Seven Reasons To Smile

Communicate … express yourself … enjoy!

Why do you smile? Is it because you’re greeting someone … trying to reassure … sharing joy … putting a good face on things?

We not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are. We seek recognition from others, and smiles are one of the ways we find it. Smiles make us feel good in another way… They release endorphins to give us a natural high.

That’s a lot of good reasons why we want you smiling. And it’s our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

- Whitening lightens the color of teeth that have darkened due to age, smoking, coffee, tea, or medication.
- Crowns cover broken, cracked, and poorly shaped teeth to restore natural appearance.
- Veneers cover the front of a tooth to mask discoloration and improve shape.
- Bridges replace one or more natural teeth by supporting a false tooth attached to one or two crowns.
- Braces correct crooked or crowded teeth, overbites, underbites, and incorrect jaw position.
- Composite/Inlays/Onlays restore and strengthen decayed areas while looking like original tooth color.
- Bonding masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.

How To Contact Us

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Office Hours
Monday 8:30 am – 4:30 pm
Tuesday 1:00 pm – 8:00 pm
Wednesday 9:00 am – 5:00 pm
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WE WELCOME NEW SMILES!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.
Want to look younger and more energetic? Try adding a youthful sparkle to your smile to complement that lively gleam in your eye! For many people, being the best they can be has become a competitive necessity in the work force. You deserve to live up to your expectations. You’ve earned your competitive edge. You ought to have a great smile.

Consider...
- **Have your teeth darkened or yellowed over time?** Whether the cause is staining from food or medications or thinning enamel from too-vigorous brushing, dentistry has a solution. Teeth whitening, bonding, veneers, and simply replacing old silver fillings with white ones can all brighten your smile.
- **Do your teeth look longer than they used to?** Brushing too hard can cause gums to recede, making teeth look longer, but if your gums are red and swollen, you could have gum disease. Periodontal treatment can restore gum health and save the supporting bone that keeps you looking youthful.
- **Have cracks, chips, and gaps become more conspicuous?** Over time, minor problems can grow into bigger ones that others can see. Bonding or porcelain veneers can cover cracks or chips, fill gaps, and reshape teeth. Enamel-colored crowns can strengthen and restore teeth, and a bridge or dental implant can replace them.

Call for a consultation. Be competitive and stay ahead of the pack.

**Look Lively!**
Keep your competitive edge!

**It’s About Time**
Smile on...

Did you miss the first and only Time Traveler Convention held at MIT? They only needed one because travelers from across time can return as often as they want to. Future time travelers can find out about it through time and space co-ordinates that were slipped into strategic spots and through archived media publicity like this newsletter!

Why do we care? Well, for one thing, we’d like to learn why the ancients of 9,000 years ago – 4,000 years earlier than previously thought – were drilling teeth with flints. To fix cavities? To release spirits? Without time travel, we’ll likely never know.

We do know that time marches on and so does science. Today, dental procedures and techniques are comfortable, safe, and preventive. Scientists have even learned how to regenerate teeth.

Smile. Your future looks great!

**Top These 3!**

Subtle or not-so-subtle. It will make a difference!

Here are the top 3 reasons why you might ask the dentist about gum recontouring...
1. Your teeth look too short.
2. Your gums show too much, making your smile look “gummy.”
3. Your teeth look different lengths.

We don't ever want you to avoid smiling or to hide your potentially glamorous grin, so we'll be happy to talk to you about re-sculpting and re-proportioning your smile using this technique that really works.

Before you know it, you could experience these top 3 outcomes...
1. Your teeth look larger and more naturally proportioned.
2. Your gums show less for a more attractive smile.
3. Your teeth are straighter and more even.

Gum recontouring is only one way that dentistry can get you smiling again!
It’s not as hard as you think to keep that wonderful clean feeling your mouth always has after a visit to the dentist. You know ... that shimmering feeling that makes you want to smile?

Brushing at least twice a day and flossing once a day will help to keep your teeth white and your gums healthy and looking pink. Healthy gums will help you to retain the bone structure that supports your teeth and defines the bottom third of your face. Healthy gums and clean teeth are the foundation that lets you maximize the dazzle of cosmetic dentistry.

So brush and floss and prevent the natural film on your teeth from building up and causing problems with your oral health. And keep going for your recare and hygiene appointments ... to keep the shine!
Invisible? That’s Scary!
The importance of good oral health

Did you know that when you neglect your oral health, you risk compromising your overall health?

Consider...

- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- Other studies have linked gum disease to low birth weight, toxemia, and premature delivery, underscoring the need to maintain oral health during pregnancy.

And that’s not all...

- Gum disease has also been linked to cardiovascular diseases, osteoarthritis, and diabetes in the general population.

How will you recognize the symptoms?

You can expect to see the same redness or puffiness that you would see with any infection and you could develop a bad taste in your mouth and bad breath if it is left untreated too long. In the earliest stage called gingivitis this can be treated and reversed.

As gum disease progresses to periodontitis, the symptoms of infection will intensify. But it’s what you can’t see that’s scary. While you’re experiencing bleeding and bad breath, the infection is attacking and destroying the underlying bone and supporting ligaments. Periodontitis looks awful, but tooth loss – the inevitable outcome without treatment – looks a lot worse.

Don’t surrender your smile or your health to the ravages of periodontal disease. Instead, call us for a consultation and recapture your most winning smile. We can help you to prevent gum disease, halt its progression, or even reverse it!

Oral Health Month
Ask us about it!

Every April, the Canadian Dental Association (CDA) campaigns to raise public awareness about the importance of oral health. This year’s slogan – Oral Health… Good for Life – emphasizes the importance of good oral health throughout your lifetime.

Research has linked oral disease and other health problems. The campaign draws attention to this message and many issues that you read about in this newsletter, like the need to maintain good oral hygiene, eat a well-balanced diet, check your gums regularly, be a non-smoker, and see “yours truly” regularly.

Throughout April, you’ll find the CDA message promoted across Canada. We’ll be happy to answer your questions and provide educational materials right here at the office.