

OAKVILLE PLACE DENTAL

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Dr. Kazdan & Dr. Solomon's

Tooth Talk

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

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fromthedentists

Links Make Us Think Oral and overall health

Many of you are aware that gum disease has been *linked* to systemic diseases that include heart and stroke, diabetes, osteoarthritis, cancers, toxemia, and premature delivery. The link to kidney disease is no less worrisome, especially for those who are already vulnerable to infection, such as those who depend on dialysis.

In one study, scientists examined 253 people with kidney failure who regularly received dialysis to cleanse their blood. More than 80% had some type of gum disease. Older people, smokers, diabetics, and those who had been on dialysis for longer periods of time were more likely to have severe periodontal disease.

A 2002 study showed that more than half the people on dialysis visited the dentist less than every five years. Yet another illustration of the importance of regular dental care!

*Yours in good dental health,
Dr. Kazdan, Dr. Solomon &
Dr. D'Angelo*

turnthepage

You can get the look of luck!

Make a connection!

Guilt-free habits to keep!

Smile! There's A Camera!

Book now to get the smile you want to keep

Look out your window ... what do you see? You know it doesn't really matter whether we are witnessing the first eagerly awaited buds of spring or just anticipating them. In our hearts, we are always ready for the excitement and social events that warm weather brings. Let our team turn anticipation into dazzling results in time for that June wedding or graduation by booking your spring smile update!

Booking ahead is a must-do if you want your smile to blossom in time for any planned occasion. There are two reasons for this. First, as weddings, graduations, and other photo-filled events approach, wise consumers anticipate the very high demand for cosmetic dental services. Second, we want you to have time to enjoy the process - to consult and ensure that your terrific updated look is really you!

Be prepared and smile for the camera - with confidence! Teeth whitening can take as little as one visit or a few weeks in the privacy of your home and make a remarkable difference in the impression you make. Other transformative techniques like bonding, cosmetic veneers, crown and bridge, and even a gum lift can completely rebalance and enhance the dimensions of your smile.



*Don't wait for
the camera to find
you - book your
appointment now!*

PROCEDURE	PROBLEM/CORRECTION
Crowns	Covers broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.
Bridges	Replaces one or more natural teeth by cementing a false tooth attached between one or two crowns.
Whitening	Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.
Veneers	Covers front of tooth and masks discoloration. Improves tooth shape through esthetically pleasing contours.
Composite Resin & Porcelain Inlays/Onlay	Restores decayed areas while looking extremely similar to original tooth color.
Bonding	Masks slightly discolored teeth.
Gum Lift	Lengthens too-short teeth by exposing more beautiful natural enamel.

Thank you for all your referrals - we appreciate them!



Fight Oral Cancer

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

Show & tell

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.

Success! What's *luck* got to do with it?

Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

- **Sparkle-up your smile** with teeth whitening. If you're considering

cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.

- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.

- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.

- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.

- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



crowns & veneers



veneers



gum sculpting & veneers



IN A HEARTBEAT

Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

👉 **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**

👉 **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**

👉 **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

The Surgeon General in his *Report on Oral Health in America* said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

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Great Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

- 1 **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
- 2 **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
- 3 **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
- 4 **Visit us** – your dental team – regularly. Prevention is the best way to keep cavities away.

Which Way To The Beach?

Ahh ... Summertime! But first, ensure the important things are looked after!

As we breeze through the lazy, hazy days of summer, kicking back and swinging in the hammock can be made easy knowing that your dental checklist (and your family's) has been pulled together for you. And yes, that does sound like something a dentist would say! But seriously, with so many things to think about, it's easy for the details to get away on you.

Here are a few things to check off your list...

- **Mouthguards** – Protecting your teeth from summertime sports injury is essential. What shape is your mouthguard in? Have your children outgrown theirs? Make sure your protection is in top-notch shape!
- **Insurance Opportunities** – Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to plan arrange your treatment over the next six months.
- **Back To School** – Book recalls for your kids now ... before school starts. And for college kids, ensure they see us before they end up too far away for care.
- **Recare** – We're learning more and more about how healthy gums equals a healthy body. Have you had a recare appointment in the past six months?
- **Esthetics** – Whiten, brighten, and shine up your smile for those summertime photos! Ask for a personal cosmetic consultation!

So take a moment and give us a call, check dentistry off your to-do list, then get back to summertime fun. We are committed to excellent oral health and just wanted to remind you of details you may have overlooked. Now ... back to the badminton!



officeinformation

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..... Dental Assistants
Grace, Lorraine, Beverley, Katherine
..... Part-Time Staff

Appliance Therapies

Which is for you?

Orthodontic appliances are funky – not clunky – and straighten teeth with spectacular results.

Retainer appliances are versatile: they can be used after orthodontics to hold teeth in their new positions, as preventative therapy to keep teeth from drifting into space that is needed for a new tooth, and for cosmetic minor tooth movement.

Nighttime appliances can be custom-fitted to help snorers, as well as teeth grinders and jaw clenchers, providing relief from symptoms that include sleep loss, headaches, and jaw aches.

Mouthguard appliances, when custom-fitted by the dentist, can prevent sports injuries like broken teeth and reduce the risk of concussion or neck injury.

Teeth whitening appliances are comfortable and lightweight and can be worn night or day for great results at home during your economical dentist-supervised teeth whitening program!

Brown Bag It!

Ensuring nutrition

It seems we're always saying "it's time to get back on track" with exercise, routine, and especially nutritious foods. Give your kids' dental health a big boost by limiting their trips to cafeteria vending machines!

A recent national survey found that 70% of drinks and 80% of snacks in school vending machines were super-sugary and non-nutritional. As well as contributing to obesity, these school snacks are leading to an increase in cavities among children.

You can help give your kids all they need by speaking to school administrators about providing healthy, tooth-friendly snacks. You can also help by packing nutritious lunches and break snacks, and teaching your kids how to choose snacks that will keep their smiles bright. And then, of course, there's always brushing and flossing...