 **Dental
Care** **Bugle**

Produced to improve your dental health and awareness

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fromthedentist

Protecting Tooth Enamel

The good news is that dentists believe that because of improved dental health fewer people have cavities. However, there is a concern about something called acid wear. Citrus fruit, soft drink, fruit juices and wine seem to be harmless snacks when they're taken in moderation, but high-acid foods and drinks such as these can temporarily soften the enamel on the tooth's surface. Over time, the weakened surface may become thinner as it is gradually worn away by brushing. Enamel maintains tooth structure and protects it from decay. Enamel loss is irreversible, so it's important to protect it.

Use a straw for sodas and fruit juices and swallow without swishing rather than sipping throughout the day and try to limit high-acid foods and time consumption to mealtime to neutralize the acid with other foods. It's important to wait at least one hour after consuming these food and drinks before brushing your teeth.

If you have any questions or concerns, don't hesitate – give us a call!

Yours in good dental health,

Dr. Christina Binert & Associates

turnthepage

Get the competitive edge!

Prevent tooth loss, now!

Restore your smile: reclaim your life!



No Cause For Concern

Bisphenol-A (BPA) is a chemical used in the manufacture of one of the world's most widely used plastics. The problem? BPA does not stay put.

While there have been concerns about Bisphenol A (BPA) in consumer plastic products such as baby bottles and infant formula containers, restrictions on the use of this product do not apply to dental materials. The amount of BPA released from dental sealants or composites is extremely small and limited to a small number of products. The minimal exposure generally occurs within the first few hours after placement and then quickly reduces to virtually nothing. Once the material is placed and hardened, it becomes very stable.

No restrictions are planned for dental composites or sealants as potential exposure of BPA from these materials fall well within Health Canada's safety margins.

Set The Trend

Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

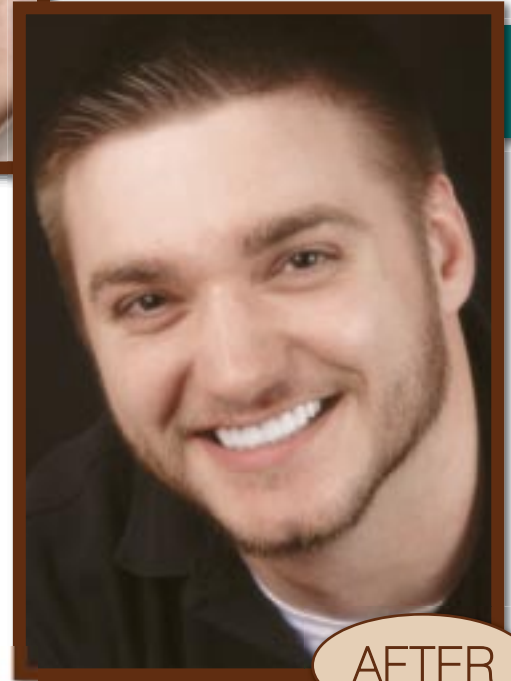
Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger
close gaps
repair
straighten
brighten
camouflage

VENEERS



AFTER

Avoid Gum Disease

Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

What We Can Do

Perform regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

Provide brushing and flossing instruction and explanations about your oral health needs.

What You Can Do

Schedule and keep regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

Commit to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





2 Quick Fixes Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

Whitening - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

White Bonding - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

What's On Your Menu?

Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

Add low-fat milk to sugar-free coffee or substitute with skinny lattes.

Swap black tea for green which has beneficial antioxidant properties.

Switch from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

Rethink soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

Replace red wine with white, and dark berry juices with light.

Avoid...

- hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;
- regular consumption of acidic foods and drinks that can

soften enamel and encourage staining.

Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

IMPLANT & VENEERS



COMPOSITE FILLINGS



Wellness Tips

It's not true that exercise makes arthritis worse. In fact, exercises stimulates cartilage to take up more nutrients and repair itself, and physical activity thus helps people with osteoarthritis reduce pain and stiffness and cope better with daily activities. This was recently seen in a study in *Arthritis Care and Research*, which looked at 346 older people who started the *Arthritis Foundation Exercise*, consisting of low-impact routines with gentle range-of-motion exercises (offered nationwide in many communities, see www.arthritis.org/program-list). Any kind of low-impact exercise, such as walking, cycling, and swimming, is beneficial.

Another reason to think twice about energy drinks such as Red Bull: Besides usually having a lot of sugar and caffeine (and/or other stimulants), they may cause tooth erosion and thus cavities. Not only are these drinks acidic, like many sodas, but a recent study in general dentistry found that Red Bull is much more corrosive than soda, Gatorade, or a coffee drink-which makes it most likely to harm tooth enamel. If you do drink such beverages, rinse with water afterwards.

Berry good for you. Berries help prevent cardiovascular disease in at least three ways, concludes a recent Finnish study of middle-aged people with high blood pressure, blood sugar, or cholesterol. After eight weeks, those who added about five ounces of berries to their daily diet had lower blood pressure, higher HDL (*good*) cholesterol, and less *sticky* blood (an effect similar to aspirin). The researcher attributed the benefits to substances in berries called polyphenols, also found in red wine, chocolate, and tea.



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Congratulations!

We were unable to feature the photo of our Valentine's bike winner, 4 year old Calan, in our last issue. Fortunately all software issues have been resolved...



Congratulations also go to our Easter bike winner, 5 year old Fior, and our summer bike winner, 3 year old Danielle.



Our next draws will be August 15th for Back to School and October 15th for Halloween!

Good Luck!

Keep brushing those teeth kids!