



Dr. Kazdan & Dr. Solomon's Tooth Talk

Produced for the Patients of Dr. Kazdan, Dr. Solomon & Dr. D'Angelo

Summer 2006

fromthedentists

Enjoy The Pace

Summer opportunities

I hope that summer provides as much of a slower pace for your family and friends as it does for mine. The tempo is more relaxed around the practice as well ... so it's a great time to schedule an appointment.

If you've been too busy for treatment, now is the time to call us. And if you're looking for a consultation, having unrushed time to think about your smile goals is ideal. It takes time for dental assessments and for your full involvement in treatment decisions. There's also processing for paperwork if you want to use your 2006 insurance before it expires on December 31st. Summer is the half-way point for most plans.

...But don't take half-measure in enjoying summer fun! Remember your sunscreen, drink lots of water, and enjoy summer and the sun to the fullest!

Yours in good dental health,

*Dr. Kazdan, Dr. Solomon &
Dr. D'Angelo*

turnthepage

The "numbers" reveal all the answers

Find the solution to information overload!

How can you benefit from positive thinking?

Confidence & Comfort

Dental implants can help you smile more!

Dental implants can help you look better, eat better, and feel better. More than a million have been successfully placed in North America. That's a lot of smiles! If you've been considering implants, here are a few of the most commonly asked questions.

❖ *What is an implant?*

An implant has two parts: a biocompatible metal root and a custom-made tooth which is attached to it. Underlying bone is prepared to accept the root which becomes part of your jawbone.

❖ *How do I know if implants are for me?* Implants are so versatile that they can replace one or more teeth, support a bridge and eliminate the need for a removable partial denture, or provide support to make a complete denture more secure and comfortable.

❖ *Will my implants look natural?*

Completely natural. You can eat, speak, and socialize with ease.



❖ *Are implants safe?* Definitely.

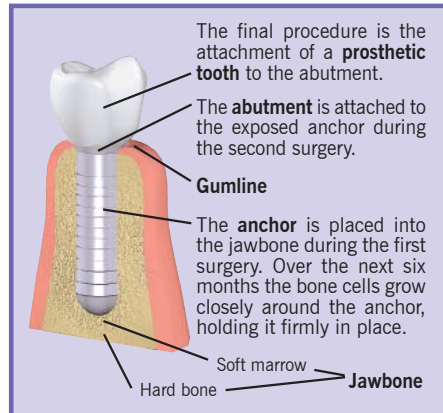
Implants have been used for about 35 years, and patients can expect a 98% success rate.

❖ *Do implants require special after-care?* No. They require the same home care and regular dental visits as natural teeth.

❖ *Are age and health important factors?* Age is not a factor. Most people in good overall and oral health are excellent candidates for implants.

❖ *How long will implants last?* Implants are designed to be permanent, and more than 90% last for twenty years or more.

If you have more questions about dental implants, please call us! We're here to help!



Thank you for all your referrals - we appreciate them!



Cause For Concern

Why should you be concerned about periodontal (gum) disease?

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It is an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

What causes it?

Plaque, the soft thin film you may feel on your teeth, is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* (or *tartar*) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it is called *periodontitis*.

How can you prevent or manage gum disease?

It's very important that you maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed – and even reversed!

Go Pro-Active!

Prevent cavities and gum disease

We know that bacteria has been linked to cavities *and* gum disease. A pro-active approach to your home care routine will go a long way to preventing oral health problems that can affect your appearance and overall health.

- Brush to prevent the buildup of the bacterial biofilm that can contribute to cavities and harden into the tartar that causes gum disease.
- Floss to reach below your gumline and in-between teeth where your brush can't reach.
- Rinse with antibacterial mouthrinse. We can recommend alcohol-free products.
- Remineralize enamel that has weakened and become porous. We can help here in the office, and can recommend and prescribe fluoride gels, mouthrinses, drops, or tablets that will keep your teeth strong and resistant to decay.

Think Positive!

Benefit from a whole new point of view!

Can't you just *see* yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy – you just might *make* yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help ... modern dental technology that maximizes their comfort ...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

We can help replace

outdated fears and

imagery with

positive experiences.

Have you booked your

recare appointment?



It's In The Numbers!

One Tip You Might Not Know

● Cosmetic dentistry can plump out lines on the lower third of your face – without surgery!

Two Things You May Not Know About Facial Ageing

● The pull of gravity on facial tissues is *not* a significant component of facial ageing. Loss of fat beneath the skin and sun exposure play a bigger role.

● Your smile, dulled by age, can add years to your appearance.

Three Smile Spoiler Facts

● A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old you look.

● Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to a dimmed, stained smile which suggest ageing.

● Time and gum disease can shrink the underlying bone and gum tissue that hold your teeth in place, collapsing the proportions of your face, exposing teeth roots ... and adding years to your appearance.

Four Beneficial Smile Solutions – Right Now!

● Professional whitening can lighten and whiten stains – even after root canal therapy.

● Natural-looking tooth-colored materials can replace silver fillings and even fill in chips and cover cracks so no one will ever notice.

● Bonding or veneers can plump out fine wrinkles by building up tooth surfaces, restore normal shape to worn-down teeth, and fix widely spaced teeth and gaps in your smile.

● Crowns & bridges and implants with modern natural-looking materials can close very wide gaps and restore function, appearance, and the proportion of your smiling face!



ONE
Beautiful
Smile!

INFORMATION OVERLOAD?

Ask your personal smile-consulting team!

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem *more* anxious about illness. Could it be the overabundance and ease of access to information out there?

Self-directed research on the Internet or in health-reference texts can be very helpful ... but it can also be confusing and even seem contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data? You can rely on us – your personal smile-

consulting team.

We will be happy to answer your questions and discuss your oral care options with you... accurately and concisely.



ARE YOU INCLUDED?
8 out of 10 Internet users have looked online for health information on various topics.



Superior Smile Solution

Crown and bridge treatment

Getting a smile boost is about more than vanity. By repairing problems like missing teeth with crowns and bridges, you can have the pleasing smile you've always dreamed about.

How do I know if I am a candidate for crown and bridge treatment?

A crown is recommended for teeth that are broken or cracked, teeth that are structurally weakened by large fillings, teeth that have been weakened by root canal treatment, and teeth that are misshapen and discolored. A crown and bridge can be a preventive measure to avoid more complex and expensive treatments later.

What is a crown and bridge? Do they always go together?

A crown is a restoration that covers a single tooth to help strengthen it and restore its normal shape and size. Spaces left by missing teeth can cause surrounding teeth to drift, change

your bite, encourage cavities, and spoil your smile. A replacement tooth is required, and can be fixed permanently with a bridge that attaches to the teeth on either side of the space. For extra support, one or both of the adjacent teeth may require a crown.

Will the crown's appearance match my teeth?

High-tech materials result in a strong, natural-looking restoration that will be custom-made to match your smile. No one will know you have a crown.



Fact: Crowns combine great looks with great strength – ideal restorations for a natural-looking smile.

office information

Dr. Jonathan Kazdan
Dr. Steven Solomon
Dr. Marisa D'Angelo
Oakville Place Mall
139A-240 Leighland Avenue
Oakville, Ontario L6H 3H6



Office Hours

Mon-Thu 8:00 am – 9:00 pm
Fri-Sat 8:00 am – 6:00 pm
Sunday on call

Contact Information

Office (905) 842-6030
Fax (905) 842-0128

Office Staff

Dr. Nasser Derakshan Periodontist
Dr. Peter Sbaraglia
.....Anaesthesia Dentist
Rochelle..... Office Manager
Zorana, Carmen, Kristen, Sandra, Sonia,
Michelle.....Dental Hygienists
Dana, Sherri C., Abby, Satpreet, Sherry K.
.....Receptionists
Darlene, Jana, Janice
.....Dental Assistants
Grace, Lorraine, Beverley, Katherine
..... Part-Time Staff

Get Started Today Look & feel great!

If you are considering or planning cosmetic or restorative treatment, right now is the best time to get started. The first step, your consultation appointment, involves making an assessment and discussing your treatment options. Sometimes we need to create x-rays or photos for you and a diagnostic wax-up or temporary restoration.

We usually have a lot more flexibility around scheduling at this time of year – especially important when multiple appointments are required and/or when we need turnaround time for approvals from your insurer.

There is no one-procedure-fits-all recipe that we can provide, except to say that we can produce wonderful benefits for your oral health and for your appearance.

Your Referrals Matter

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!