



Dr. Kazdan & Dr. Solomon's

Tooth Talk

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

Winter 2006/2007

fromthedentists

Our Sincere Greetings

To our valued patients

Peace, hope, and joy are some sentiments that can never be expressed often enough. Another is our heartfelt gratitude to you, our patients, who have made the growth of our thriving practice possible through your loyalty and friendship.

It is truly astonishing to think how quickly yet another holiday season has arrived. Before we all get too caught up in what seems like an endless flurry of activity, we'd like to take a moment to reflect on the year that has just passed. There is no doubt in the minds or hearts of our team that the bonds of friendship and trust we share with our practice family make everything easier.

We are honored by your ongoing loyalty and patronage and look forward to sharing another year with you. From all of us to all of you, a safe, healthy, and happy holiday. If you have any questions or concerns, be sure to give us a call. You are important to us.

Wishing you a wonderful holiday,

*Dr. Kazdan, Dr. Solomon &
Dr. D'Angelo*

turnthepage

Amazing before & after smiles!

What makes a difference for every man?

Cancer alert: you should be aware!



For the people who mean the most...

*May all your holiday
moments be golden
and filled with light.*

From our practice family to yours...

Dr. Kazdan, Dr. Solomon, Dr. D'Angelo & Staff

Thank you for all your referrals - we appreciate them!



Men's Health Not Improving

Better oral health can make a difference

Research conducted in the United Kingdom suggests that men's health has not improved since the 1970s, and heart disease is still the leading cause of death for men in North America where a third of men with diabetes don't know that they have it, and men are twice as likely as women to develop oral cancer. What does this have to do with dentistry? Plenty – because more men than women have gum disease, and gum disease has been linked with oral cancer, heart disease, diabetes, kidney disease, and Alzheimer's. Periodontal disease can be prevented and controlled with regular brushing and flossing as well as regular visits to our office.

Good oral health and a healthy lifestyle that includes exercise and excellent nutrition can go a long way toward keeping men – and their families – healthy.

BIG...BIG...BIG

Sometimes it's the smallest things that pack the biggest wallop. For example, improving a very minor smile flaw can result in a big gain in self-confidence and make a difference in how you are perceived by others. Today, dentistry can restore your self-assurance – and your biggest smile – with non-surgical cosmetic makeovers. Here are some proven techniques that can provide big results. So, please – don't hide your smile. Instead, let us help you to pick the best strategy for your unique smile!

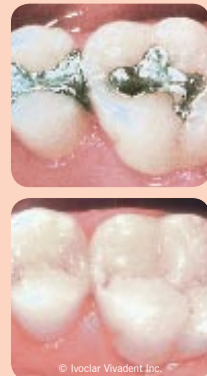
Teeth whitening

removes stains on enamel & lightens pigmentation by up to 8 shades with our supervision. Whiteness depends on the degree of discoloration & whether your teeth are dimmed by ageing, food, nicotine, or root canal treatment. The process is safe, speedy, & dependable.



Metal-free filling materials

create an appealing & natural look. They are strong & durable, & can look as good as – or better than – your own teeth!



Translucent **veneers**, **bonding** materials, and non-metallic **crowns** can conceal many imperfections. Are your teeth stained, worn, chipped, or cracked? Look totally natural with any of these custom-made restorations. Are your teeth slightly crowded, uneven, or irregular? We can re-fashion your smile ...without braces!



CANCER ALERT

A Brazilian study has linked oral cancer with the regular consumption of foods high in animal fat and saturated fat, including bacon, cheese, pork, and fried foods.

Although people who smoke or use smokeless tobacco remain at highest risk for oral cancer, experts estimate that about 35% of cancers can be linked to diet.

We already know that...

- poor nutrition can negatively affect your immune system's ability to resist disease;
- decreased intake of vitamins and minerals can lead to mouth sores and a breakdown of gum tissues which can contribute to oral cancer;
- a diet high in starch or sugar promotes tooth decay.

We perform an oral cancer exam on all adult patients in our practice at each recall visit. We'll show you how to conduct a self-exam at home.

the truth

About Craniomandibular Dysfunction

What Is Craniomandibular

Dysfunction? CMD describes a collection of symptoms which occur when the chewing muscles and jaw joints do not work together correctly. It is also called Temporomandibular Syndrome or Temporomandibular Joint Disorder (TMD). By including a reference to the cranium or head, CMD evokes the relationship between the jaw, its joints, and the muscles and nerves of the face and head.

What Causes CMD?

The temporomandibular joints are at the ends of your jawbones, just in front

of your ears. They attach your jaw to your skull. Muscles that attach to both the bones and joints allow you to open and close your mouth. Any problem which interferes with this complex system may result in Craniomandibular Dysfunction.

What Are CMD Symptoms?

Clicking or popping of the jaw joints, pain in or around the jaw joints, and locking or limited opening of your mouth can be associated with a jaw problem. However, muscle spasms can create other symptoms that are less obviously bite-related and include...



-  Sinus headaches or migraines
-  Pain behind the eyes
-  Dizziness
-  Earaches or ringing in the ears
-  Clenching or grinding of the teeth
-  Neck, shoulder, or back stiffness and pain

How Can We Help? After a thorough examination and discussion of your symptoms, we will review dental treatment options with you, including stabilizing your bite to relieve any strain.

COOL



CLEAR

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

Water is essential to maintain your oral and overall health. On average, human body weight is 50-75% water – or about 10-12 gallons. The specific percentage varies for each individual.

WATER

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralizing tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents *xerostomia* (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.

Think COLOUR & Harmony

Look younger with translucent veneers

People who can't see other colours can usually see yellow. Sometimes that's good – think sunshine, daffodils, and *Post-it*® notes. Sometimes that's bad – it's discouraging to think that even the *dyschromatopic* notice stained yellow teeth. But you can replace your not-so-mellow yellow with a melodious tone of white – with ultra-thin, translucent porcelain veneers.

The art of dentistry is about more than colour. Dentists consider esthetic principles to enhance smiles that harmonize with your age, lifestyle, ambition, and physical appearance. A too-white smile can look out of place in the prime of life when teeth tend to get shorter with wear and when laugh lines

and wrinkles make their appearance.

Did you know that hand-sculpted veneers can help you look younger by:

- Plumping out wrinkles;
- Adding volume to your smile;
- Restoring length and balance to worn-down teeth;
- Rejuvenating discoloured teeth;
- Concealing chips or gaps.

How do veneers do all that?

Porcelain veneers are hand-sculpted layer by layer to your teeth's exact dimensions. They reflect inner light and show the fine detail of natural tooth enamel so that they look completely natural when bonded to your teeth. The entire process can be completed in just two or three appointments.



Porcelain veneers are well worth the investment to restore sparkle and youthfulness to your smile and to restore the proportions your face was meant to have.

office information

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Office Hours

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Contact Information

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Office Staff

Dr. Nasser Derakshan Periodontist
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Beira, Sherri C., Abby, Satpreet, Sherry K. Receptionists
Darlene, Jana, Janice
..... Dental Assistants
Grace, Lorraine, Beverley, Katherine
..... Part-Time Staff



Now and always

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventive dental and oral health care to you, our patient, your families, and your generous referrals.

Committed To You

Cinnamon! Spice up your life!



Say *Cinnamomum*. That's the genus the sweet, aromatic spice cinnamon belongs to. One of the earliest known and most sought-after spices, it has been credited with creating the momentum to discover America. Research now credits cinnamon with the ability to do much more!

With no known risks, cinnamon can:

- inhibit disagreeable mouth odors by destroying sulphuric bacteria;
- help the body to use insulin more efficiently, reducing the risk of type 2 diabetes which has been linked to periodontal disease;
- cut blood sugar levels by as much as 20-30% to help prevent diabetic complications that can be aggravated by periodontal disease;
- reduce total cholesterol, bad cholesterol, and triglycerides that can affect cardiovascular health.

Do yourself and your oral health a *flavor*, and spice up your life with cinnamon!