

**OAKVILLE PLACE DENTAL**

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# Dr. Kazdan & Dr. Solomon's

# Tooth Talk

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

Winter 2008

## fromthedentists

### Exceeding Expectations *Our daily pledge*

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ... and to keep them up to the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

*Thank you*, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.

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

## turnthepage

Does gender really matter?

Defy anxiety and win the battle!

Find out which changes get real results!

## The Fluoride Force

Help your smile in many ways

Let's fact the facts: for over fifty years, dentists and research scientists the world over have accepted the oral health benefits of fluoride. In addition, most of our patients assume that the amounts of fluoride they get in their tap water and toothpaste is adequate. But this isn't always the case. In *fact*, fluoride treatments may be the answer to a wide variety of oral health conditions.

For example, many adults suffer from recurring or secondary decay around existing fillings. Properly applied fluoride can block these cavities by creating a more acid-resistant surface layer and can even reverse early-forming cavities. Fluoride-based products are also recommended in the treatment of tooth sensitivity, usually due to receding gums, and have the added benefit of providing extra protection from cavities.

Fluoride also helps inhibit bleeding and tender gums in early gum disease, thus helping to control the condition in its beginning stages. Fluoride

can help prevent re-infection and sustain ongoing treatments in cases of advanced gum disease. For those patients with implants and dentures, fluoride can play an important role in preventing early implant deterioration by preventing plaque build-up, and in controlling bad breath and irritation from dentures.

We believe strongly in the benefits of fluoride treatments and will be happy to answer any questions you may have about how fluoride can help you achieve the very highest level of oral health care.

Drinking fluoridated water from birth has been shown to reduce tooth decay by as much as 50%. By the time your children reach age six, we should be working together on a strategy to prevent tooth decay that includes regular checkups, appropriate fluoride use, dental sealants, and proper brushing and flossing techniques.

it's the **toothtruth**



*Thank you for all your referrals - we appreciate them!*

# DENTAL ANXIETY

## Shifting The Focus

### Stay positive

In a study where people were asked to solve math problems, there was no difference between men's and women's scores until the women were required to wear bathing suits. Suddenly their focus shifted to self-consciousness. Uneasiness and anxiety can hold anyone back. Don't let these feelings keep you from benefiting from preventive, restorative, or cosmetic dentistry.

#### What you can do

- Share your fears with us;
- Keep appointments – delaying

may complicate treatment;

- Avoid caffeine and sugar;
- Interrupt us if you need a break;
- Ask questions – knowledge is power!

#### What we can do

- Consult with you to develop your best treatment strategy;
- Provide you with distractions;
- Use technology to minimize discomfort;
- Offer sedation so that you can have more treatments in one visit;
- Provide non-surgical treatments.

## Ask Us Anything!

Can't figure out how to keep the paste on your electric toothbrush without it splattering? Try waiting until the brush is in your mouth before turning it on. So you see... You *can* ask us anything about dental procedures or home care techniques!

### 5 Great Reasons For Good Home Care

- [1]** Saves on both dental and medical costs particularly if you are diabetic or suffer from cardiovascular disease.
- [2]** Expands cosmetic options that require a solid oral health foundation.
- [3]** Keeps your breath sweet by managing the bacteria and sulphur compounds that cause oral malodor.
- [4]** Saves your smile for years to come – every minute in the US, a patient loses a tooth due to cavities or gum disease.
- [5]** Boosts your social life – everyone notices your smile first!

## CLOSING THE GAP

*Men, women, & health*

The gap between men and women's oral health concerns is less than you might think. Here are some similarities triggered by hormones...



- Adolescent hormonal fluctuations can contribute to gingivitis for both genders.
- Oral contraceptives can intensify existing oral problems in women, encourage gingivitis, or reduce saliva flow.
- "New-mom gums" happen when progesterone causes inflammation of the gums after the baby arrives.
- Andropause is a normal mid-life stage of male development that can increase risk for cardiovascular disease and osteoarthritis which have been linked with periodontal disease.
- Menopause may trigger dry mouth, jaw pain, or a burning sensation in women's mouths.
- Millions of men, as well as women, have osteoporosis which

has been linked to gum disease which has been linked to systemic diseases, jawbone loss, and tooth loss.



# Change For The Good!

Look really great ... for real!

Don't you feel badly for people who wear themselves out trying to improve things about themselves that they just can't change? It's great to know that there are still some enhancements you can make where you will absolutely, positively see a for-real difference ... and everyone else will too. Restorative dentistry can help change your smile for the better.

## enhancement

Brighten stained or discolored teeth, or replace missing or worn teeth

## technique

Teeth whitening can be enough but if your teeth have become stained or discolored through age or from tetracycline or other medications, bonding or veneers are a beautiful solution.

## enhancement

Rebuild chipped, cracked, or worn teeth

## technique

We can strengthen damaged teeth with custom-designed crowns or restore the appearance of less damaged teeth with bonding materials or ultra-thin porcelain veneers. All of these methods are completely natural looking.

## enhancement

Give proportion to an uneven or too-gummy smile

## technique

We can even out your gumline and reveal your natural enamel by removing excess gum tissue.

## enhancement

Replace missing teeth or correct a bad bite

## technique

Crowns, bridgework, dental implants, or a combination of all three could offer your best improvement for functional or structural problems.

## enhancement

Close gaps between teeth

## technique

Some gaps can be filled by using porcelain crowns or camouflaged with veneers which have been called *instant orthodontics*. Sometimes braces and other appliances are required to move teeth over time.

before



after



before



after



## Smile Signals

### It's about complex interrelationships

At the *Institute for Human and Machine Cognition*, researchers are using helmet-mounted cameras and other technology to send signals to the brain ... through the tongue! People without sight have perceived people walking in front of them and have been able to locate doorways. If this doesn't demonstrate the complex interrelationships between our mouths and other systems in our bodies, then what can?

Gum disease has a tendency to sneak up on you. That's probably why so many people lose teeth because of it. If we don't keep our teeth and gums scrupulously clean and healthy, then plaque (bacterial film) will build up and harden into calculus. If allowed to accumulate, it can cause swelling, tenderness, and even bleeding ... and that's not all! Gum disease has been *linked to toxemia, premature births, cardiovascular diseases, diabetes, and osteoporosis.*

Only a dentist or hygienist can remove calculus. But the best cure is prevention through regular brushing and flossing, a diet adequate in vitamins like A, C, and B-complex that build healthy gums, and regular dental exams.



# Wear A Crown?

Why not? You deserve to look your best!

Because of today's superior ceramics and bonding materials, crowns have become the restoration of choice for many people – including for front teeth. Not only are crowns strong and long-lasting like the natural enamel they cover and protect, crowns can be precisely matched to the translucence, color, and contours of your other teeth so no one will ever know you have one.

Why consider a crown?

■ **Existing Damage** – If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could extend its longevity, or even save it for life. People of all ages are also susceptible to cracked or broken teeth for many reasons, including accidents and sports injuries. Crowns will give these teeth much-needed support.

■ **Prevention** – When a tooth becomes at risk, a crown can prevent

more serious and costly damage. For example, nearly invisible cracks can be a telltale sign of grinding problems and are a prediction of possible future damage. A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighbouring teeth.

■ **Cosmetics** – Time takes its toll on just about everything... even dentistry. Older restorations can become compromised and they can lose their vibrancy. A new crown can correct these situations.

Could wearing a crown revitalize your smile? Let's talk about it!



## office information

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### Office Hours

Mon-Thu 8:00 am – 9:00 pm  
Fri-Sat 8:00 am – 6:00 pm  
Sunday on call

### Contact Information

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### Office Staff

Dr. Nasser Derakshan ..... Periodontist  
Dr. Nick Hawrylyshyn .....  
.. Wisdom Tooth Removal With Sedation  
Rochelle..... Office Manager  
Zorana, Sandra, Sonia, Michelle,  
Victoria, Jayme, Darlene .....  
.....Dental Hygienists  
Bella, Sherri C., Abby, Satpreet .....  
.....Receptionists  
Jana, Janice, Satpreet .....  
.....Dental Assistants  
Grace, Lorraine, Beverley, Katherine .....  
..... Part-Time Staff

## Time Management

It's a good thing!

Just as we need to keep your general medical history up-to-date to provide you with the best care possible, we need keep your contact information current. This allows for better time management and with it, better managed patient care.

Please be sure to notify us of any changes in your mailing address, phone numbers, and email or text messaging addresses if you use them. This will allow us to be quickly responsive about scheduling and keep you informed about any changes that could affect you. Indicating your preference for how we contact you is important.

This is just as much a part of our ongoing commitment to excellence as our state-of-the-art technology and our philosophy of excellent patient care.

It's great when you stay in touch. We're always happy to hear from you.

## It's Your Choice

Toothpaste FAQ

Toothpaste is probably the most common toiletry product there is. Hardly anyone would dream of brushing their teeth without it. Large corporations spend millions upon millions each year in product development and marketing in a never-ending search to find the best formula to keep your teeth clean and healthy.

Toothpaste has been with us since the 4th century AD, and its purpose is simple. Mixed with the natural saliva in your mouth and moved around by your toothbrush, it helps to cleanse your teeth and gums of bacteria and food particles, reduces plaque, and leaves your mouth feeling and looking fresh, and your teeth white and sparkling.

Which paste is right for you? Check for the Canadian Dental Association's Seal of Approval, and of course, ask us if you need help!