivae or gums that make up the tissues surrounding your teeth. Untreated bacterial buildup in the mouth can cause periodontal disease which has been linked to cardiovascular and other systemic illnesses, including diabetes and osteoporosis. Periodontal disease is the number-one cause of tooth loss in adults. Diagnosis and prevention are a top priority.

Probe: (prôb) noun:

A slender, flexible surgical instrument.

The periodontal probe is a specially designed instrument used in a simple three-minute test. It measures, maps, and tracks the health of your gums. Your mouth will be divided into sections, and your "score" will indicate whether further testing is required. This test allows quick, simple, and effective monitoring of your oral health.



Future Wave

Dentistry continues to push the envelope of scientific knowledge.

Scientists can clone, characterize, and identify patterns of a protein in mice that appear to be important to the body's ability to create dental materials. Previously it was thought that these proteins could only form

enamel, but experiments are being done to **regenerate periodontal (gum) tissues.**

Scientists have discovered that a deficiency in white blood cell function can contribute to early-onset or aggressive **periodontal disease.** Bacteria initiate the disease, but when white blood cells can't reach infection sites, a bacterial overgrowth may occur. This opens **an exciting new**

avenue for future treatments.

Developing effective antibiotics presents a greater challenge due to the copious types of bacteria in the mouth. Vaccine experiments have shown promise with animals, but it will be some time before these are available.

The best **cure for periodontal disease?** Prevention and early detection – no matter what the future holds.

Cause & Effect



In an earlier age you might have believed that opening your eyes in the morning caused the sun to come up. It's easy to draw conclusions about cause and effect based on observation ...and then run with them. But now we know better.

Over time, observers developed scientific methods and learned to

exercise caution before drawing hard conclusions. This is especially true when we try to establish cause and effect regarding disease. It takes a whole body of research over a very long time to weed out other contributing factors and to decide just what is affecting what. Applying this to dentistry, if patients with

1960s

A Boston study followed 1,231 healthy men. By the late 1990s, the men who started out with bad gums had about twice the death rate as the others, particularly from cardiovascular disease.

1970s

A Wisconsin study followed up on the health of 9,760 Americans surveyed in the 1970s. By 1987, heart disease was 25% more common in those who had gum disease in the first study.

Your Smile Is More Than Your Teeth

When we look at beautiful smiles, it's easy to focus on the teeth, but if you look closely, you'll see that there's more to a youthful, dazzling smile. Pink, healthy gums surrounding sparkling teeth also send out a message of health and youth. If you really want a sunshine smile, take care of your periodontal health!

Your gums aren't perfect? You're not alone. Periodontal disease affects 75% of adults over 35 years of age, and up to 30% of the population may be genetically susceptible. Tobacco use, stress, medications, systemic disease, or fluctuating hormonal levels during puberty, pregnancy, or menopause can all affect the health of your gums.

The earliest stage, known as *gingivitis*, is characterized by red, swollen gums that bleed easily. Gingivitis begins when the bacteria in plaque – the sticky film that forms on teeth – causes inflammation. It's reversible with diligent home care and regular dental treatment.

Periodontal disease is progressive if untreated, and in later stages, only professional dental intervention can help. Advanced periodontal disease (*periodontitis*) can lead to severe inflammation, bone loss, gum recession, and tooth loss.

Healthy gums and teeth mean a healthy mouth – and that's the look you've been looking for!



What We Can Do

[Screening]

To assist with early detection of periodontal disease, periodontal screening is a part of your routine oral checkup.

[Tartar/Calculus Removal]

To remove the hard calcium deposit formed over time when plaque collects and hardens.

[Root Planing]

To remove plaque and tartar deposits that have built up above and below the gumline. The root surfaces are smoothed to help prevent future bacterial deposits.

What You Can Do

[Brush]

To remove food particles and plaque from your teeth, to stimulate your gums, and to clean your tongue.

[Floss]

To remove food particles from between your teeth, plaque from above and below your gumline, and to prevent tartar buildup.

[Mouth Rinse]

To effectively reduce the bacteria that form plaque and tartar, and to freshen your breath. Make sure it's been approved by the Dental Association.

cardiovascular disease have periodontal disease, which is the cause and which is the effect? Or is one a symptom of the other? Until these questions are answered, the scientific community prefers to talk about *links*.

There is no question about it. There is a body of circumstantial evidence building strong links between

periodontal disease and overall health, and there are two favored theories:

- Bacteria are released from the mouth into the bloodstream, perhaps while brushing, and release toxins. Periodontal plaque has been found on artery walls.
- Bacteria-fighting blood cells give off proteins that could have harmful

effects on the body, and may trigger premature labor by making the uterus contract.

All of the evidence has yet to come in ... but in the meantime, please take care of your periodontal health. Brush, floss, rinse, and attend your regularly scheduled appointments to ensure a lifetime of healthy smiles.

1993

The British Medical Journal published a study that showed 7,610 Americans with periodontal disease had a 25% higher risk of coronary heart disease than those without gum disease.

2000

The Surgeon General's Report On Oral Health In America recognizes that oral & general health are linked. The connection between oral health & many diseases is evident, but more study is required.

2002

Studies continue to research the links established between periodontal disease & low-weight pre-term births, osteoporosis, respiratory & heart disease, stroke, & diabetes.

Exploring Your Options For A Beautiful Smile

Is it worth the effort to improve my smile? Can an attractive smile really make a difference in peoples' lives? Those are two common and legitimate questions we're often asked when a patient is considering dentistry to improve their smile: *Can it make a difference?* All indications are that it can. *Is it worth the effort?* For most people, absolutely.

In a nationwide survey conducted to study that exact question, here is what North Americans perceive and believe to be true:

- 92% accept that a smile is an important social asset;
- 87% acknowledge that they always remember someone with an especially attractive smile;
- 85% said that an unattractive smile makes a person of the opposite sex less appealing, and;
- 74% accept that an unattractive

smile hurts a person's chances for career success.

It seems quite clear that your smile can, in fact, have a very positive (or negative) impact on your life ... socially, romantically, and in your career. A beautiful smile makes you memorable and adds to your opportunities, while a not-so-beautiful smile does not.

In his book, *Changing Your Smile*, Dr. Ronald Goldstein may have said it best...

"A compelling smile illuminates your face and quietly says, 'I care about myself. I like who I am...'. It can open doors and knock down barriers that stand between you and a fuller life."

So, should you make the effort to improve your smile? Only you can answer that question ... but here's what we would recommend. If you're not completely happy with your smile,



if you would like your smile to be more attractive and memorable, then expend the effort to explore your options. Please feel free to ask us questions about what's involved to make your smile "compelling." We always welcome your call.

OFFICE INFORMATION

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Office Hours

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Is It Time For An Appointment?

We schedule your checkups based on what keeps your smile at its best. We need to see you often enough to diagnose and treat any problems and to take preventive action – usually once every three to six months.

If you brush and floss regularly and you don't have any tooth troubles, you may be tempted to bypass your next appointment. Please don't! The reason is simple – only a dentist is trained to spot potential problems and provide the right treatment.

A regular checkup includes a screening for unusual or small problems that might become big ones! This covers the early warning signs for gum disease, infections, faulty restorations, and oral cancer. We'll also do a thorough cleaning, remove tartar buildup, and answer any questions you may have.

If you think you need a checkup, call us! We'll be happy to let you know if you're overdue. Remember ... regular dental appointments are a good long-term investment in your health.



Relationships And Rewards

Every season has a way of inspiring thoughtful moments. At such times, our thoughts often turn to important relationships. Since much of our life is spent as professionals here at the practice – that's a *lot* of relationships! You might find it strange to think of

this as a humbling notion, but it is.

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing *your* relationships in our care.

Your trust and confidence are so

important to us that we're introducing our new *Referral Reward Program*. We have included four referral cards that you can give to friends to bring on their first visit. Don't forget to fill in *your* name! Each of you will have your name put into a draw for each referral sent. Once a month one lucky patients' name will be drawn for a weekend away for two at a hotel. *Good Luck!*

