

BROADWAY STATION DENTAL CENTRE

BULLETIN

Produced to improve your dental health and awareness

Spring 2005

fromthedentists

Great News From Broadway Station Dental Centre!

We have converted to total digital integration, one of the first in Canada. All of our operatories now have digital x-rays and intra oral cameras; these are linked by software with your file on our computer. We also have purchased a camera for taking special facial pictures; but our newest acquisition is a digital panoramic machine which allows us to study basic panoramic application, the TMJ, to paranasal sinuses. The beauty of this technology is high quality diagnostic images which unfold instantly on the computer screen. It means less radiation to you the patient (1/20 of the old analog) and tremendous environmental saving - no silver halides pollutants to the water.

Our dental hygienist help to keep your teeth and gums clean and healthy, they also make a general assessment of your mouth and overall dental health. Their key concern is the prevention of dental disease; while the dentist's concentration is on the diagnosis and treatment of it. All of your x-rays and pictures are reviewed by our entire team.

With the arrival of warm weather and vacations, we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible scheduling for all of our patients. In fact, we encourage you to keep up with your recall appointments ... even when your dentist is away on holidays. Our summer hours begin at the end of June where our late nights will be Tuesday and Wednesday.



Amplify Your Smile

Let us show you whitening that works!

As dental professionals, helping people to look their best brings with it a responsibility to ensure that results are achieved in a safe, reliable, and effective way. It's remarkable how often we see that safe, simple procedures like the placement of attractive white fillings or supervised at-home teeth whitening can boost a patient's self-confidence.

Why the emphasis on dentist-supervised teeth whitening - even at home? We would say *especially* at home. There is no single reason for teeth staining. Every smile is unique and every whitening formula is best suited to a particular purpose. We can recommend safe teeth whitening products that over a few days or a few weeks can...

■ Whiten *accumulated surface stains* created by everyday eating and drinking.

■ Meet the challenge of stains trapped in *microcracks* in tooth surfaces.

■ Remove stains within the *tooth*

structure caused by illness or medication - something only a dentist can do.

White, contemporary composite fillings are another option. They are long-lasting, durable, and - no contest - better looking than silver fillings! We'll be happy to discuss your best alternative.

If you are thinking about rejuvenating



True!
Handsome teeth.
Handsome smile.
No question about it!



your smile, please call us. Let us save you the disappointment of store products that don't work for your smile or that offer only temporary results. We will discuss options with you, and then provide whitening solutions that are both safe and effective ... and which can amplify *your* unique smile.

We welcome new smiles!



Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

1 Whitening Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	2 Crowns Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	3 Veneers Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	4 Bridges Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	5 Braces Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	6 Composite/Inlays/Onlays Restore and strengthen decayed areas while looking extremely similar to original tooth color.	7 Bonding Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
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Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

Moisten. Drink plenty of fluids and condition lips with balm.

Stop. Do not lick or chew your lips. The skin is very thin and is easily damaged.

Exfoliate. To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

Switch. Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

Prevent. Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

Sarcopenia

You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

How Radiant?

Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

Glitz or glamor?

Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve
teeth size & gumline



Transform
discolored & crowded teeth



Correct
spaces between teeth



Mouth-Body Connections

Important health links

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

With **heart disease and stroke**, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream and contribute to the thickening of the walls of the coronary arteries.

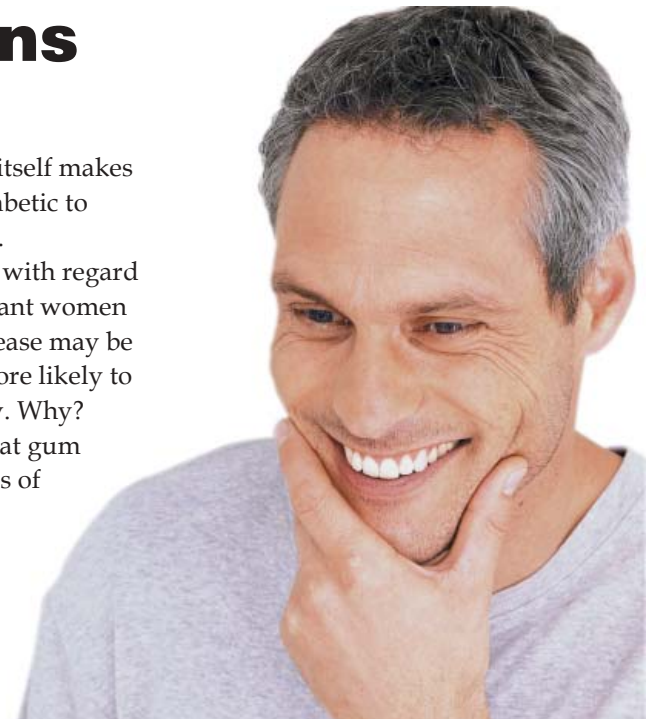
Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most

people. And gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature birth**. Pregnant women who have periodontal disease may be as much as seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

There is also evidence that periodontal disease contributes to **respiratory diseases** and **osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.



Stroke

New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease

Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes

A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

officeinformation

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Healthy Teeth Diet

Ensure you have one!

Nutrition plays an extremely important role in oral health, particularly during childhood. The greatest single threat to the dental health of children comes from the excessive use of *non-milk extrinsic sugars* found mainly in sodas, juices, biscuits, cakes, candy, and table sugar. These sugars provide about 17% of the energy for most children. The figure should be no more than 10%.

What is also alarming is the practice of adding sugar to milk-related food and allowing kids to sip sugary drinks for prolonged periods.

The first line of defense, after cutting down on sugars, is to immediately brush the teeth.

A family plan to eat well, to follow a rigorous home oral care program, and to schedule regular dental checkups will go a long way toward a lifetime of shining smiles!

Yes! We Will!

Answers to core questions

Here's how we answer the top three questions that the people you refer to our practice like to ask us...

Will you take time to provide personal attention to me? Yes. We pride ourselves in creating a warm, supportive atmosphere and building trusting relationships.

Will you provide instruction and explain preventive and home care techniques? Yes. We are committed to preventive care. The best patient is an informed patient.

Will you provide fee and payment plan information before treatment? Yes. We'll also help you prioritize treatment that's essential, can be phased, or is elective.

We sincerely appreciate your referrals of family and friends, as it is one of the best compliments you could ever give us!

