

BROADWAY STATION DENTAL CENTRE

BULLETIN

Produced to improve your dental health and awareness

Fall 2004

from the dentists

Taking Time

We're thankful to you

It seems that as each holiday draws near, there's precious little time to get everything planned, organized, and prepared! But no matter how busy we are, it's always important to make time for the people who mean the most. In our dental practice, it's our patients who are number one. That's why in the spirit of the season, we would like to take some time out to sincerely say *thank you!* Your ongoing loyalty, referrals, and each and every kept appointment has gone a long way toward helping us run our practice smoothly and efficiently, making it a more comfortable and rewarding place for everyone!

If you have questions about our newsletter content, or if it's time for a checkup, just give us a call. We'd really like to say *thank you* in person.

Yours in good dental health,

Broadway Station Dental

turn the page

How body weight affects our teeth

Are you at risk for gum disease?

Take Our Stress Test! Do you recognize yourself?

Our Team!



Fall Tooth Tips

- Go for brushes with soft nylon bristles and a flat surface.
- Replace your brush about every three months.
- Use a mouthguard if you play contact sports.
- Choose healthy foods like cheese and crunchy vegetables.
- Never use your teeth to open things.
- Use a fluoride toothpaste.
- Don't smoke - and remember that coffee, tea, colas, and soya sauce can stain your teeth.
- If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
- Floss every day.
- See your dentist regularly!

We welcome new smiles!

The prevalence of periodontal disease among obese individuals aged 18-34 years was found to be 76% higher than for normal weight individuals in this age group.

For middle and older age groups, researchers found no significant association between body weight and periodontal disease.

Dietary trends towards less raw fruit and vegetables (sources of vitamin C) and decreased calcium consumption, along with increased intake of fast foods and beverages, may provide part of the answer.

Obesity & Oral Health

Researchers have found that obesity could be a potential risk factor for periodontal disease, especially among younger individuals between 18 and 34. Body mass index and waist circumference were used to indicate obesity.

Both obesity and periodontal disease have the potential to take away a person's confidence, smile, and good health.

What To Look For

You can have periodontal disease without symptoms – that's why we check for it during every dental exam. If you answer "yes" to any of these questions, you may have, or be at risk for, periodontal disease.

- ① When you brush, do your gums bleed?
- ② Do you have red or swollen gums?
- ③ Is your gumline receding?
- ④ Do you have bad breath all the time?
- ⑤ Do you smoke or chew tobacco?
- ⑥ Do you have diabetes or heart disease?
- ⑦ Do your partial dentures no longer fit properly?
- ⑧ Do you have missing teeth, or have you developed spaces between them?

Your Smile Foundation

Let's face it. Most people are concerned about the appearance of their smile. In fact, in one survey, 80% of participants wanted to improve their smiles. We can give you a more attractive smile with procedures like porcelain veneers, gum sculpting, and dental implants.

But first things first... Appearance and oral health are inextricably linked. **Pink, healthy gums** and a strong, supporting bone structure – both key elements of optimal periodontal health – are essential before any cosmetic procedure will

have the dramatic impact you desire.

Periodontal disease occurs when the number of oral bacteria increases, and the balance tips from *harmless* bacteria to *harmful* bacteria that form a film called plaque. Without **regular brushing and flossing**, plaque accumulates and will transform into rock-hard tartar that can *only* be removed by dental professionals. Periodontal pockets develop and house an over-proliferation of bacteria which wreak havoc on your oral health.

Periodontal disease may be an autoimmune disorder in which

immune factors in the body attack a person's own cells and tissue. This may explain its link to systemic diseases including diabetes, cardiovascular disorders, cancer, and osteoporosis. Obesity, stress, poor nutrition, and smoking are all contributors to periodontal disease.

Brushing, flossing, and **regular checkups** are the building blocks behind a healthy mouth and an appealing smile. We are always happy to discuss your cosmetic dentistry options, but we want you to have a healthy foundation first.





Andropause was first identified in the 1940s. It has been called the male menopause, the male climacteric, and viropause. It is a normal stage of male development characterized by gradual hormonal, physiological, and chemical changes that can begin by age thirty-five or as late as age sixty-five. These changes can occur over many decades, and may be accompanied by changes in attitudes and moods, fatigue, and a loss of energy, libido, physical agility, and strength.

This decline in hormonal levels can put men at risk for health problems like cardiovascular disease and osteoarthritis, both of which have been linked with periodontal disease. We

always encourage women to pay particular attention to their periodontal health during hormonal fluctuations that occur throughout their lives ... and it's no different for men.

In North America it is estimated that over 25 million men are going through **andropause**. By 2020, there'll be approximately 58 million. Periodontal disease is the greatest cause of tooth loss among all adults, and its links with systemic diseases is well documented. Remember, maintaining your periodontal health is always very important.

Your family physician can help with information, diagnosis, and treatment if the symptoms of **andropause** are problematic for you. Lifestyle approaches such as optimal diet, regular exercise, and stress management, as well as a reduction in tobacco and alcohol intake, are all excellent prescriptions for good oral health.

Post-Prandial Protein: The Stress Buster

A little stress can help improve performance. A little too much can impair it. Stress can also affect your overall and periodontal health by altering hormonal levels, and by lowering your resistance to gum disease and related illnesses. Stress-

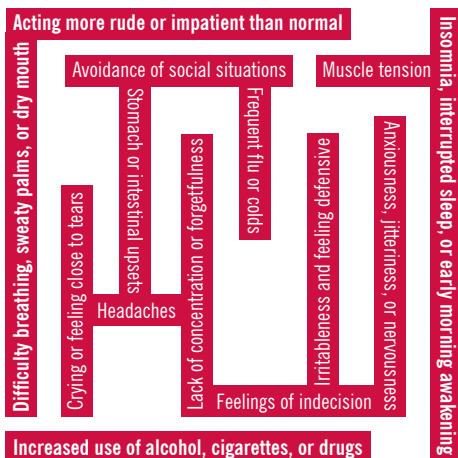
induced fatigue can interfere with your regular dental home care.

If you can stave off weariness, you can help fight stress. A high-protein lunch can produce stable blood levels and prevent afternoon tiredness - the post-prandial plague.

There is no right way to handle pressure; you need to find out what works for you. Stress can increase your risk of health problems including periodontal disease, so it is important to develop your own effective recipe for relief.

STRESS TEST

If you've noticed any of these feelings lately, you may wish to consult with your family physician to eliminate possible underlying physical causes and to recommend a program of lifestyle therapies.



range You Glad You Asked?

Less is more for preserving teeth & gums

No matter how careful you are with your brushing technique, research has shown that many people brush too hard, potentially causing damage to tooth enamel and gums. The force you apply to your toothbrush may feel reasonably light, but the pressure is actually much greater because you are applying it to a very small area.

Since it's practically impossible for the average person to guess how much pressure they are applying, the weight of an orange has been suggested as a comparison for the ideal pressure of 150 grams or about 5.3 oz. We know that holding an orange in one hand and brushing with the other is unrealistic, so we recommend that you ask us at your next appointment for training in the correct brushing, flossing, and pressure techniques!

The Modern Standard

Start smiling with white teeth

Ever notice how the bad guys in movies always have stained, yellow teeth while the heroes have a glamorous, gleaming set? White teeth have long symbolized youth, vitality, wealth, and power – on screen and in real life.

Why are we so conscious of other people's smiles as well as our own? Perhaps because it's so easy to have an esthetically pleasing, beautiful smile, it has become the modern standard. Teeth whitening is one of the simplest, most convenient, and most affordable cosmetic dental treatments.

All teeth naturally dim somewhat over time. Normal wear and tear, staining agents like coffee, tea, and tobacco, medications, and even genetics can all contribute to dulling your smile. Whitening involves the lightening of dental discoloration by the application of a whitening agent. Dentist-supervised tooth whitening is the safest and most reliable solution that yields excellent results.

A dentist-supervised at-home whitening kit offers excellent results in the privacy of your own home. You control your time investment by



What shade do your teeth match on this color scale?
Professional whitening may brighten your smile up to eight shades!



choosing whether to go a little whiter ...or a lot whiter. This system usually takes about two weeks to create your personal best effect. Of course, we're always available to answer your questions.

Be sure to let us know if you're interested in tooth whitening. Imagine ...within two weeks, your smile could be the brightest and whitest it has ever been!

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Get The Most Your dental insurance

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, **before** your 2004 dental insurance expires. So give us a call!

Accept Our Gratitude...

For your referrals

We'd like to thank all of you for sending your family, neighbours, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we *really* appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

