

Family Dental Day *A fret-free summer option*

Finally! Summer! In February, I thought it would never get here! This year, my family and I are experiencing a "staycation." Instead of an expensive holiday away, we're looking to have some fun with activities close to home, including days that wind down outside in the back yard beside the BBQ.

For all of you who are my fellow "staycationers" - and according to trend reports, there are quite a few of you - I am happy to announce that our office will remain open all summer, providing a perfect opportunity for another new trend ... the family dental day. This summer, leave behind the difficult logistics of meeting dental appointments when schedules are tight with school and work. Give us a call to schedule your family appointment and replace the winter-scramble with one unhurried fret-free visit.

*Yours in good dental health,
Dr. Poiman*

turn the page

Are your prevention efforts effective?
6 ways to an ageless smile!
Teach your kids well!

Seeing Is Believing

Take this test & change your life

Research has shown, not just once or twice but repeatedly, that for most people your smile outranks your eyes, hair, and body as your most attractive feature. Being a person yourself, it's probably also the first thing you notice - or avoid - when you look in the mirror or at photographs of yourself.

Here are questions to help you decide how much you like what you see. After all, who knows better than you how your smile has affected your happiness and success.

1. Are you totally happy with the way your teeth and smile look?
2. Do you habitually hide your smile with your lips or your hands?
3. Do you try not to smile in front of others, especially people you don't know or who have terrific smiles?
4. When the camera comes out, do you avoid smiling?
5. Would you like a smile that makes you feel proud and confident?
6. What would you like to change about your smile?



You know, there's no need to be embarrassed to visit us because it's been some time since your last appointment. That's what dentists are here for. Once you've decided to improve your smile, our dental team will help you explore your esthetic options. Teeth whitening, veneers, crowns, and implants can create your ideal smile - often in only a visit or two. We look forward to helping you pass your smile test with flying colors!

Thank you for all your referrals. We appreciate them!

5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



"Ascared" Of The Dentist?

Not your kid!

Kids' fear of "going to the dentist" is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for "brain freeze." It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!



3 Life Changing Truths

Your agenda? Your healthy mouth & body!

Some things are never worth delaying – especially your regular oral hygiene appointments. It's so important that we recommend recall visits as often as every three months for some patients and six months for others. Yet even those we schedule at twelve-month intervals can place themselves at risk if they keep putting it off.

Here are three key truths from the Surgeon General's Report that explain how much is at stake...

- **Oral diseases affect health and well-being throughout life.** Caries, gum disease, and bite issues, if allowed to progress, can create chronic pain, affect breathing, limit your ability to speak or eat a healthful diet, and damage your appearance and self-confidence.
- **General health-risk factors also affect oral health.** Diabetes, cardiovascular diseases, and arthritis are three examples of illnesses that suppress the immune system. Hormonal disruptions during adolescence, pregnancy, and mid-life can increase your vulnerability to oral health challenges, as can lifestyle choices and your family medical and dental history.
- **The mouth is the gateway to the body.** The mouth provides us with a window to your general and oral health status. Prevention of oral and systemic diseases is possible for everyone and early intervention can make all the difference.

The Surgeon General says that "you cannot be healthy without oral health," so please don't be tempted to stretch your recall schedule, no matter which timetable we have recommended. If insurance or payment is an issue, we can work something out.

office information

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Office Hours

Monday 10:00 am – 7:00 pm
Tuesday 8:00 am – 5:00 pm
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Thursday 9:00 am – 6:00 pm
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Office Staff

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Needle free hygiene
appointments available



It's Already Paid For, So...

Why aren't you using it?

It surprises me how many patients miss their dental appointments when they have insurance coverage. If you've missed your scheduled date because you've been busy with life (as we all get), you're losing hundreds of dollars in treatment each year. And, without treatment, deterioration of your teeth and gums will take a toll – and not just on your bank account – on your overall health too.

Gum disease has been linked to many serious diseases and, in fact, each time you're in, we check for up to 200 diseases. Please don't lose your money. Call now to book your recall appointment. We'll investigate your insurance coverage to make certain you're taking advantage of all your benefits. We have convenient times open and can book your entire family at the same time!

Bring The Kids They'll love it!

Don't forget about our kid-friendly *Waterlase*® laser technology. We use it instead of a handheld drill to perform a variety of dental procedures, including cavity preparation, decay removal, tooth etching, and a wide range of soft tissue (gum) procedures.

Most procedures can be performed with no pain and little or no bleeding, so there's usually no need for anesthesia or needles. It's also very precise so we can save as much healthy tooth and gum structure as possible. So, there's no need to wait for either big kids or little ones – we're just a phone call away.