



OAKVILLE
PLACE
DENTAL OFFICE

With
**Dr. Kazdan,
Dr. Solomon
and
Dr. D'Angelo**

Tooth Talk

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

Summer 2010

fromthedentists



Summer Is Smile Season Wish You Were Here

This is one of the seasons we love the most. Everything we were longing for at new year's has arrived – it's warm, it's bright, and nature's at its best. And we still have plenty to look forward to.

Some of you will be participating in graduations or weddings, others will be heading out of town, and for sure, most of us will be enjoying outdoor family activities like barbecues and sports.

Whatever your plans, we want you to enjoy this wonderful time of year safely. Please wear sunscreen, and book right away for your protective mouthguard. If looking your photogenic best is a priority we'll be happy to fit you in for a teeth cleaning or whitening consultation.

Call soon. We don't want you to miss out on anything!

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

New Solutions For Old Fillings

Why your fillings need a regular tune-up

If it doesn't hurt, don't fix it ... right? Wrong! Even if you aren't experiencing any pains or problems, your fillings and crowns will eventually need to be replaced. When you consider the amount of work your teeth do every day, it's not surprising that fillings will eventually wear out and sometimes need to be replaced. Just like natural teeth, your restorations need regular care to prevent dental problems that can lead to expensive treatments or tooth loss.

There are many factors that can affect the life span of your fillings. The average silver filling, crown or bridge can last from ten to twenty years. Plastic tooth-coloured fillings may only last half as long before they need repair or replacement.

Outdated fillings may start to leak around the edges from regular wear and tear. This could allow harmful bacteria to get into the tooth or crown where it can cause decay. This type of decay often goes undetected until it has reached the nerve of the tooth.

Cracks can also be a problem. The average human bites with several hundred pounds of pressure per square inch. That can make tiny cracks in the restored tooth. If cracks aren't repaired in time, they can lead to fractures that may extend below the

gumline or into the nerve. That might mean you'll need a new crown. We may recommend a crown before this happens to prevent unnecessary damage.

Unchecked, many of these dental dangers can open the door to gum disease or loss of your teeth. If you have any questions about your fillings, please feel free to call us at (905) 842-6030. It's important you understand what to expect from your fillings and crowns and what kind of care they need.



Thank you for all your referrals – we appreciate them!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

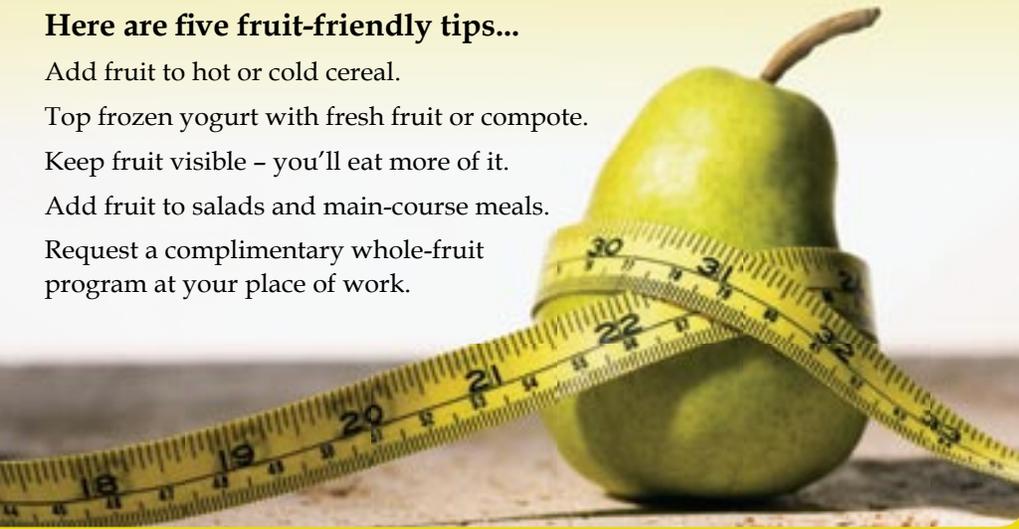
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

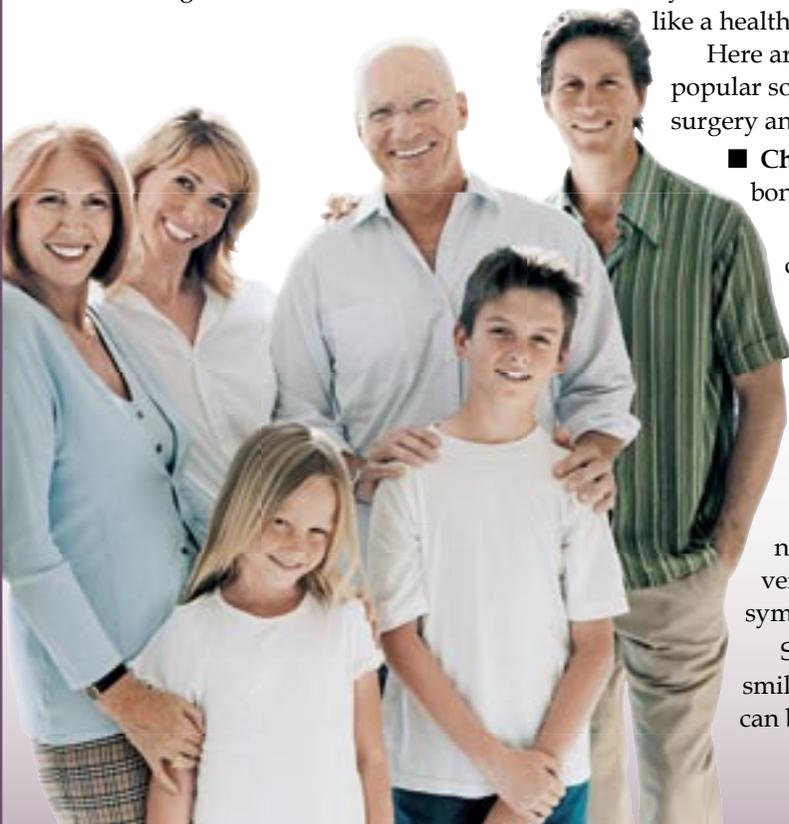
Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Re-Invent Your Smile

Boomers don't drive slowly in the fast lane. And if their smile needs restoring, it's just as likely due to a sports injury. Cosmetic dentistry has dynamic solutions for go-ahead people. You can revamp your smile... or completely reinvent it!

Simple procedures like teeth whitening and tooth-coloured fillings can invigorate any smile. And if you want more of a boost, here are some other smile solutions.

Veneers are sculpted by hand to conceal gaps, crooked, chipped, or discoloured teeth. They are strong, paper-thin, and as translucent as natural enamel. Beautiful, custom-made porcelain veneers adhere to the front surface of the original tooth and can be crafted to make your teeth look longer or wider to restore the balance of your smile.

Crowns – Porcelain or resin crowns can restore severely damaged

or broken teeth – without metal! They look absolutely natural and the ceramist can match the crown to the colour of your teeth.

Bridges and implants are excellent options for missing teeth. You can replace one tooth or the teeth in an entire jaw. Not only do bridges and implants look natural, they will prevent further damage to your smile.

With dental technology and materials you can restore ... or re-invent ... your smile. It's up to you how fast you want to go.

Please call us at **(905) 842-6030** and schedule a convenient smile consultation.



Smile Makeovers

Improve the appearance and proportions of teeth that are stained or chipped, or that overlap or are uneven, with cosmetic veneers. Veneers are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. They can be designed to improve the proportions of your smile.

officeinformation

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Sealants

Not just for kids

Sealants, or plastic coatings on the grooves of molars, are a simple and effective way to stop decay on the chewing surfaces. Many people think sealants are for children, but several situations make adults good candidates.

Change in personal habits – Young adults who leave home may develop oral health problems because of a change in diet and home care. Sealants help protect their teeth during this time.

Change in health – Many people suffer loss of motor skills because of arthritis or stroke, and may have a harder time brushing. Sealants help when teeth aren't cleaned as well as they should be.

Introduction of medicines – Some medications increase the risk of tooth decay. Sealants help protect your teeth when taking medications that cause xerostomia or dry mouth.

An Apple A Day

Fact not fiction

Research continues to confirm that apples are one of nature's most effective health foods. They give us a natural sugar lift as a snack food, but there are many other benefits.

Much of the fiber content of apples is the soluble fiber pectin, which has a record of success as a cholesterol reducer. Researchers have found another positive development. The ratio of the protective form of cholesterol (HDL) to the damaging form is improved by an apple-rich diet.

Apples are also a good source of flavonoids, which are receiving attention for their apparent benefits against cardiovascular disease. Even though scientists still have much to learn, long-term studies suggest that flavonoid-rich diets protect against both heart attacks and strokes.

