

News from the office of...



Dr. Anna Szmítko

As a fresh new year is well underway, let's take a moment now to confirm some healthy, personal resolutions.

A good work/play balance should be on our 2013 agenda, with a promise that we'll take better care of ourselves from both a mental and a physical state. As your dental office, we'd like to remind you that both of these have a direct bearing on your dental health, from excess stress that can cause you to grind or clench your teeth, to the unhealthy foods you put in your mouth.

Remember, an excellent preventive measure to avoiding serious dental problems is to maintain a regular schedule of continuing care visits which will detect any problems early, before they become big, expensive issues. As always if you have any questions or need more information please give us a call at **905-895-2273**.

Do you snore, or sleep with someone who does? Check out "The ABCs of Zzzzs" for some helpful "Stop Snoring" tips!

We look forward to seeing you soon!

Anna Szmítko

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Ninety million adults in North America snore while they're sleeping. While it's the subject of many jokes, it can also be a serious problem. Snoring can not only interrupt your bed partner's sleep (which is no laughing matter to him or her), it is also associated with sleep apnea and cardiovascular problems such as high blood pressure which can lead to a stroke.

Snoring is produced when the muscles and soft tissues in the throat and mouth relax, making your airway smaller. The decrease in airway space increases the velocity of air flowing through the airway during breathing, which causes vibrations in the soft tissues of the mouth and throat, producing the "snoring" sound.

If you're a snorer or sleep with someone who is, you may be interested in trying these "Stop Snoring" tips:

1. Go on a diet and quit smoking. Studies have proven that if a moderate snorer loses weight, the snoring becomes less loud and in some cases it actually disappears. In addition, being overweight and smoking are both serious risks to your overall health;
2. Avoid heavy meals, alcohol, sedatives and even antihistamines before bed. Anything that relaxes the tissues around the head and neck will restrict air passages and tends to make the snoring worse.
3. Sleep on your side. Some snorers even sew a tennis ball onto the back of their pajamas to ensure that they don't roll onto their back.
4. Talk to us about a dental appliance that may help your situation. In some cases a simple mouthpiece may be all you need to help keep your airway open.

At the very worst, you can at least be thankful that you're not Melvin Switzer of Britain - or his long-suffering wife. Mr. Switzer is the Guinness Book of World Records record-holder with a snore registered at 88 decibels - about the same intensity as a motorcycle engine being revved at full throttle! Now there's something to lie awake and think about.

AFTER THE TOOTH FAIRY LEAVES...

The timing and process of teething varies from child to child, with some babies surprising everyone with a tooth at three months, and others worrying their parents with gummy grins until they're a full year old.

By the time your "permanent" teeth are in, your lifelong dental care process should be established. But what happens if you lose one of your permanent teeth or have to have it removed?



Once teeth start growing in, they progress at a rapid rate until the child has a full set of 20 "baby" teeth by about age three. At around age six, these primary teeth start falling out as the permanent teeth begin to push through the gums. The child will continue to lose primary teeth until about age 12, adding permanent teeth until about age 21, when all 32 of the permanent teeth should have erupted.

In an ideal world, you would keep all of your teeth from that point forward, but in reality there are some situations where you may need to have one or more of your pearly whites professionally removed. The reasons for tooth extraction may range from having to pull a stubborn baby tooth to make room for a permanent one, to needing to remove a decayed tooth that threatens to affect the surrounding teeth and jaw, to teeth extraction for orthodontic reasons, to wisdom teeth removal. Whatever the reason for having to pull a tooth, it's vital to follow some basic post-extraction instructions:

1. After the tooth is pulled, place a folded piece of sterile gauze on the extraction site, and bite or press down on it to keep it in place for at least 60 minutes following surgery. Gently replace the gauze as necessary.
2. It's crucial to remember not to smoke following surgery, and not rinse your mouth or spit forcefully on the first day, as this could dislodge the site's blood clot and delay healing. Also – very important – do not suck on a straw as it could disrupt the healing process, possibly leading to an uncomfortable condition called "dry socket."
3. Place ice packs – a bag of frozen peas wrapped in a tea towel works well also – on your jaw with a

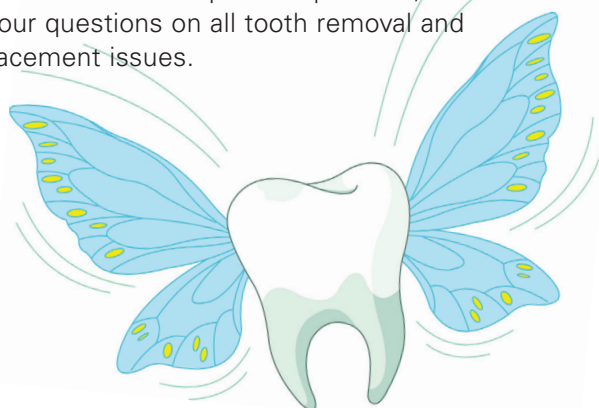
"15 minutes on, 15 minutes off" schedule for the first 24 hours. This helps reduce facial swelling and may provide some comfort.

4. On the second day, you may gently rinse your mouth with a solution of half a teaspoon of salt to one quart of water, several times a day.

Any gap left by a missing tooth (baby teeth, wisdom teeth and teeth removed for orthodontic reasons excepted) will need to be filled to ensure optimum health, and the positioning and visual appeal of the remaining teeth. Tooth replacement options can include one or more of the following:

- Removable partial dentures.
- Fixed dental bridges.
- Full dentures, for patients who have lost all of their teeth on the top and/or bottom of their mouth.
- Dental implants, surgically implanted replacement tooth roots capped with natural-looking replacement teeth.

We're here to make sure your smile is as healthy, attractive and as complete as possible, and welcome all your questions on all tooth removal and replacement issues.



BUILDING A BOND WITH YOUR DENTIST



Even though teeth are remarkably strong, accidents do happen, often (as Murphy's Law would have it) to the noticeable teeth at the front of your mouth. If you found yourself with a chipped tooth, what would be your best option for repair?

In many cases, your best bet for an easy, economical and effective cosmetic restoration is with dental bonding.

Bonding materials are composed of high-density composite resin content that can be matched to your natural tooth color for a perfect-looking repair. Bonding can also be used to even out the shape of your teeth or change the color of stained teeth when whitening doesn't prove effective. Have a space between your teeth that's been bothering you? Bonding can fill in gaps too.

Think of bonding materials like sculptor's clay, to not only fix chipped teeth, but to also close minor gaps, correct the appearance of slightly crooked teeth, change the color of your teeth and cover any small, natural flaws in your smile.

Dental bonding can be the perfect answer to a host of dental imperfections. Please ask us how this smile solution may work for you – not only to fix a chipped tooth, but to create a beautiful smile that's more esthetically pleasing overall.



WHAT'S LURKING IN LIQUIDS?

No living being can survive without water. Beyond water, however, humans consume a multitude of different liquids throughout the day, many of which can have adverse effects on teeth.

As a baby, you may have been put to sleep with a bottle of milk. As an adult, please don't pass this habit on, as we now know more about the sugars that appear naturally in many foods – even milk! Putting a baby to bed with a bottle allows the milk to pool in the child's mouth as they sleep, bathing the teeth with milk – and the accompanying sugar – which mixes with the bacteria in the mouth to attack tooth enamel.

Many fruit juices are also high in sugar, so look for juice with no added sugar and consider diluting juices with water. The same goes for sports and energy drinks, which have high levels of sugar and acid.

Do you drink "diet" soda because you've heard that regular soda can include up to 11 teaspoons of sugar?

Recognize that "sugar-free" doesn't mean "home-free" – diet sodas still contain acid that can severely harm your teeth!

The sugar content in alcohol (including beer) can create an acidic breeding ground for bacteria and plaque. Even a relaxing glass of wine – no matter if it's red or white – isn't immune: the acids in wine can eat away at tooth enamel, creating rough spots that make teeth more porous and therefore vulnerable to staining.

Please ask us for suggestions on how to keep your teeth healthy and attractive while continuing to enjoy your favorite drinks!

CROWNS OR VENEERS?



3 STEPS TO A SECURE SMILE

If you're missing one or more teeth and want to fill the gap with the most natural-looking, comfortable solution possible, you'll be interested in hearing about dental implants.

A dental implant involves the installation of an artificial tooth to a metal fixture in your jaw, placed where the missing tooth was. There are usually three basic treatment steps to this procedure:

1. Once we determine that your gums are healthy and that you have enough bone in your jaw to support the implant(s), a metal post or "anchor" will be surgically placed into your jawbone.
2. After the post has fused in place, a piece called an abutment will then be attached to the top of the post to hold the false tooth.
3. The final step is the attachment of your new tooth, which will be shaped, sized and custom-designed to blend in with the color and look of the surrounding teeth, to the artificial tooth root.

If you're looking for a permanent, natural-looking replacement for one or more teeth, please call us to find out more about how implants might work for you.

Both porcelain crowns and porcelain veneers cover existing teeth with an attractive outer shell, resulting in straight, even teeth and an attractive smile. But what's the difference between them and how do you know which one you may need? Check out these indications and feel free to give us a call to discuss any questions you may have.

A dental crown (or "cap")

provides a whole new outer surface of a tooth, covering the tooth like a thimble would cover your finger. You may need one if your tooth:

- Is severely broken or worn down.
- Has had large portions destroyed by tooth decay.
- Is weak, due to excessively large fillings.
- Has had a root canal treatment, and therefore needs to be reinforced with a strong outer surface.
- Has been replaced with a dental implant.

A dental veneer, on the other hand, is a thin "shell"

of porcelain or ceramic that is bonded onto the front side of a tooth (the side that shows when you smile) to cosmetically correct tooth imperfections. You may choose veneers if:

- You want to fill a gap between your front teeth.
- You need to correct minor shape problems in your teeth.
- Your teeth are stained or darkened, and regular whitening doesn't prove effective.

Both porcelain crowns and dental veneers are attractive and practical solutions to a host of different dental situations. Let's discuss which smile solution would create the beautiful smile improvement you've been looking for!

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Thurs.: 9 a.m. - 4 p.m.

Fri.: 9 a.m. - 3 p.m.

Sat.: 8 a.m. - 4 p.m.

Our Services Include:

- Family & Cosmetic Dentistry
- Orthodontics
- Implant Dentistry
- Crowns • Bridges
- Porcelain Veneers
- Tooth Bonding
- White Fillings
- Root Canals
- Smile Whitening
- Nitrous Oxide
- Sleep Apnea
- TMJ Disorders

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