

Dr. Rodney Shainbom's DENTAL NEWS

Produced to improve your dental health and awareness

Summer 2004

fromthedentist

In this, our summer issue of Dental News, we focus on the aesthetic and cosmetic options of dental treatment. Dental materials have changed extensively over the last few years, to a point where providing aesthetic, tooth-coloured restorations is now predictable and successful in the long term. Preparations for these procedures are more conservative in nature, thus preserving more tooth structure, while at the same time the bonding technique significantly increases the strength of the remaining tooth.



The lead article highlights the benefits of the operating microscope, which we have recently introduced into the office. This has proved to be an extremely valuable tool both in diagnosing problems as well as enabling us to provide a higher quality of service. Magnifications of up to 20X give us a different view of your teeth!

Upon reading this newsletter, I hope you will be inspired enough to contact us to discuss any questions that you may have.

We hope you have an enjoyable summer!

Microscopic Dentistry

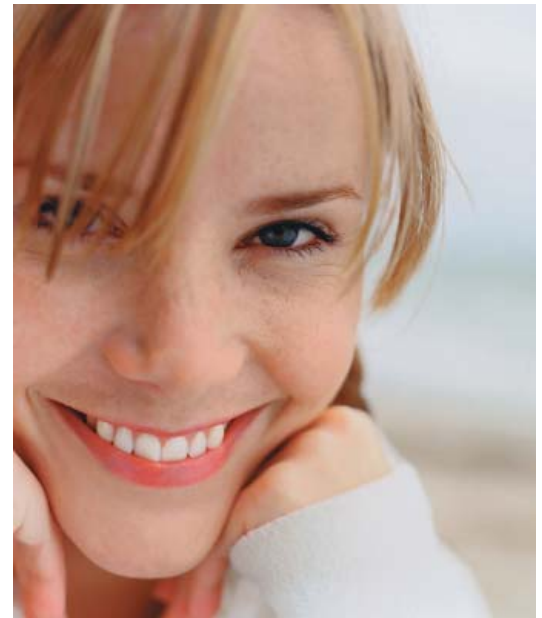
It will make you smile!

The latest scientific and technological research is producing revolutionary new ways to conduct all kinds of dental procedures. Among the most important of these advances is the use of powerful microscopes to detect problems invisible to the naked eye.

Surgical microscopes in dentistry have been widely embraced as wonderful tools for the accurate detection of early cavities, of tiny cracks in a tooth, or the early appearance of periodontal disease. This means that oral health problems can be detected before they have a chance to become serious conditions.

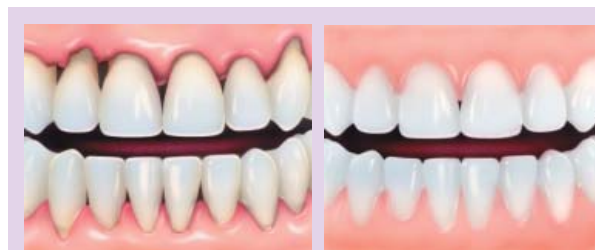
Periodontal disease has often been called the "silent disease" because it can take hold before any obvious symptoms arise. Micro dentistry allows us to see the "evidence" almost as soon as the disease is present.

Regular checkups have always been an essential part of a comprehensive dental health care program. Now, with micro dentistry, these appointments are even more important. Just imagine this: during your checkup we discover



a cavity so small that no major tooth damage has yet occurred. Without shots or drills, we remove the decay and fill your tooth with an enamel-colored sealant that matches the color of your tooth ... so no one ever knows it's there!

We are truly proud to offer you this technology to ensure that your oral and dental care will be the best it can be! We look forward to your next checkup!



LEFT: Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.

RIGHT: Research has shown that we see teeth as whiter when they are surrounded by pink gums.

Thank you for all your referrals - we appreciate them!

Confidence, Comfort, & Natural Good Looks

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.

Do WOMEN Smile More Than MEN?



Yale researchers reviewed 186 research reports on gender differences and smiling. They found that women do smile more than men, but not by much. Each culture sets rules about appropriate behavior for men and women, and when both genders have relatively equal power or social roles, men and women smile about the same amount. Here are some interesting findings.

- The degree of difference in smile rate between men and women is greater in the United States and Canada than in England or Australia.
- Men and women smile most similarly when they think no one is watching, and when they don't need to conform to social expectations.
- When there is tension in the air, women more often than men try to soothe feelings and restore harmony with a smile.

Are You Doing What You Can To Encourage A Youthful Smile?

If you can answer "True" to most of these statements, you are well on the way to maintaining your beautiful, youthful, healthy smile.

- > I have no nicotine stains from smoking. T F
- > I try to limit my consumption of tea, coffee, and wine. T F
- > I try to avoid regularly snacking on sweets. T F
- > I try to maintain a healthy diet high in fiber and nutrients. T F
- > I drink water daily instead of relying on soft drinks. T F
- > I brush my teeth at least twice a day. T F
- > I floss every day. T F
- > I keep my regularly scheduled recall appointments. T F

The Esthetics Of Veneers

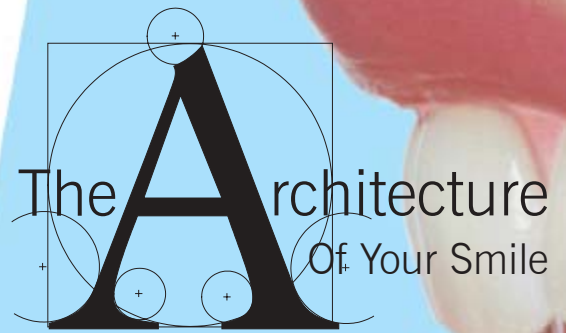


It's no accident that cosmetic **VENEERS** look so natural that they reflect light like natural tooth enamel while masking flaws and rejuvenating smiles.

Veneers are very strong, thin, porcelain shells that are permanently bonded to your natural teeth. They can be used to repair major chips and cover unattractive stains and fillings. Veneers can also be shaped to close gaps between teeth and, as an

alternative to braces, correct the appearance of crowded or overlapped teeth.

All of this takes quite a bit of artistry, and so we work hand-in-hand with skilled lab technicians to ensure your new smile is natural looking. There are three indices which determine a perfect match for your smile: hue, value, and chroma. The color or *hue* must match, but so must *value* or lightness, and *chroma* which is the saturation or intensity of color.



More than a facade

Millions of people today are looking great thanks to cosmetic dentistry's ability to rejuvenate smiles with translucent veneers, natural-looking crowns, metal-free bridges, and dental implants.

As beautiful and as natural-looking as these restorations are, it's their architecture - the physical properties of the materials and the biomechanics that go into the design - that make them so realistic, safe, and long-lasting. Physical properties include the material's biocompatibility, resistance to shrinkage and expansion, and its ability to tolerate heat and cold. Biomechanical considerations involve the ability to withstand the load-bearing stresses of speaking and chewing.

Please ask us about the new restoration options for your smile. We can help you make the best cosmetic dental choices for your needs.



Old resin bonding updated with veneers

Not only that, but natural teeth emit fluorescence under ultraviolet rays. Since natural enamel is translucent, it allows some of the inner light to shine through. Building in this translucence is an important factor in creating your natural-looking veneers.

Conspicuous chiclet-like teeth are a thing of the past. It takes artistry, skill, and modern technology to create the dramatic and lasting smile transformations that translucent, sculpted, cosmetic veneers offer.

Giving Your Teeth A New Look

Quality dentistry will last many years if properly maintained. Good oral hygiene, regular check-ups and professional cleanings will extend the lifespan of dental restorations. But, as with everything else, nothing lasts forever, and dental restorations will eventually need to be replaced.

There are many reasons for replacing previous dental work. Consider first the stresses exerted on your teeth by daily chewing and grinding, which eventually wears them

Modern dental practice now strives to make noticeable dentistry a thing of the past

down. This also holds true for amalgam fillings and resin restorations. Due to wear and trauma, fillings may start to leak around the edges. This allows bacteria ready access to the deeper areas of the tooth, resulting in tooth decay if not treated. The continuous

biting pressure placed on teeth can also create cracks on the surfaces of teeth and fillings. If cracks are not repaired in time, the tooth may break or chip, requiring larger and a more expensive restoration.

Modern dental practice now strives to make noticeable dentistry a thing of the past. One of the ways we're achieving this is by using porcelain, cast glass or resin inlays and onlays. Rivaling the strength and beauty of natural teeth, these can be formed to fit and fill most types of cavities so well you can hardly detect them.

Inlays and onlays are ideal for restoring areas near the back of your mouth where chewing is high stress or there is little original tooth remaining. They are custom designed in a laboratory using a precise replica of your tooth. Inlay and onlay restorations may take a couple of appointments to complete, and with proper brushing and flossing, they can last up to fifteen years.



Fact:

What can take months or years wearing braces can be corrected in as little as two or three office visits!

office information

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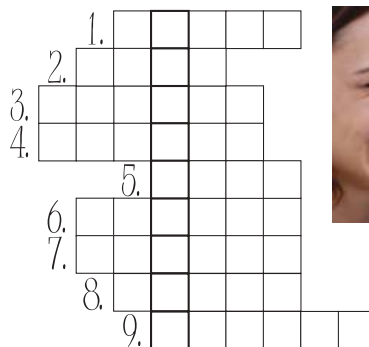
Sue Receptionist
Diane Certified Dental Assistant
Sita Dental Assistant
Janie Dental Hygienist

Brush • Floss • Smile



Test Your Harry Potter Savvy!

Solve the horizontal clues to find the vertical answer!



What is the password to Dumbledore's office?

Hint: Always brush after eating one of these!

- Dumbledore's first name
- One of the twins
- A second-year Gryffindor student
- The herbology teacher
- He threw a deathday party
- Harry's obnoxious cousin
- The moaner
- Aragog's wife
- The truly pesky ghost



New Patients Welcome

We pride ourselves on the high quality of service and care we provide. There's no

better sign that we are serving you well than the number of new patients who walk through the door. Referrals and

word of mouth are our number-one source of new patients. A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient. Thank you for your referrals!

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