



Dr. Kazdan & Dr. Solomon's

Tooth Talk

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

Summer 2008

fromthedentists

As summer marks the half-way point to the expiration of your dental insurance, are your benefits half full or half empty? Are you taking full advantage of the policy you're paying for? As your dedicated dental practitioner, it's important that I recommend that you plan and schedule your dental visits now – through summer to the end of the year – because before you know it, your insurance benefits will be expiring. Make sure that you optimize your insurance because I know you want to enjoy optimal oral health!

Let this newsletter be the harbinger of your year-end goal – a goal that we are dedicated to helping you achieve: a beautiful, healthy smile. And remember... we have more appointment times available in the summertime! Call today! We'll fit you in!

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

turnthepage

The truth about preventing gum disease!
Omega-way-to-go!
Are you at risk for oral cancer?

Go The Distance

If you are in the public eye or just the apple of someone's eye, cosmetic veneers can really take you the distance. Long-lasting veneers can whiten teeth that have been badly stained or damaged, PLUS they can camouflage many other flaws. When veneers are sculpted to alter the proportions of your smile, they also re-proportion the lower third of your face, improving its esthetic balance. All this can be found at the dentist's office!

In only one or two visits, without surgery or orthodontics, veneers can...

- Repair chips;
- Cover stains and fillings;
- Close gaps between teeth;
- Recontour your gumline;
- Widen your smile to fill in the gaps at the corners of your mouth;
- Plump up your lips and the fine lines that accumulate from time or smoking.

There's more to veneers than esthetics. It's true that veneers are so thin that they reflect light like your natural enamel, but they are also so strong that they can actually strengthen your teeth. In addition, they resist bacteria, contributing to oral health.

Cosmetic veneers, the perfect blend of science and artistry, are only a phone call away. Durable, reliable, and long-lasting ... they go the distance!

Veneers ... blend space-age technology with traditional artistry. Customized veneers improve and enhance your smile by camouflaging flaws, improving color, and re-proportioning your teeth and gums.



Thank you for all your referrals – we appreciate them!



First Things First It's worth it!

Study after study shows that a nice smile is important to how others perceive you. So we're totally on board when you want cosmetic dentistry. We'd like to remind you though, that whether you're considering whitening, veneers, or restorations like crowns or implants, you need strong teeth or bones and healthy gums to get your most attractive – and *lasting* – outcome.

Brush, floss, and rinse to banish gum disease!

Early disease includes gums that...

- are red, swollen, and tender
- bleed when you brush and floss
- generate bad breath.

If left untreated gum disease can...

- progress to inflammation and chronic infections.

That can lead to...

- the loss of teeth, gum, connective tissues, and the underlying jawbone.

Let's optimize your oral health and maximize your cosmetic results!

Manage It!



Your
environment
can hurt
your smile!

Smoking is the single
major preventable risk
factor for gum disease

You don't have to assume that chronological ageing will dramatically alter your smile. After all, as your dental team, we're committed to helping you maintain your oral health and most attractive appearance. But you can help by becoming aware of and managing factors in your own environment.

■ Toothbrush abrasion from brushing incorrectly or with too much pressure is common and can lead to receding gums, exposed roots, and exposed yellow dentin due to thinning enamel, plus sensitive teeth, cavities, and tooth loss.

■ Substituting unsafe objects like earrings, forks, and needles for dental floss can damage your gums. Frankly, toothpicks are also potentially hazardous.

■ Sugary acidic drinks and sports beverages can erode enamel and create an incubating environment for the bacteria that cause tooth decay and gum disease.

■ Teeth grinding and clenching can crack and wear teeth and restorations and damage gums and cheeks.

■ Smoking is the single major preventable risk factor for gum disease. It also depletes Vitamin C which is preventive. Even exposure to secondhand smoke is associated with a 50-60% increased risk for developing disease.

■ Untreated periodontal diseases which are infections of the gums, periodontal ligament, and alveolar (jaw) bone can destroy the appearance and health of the gums and bone and lead to tooth loss.

We can't stop the ageing process, and maintaining your beautiful and youthful smile is really a lifetime commitment. But with good care, you can keep a healthy, younger-looking smile ... for decades.



How Do They Do That?



...Naturally!

Do you think they inject Omega-3 fatty acids into *every* one of those eggs? Surprise! Actually, they alter the chickens' feed – often with pleasant-tasting ground flaxseed which is higher in Omega-3 fatty acids and lower in saturated fatty acids than other grains.

Cold water fish like herring, mackerel, and salmon are superior sources of Omega-3, but all sources, according to research, can be beneficial to your health. One caveat, though – if you opt for supplements, Omega-3s have blood-thinning potential and can interact with medications.

Did you know that Omega-3s may prevent soft tissue and bone loss associated with gum disease? Not only that, but research also suggests they may...

- improve cardiovascular health
- help brain function
- protect expectant mothers against post-partum depression
- diminish joint inflammation.

Eggscellent!

A Piece Of The Puzzle

About oral cancer

Worldwide, close to 400,000 new cases of oral cancer are diagnosed each year. If diagnosed early, oral cancer can be highly curable, and now research has provided another clue. Chronic gum disease in men may increase their risk of tongue cancer!

Even after adjusting for smoking, age, and the number of teeth, each millimeter of bone loss due to gum disease was associated with more than five times the increase in the risk of tongue cancer.

This is interesting because today more than 25% of oral cancer victims are young adults who have none of the usual risk factors like tobacco use, alcohol use, diabetes, or HIV.

Viruses and bacteria in gum tissues could be toxic to surrounding cells, or could indirectly contribute to cancer through inflammation. Please have regular periodontal and oral cancer exams.

Focus On You

Your oral and overall health matter

Imagine if a wound in your forearm became increasingly swollen and inflamed, yet was left untreated. You might worry that it would eventually affect your health. Well, your oral tissue is equal to the amount of skin between your wrist and elbow ... and many scientists believe that gum diseases, like other infections, have the potential to influence the rest of your body.

This is not a new idea. In 1891, *The Human Mouth As A Focus of Infection* proposed that oral microbes affect overall health. However, in the absence of adequate science, focal theory gradually fell out of favor. Still, the mouth-body link regained credibility when newer research was emphasized in the *Surgeon General's Report on Oral Health in America* in 2001.

Associations have been made between gum disease and heart and stroke, some cancers, diabetes, kidney disease, lung disease, Crohn's disease, Alzheimer's, osteoporosis, premature deliveries, and toxemia. The strength and precise nature of these associations are unclear. However, long-term studies and improved research designs that consider factors like age and tobacco use are creating a more complete picture.

Your mouth is a complex ecosystem harboring many kinds of bacteria. Viruses and inflammation have also been suggested as possible factors. Thus it appears unlikely that a single "gorillacillin" superdrug will present the solution.

We urge you to maintain your home care routines and your regularly scheduled visits with us to help maintain your optimal oral health.





Oral Health And You

Oral health is sometimes easier to define by what it's not rather than what it is. A healthy mouth has firm pink gums, the tongue is pink and not coated, the teeth are clean and have minimal or no plaque deposits. A healthy mouth smells fresh, and is free from gum diseases like gingivitis, periodontitis, and other disorders – including oral cancer.

Brushing and flossing combined with dental visits is the best means of problem prevention and oral health maintenance. Regular professional tooth cleaning is important to remove tartar and any stains that may develop, especially in areas that are difficult to reach.

When we check your teeth, we see things you won't see in the mirror. We can be alerted to possible hairline fractures, impacted wisdom teeth, deterioration of restorations, the beginnings of cavities, periodontal pockets caused by gum disease, and even new decay tucked under the gumline or under existing fillings! Your gums can also tell us about impending gum disease. Your lips, tongue, cheeks, and gums may even show the early warning signs of oral cancer.

These dental problems can be treated successfully, and gum diseases may be reversed if they are spotted in the early stages. But for us to catch and treat these concerns, we need you to keep your regular recall appointments. Together, we can help you maintain and recover your oral health.

Regular visits = Healthy smiles

officeinformation

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. Nick Hawrylyshyn
 .. Wisdom Tooth Removal With Sedation
 Rochelle..... Office Manager
 Zorana, Sandra, Michelle, Jayme,
 Darlene, Seema, Candace
Dental Hygienists
 Bella, Sherri C., Abby, Grace, Marlena ...
Receptionists
 Jana, Janice, Marlena.....
 Dental Assistants
 Lorraine, Beverley, Katherine, Thiafany .
 Part-Time Staff



Chocolate Boosts Health? *You bet it can!*

Diabetics have found heaven on earth. So have dentists who have discovered the extraordinary health benefits of Xocai™ dark chocolate, coined “The Healthy Chocolate.” Unlike most commercial chocolate that claims to have 80% or higher cacao content – Xocai (Sho-sigh) uses its own exclusive “unheated” process that keeps “alive” over 300 ingredients full of antioxidant, *eliminating almost all of the fat and sugar typically found in other chocolate.* In fact, 1 chocolate nugget is equal to ½ a pound of spinach – sharing the #6 position in the top 10 super foods.

With less than 10% of North Americans consuming enough fruits and vegetables to obtain the necessary antioxidants their bodies need, healthy chocolate like Xocai is a delicious option for slowing the ageing process, improving your health – and even reducing plaque and gum disease!

Can You Dig It?

Get out & garden!

Can't fit a workout into your busy schedule? Try thirty minutes of gardening!

Here's how gardening-specific activity can help pick up your fitness pace, nurture your creativity, improve your environment, and help with your oral and overall health...

- Maintain or lose weight by burning calories.
- Strengthen bones and muscles with weight bearing exercise.
- Increase flexibility and joint mobility through movement.
- Build healthy bones with sunshine and vitamin D ... the sunshine vitamin.
- Reduce stress with fresh air, birdsong and the sensory palette of your garden.
- Gain confidence as you watch your garden grow.
- Bask in the glow of smiles when you share your little bit of paradise.