

Smile Highlights



PACIFIC DENTAL

High Park, Toronto



Produced to improve your dental health and awareness

Fall 2010

fromthedentists

Now Is The Right Time To make referrals

Making and keeping a dental appointment, especially at this time of year, is very important and makes complete sense. Competitive sports are ramping up and to play it safe, mouthguards are a requirement. People also want to look their best for the holidays, or are realizing that they need work done before this year's dental benefits expire.

No worries! We have appointments available and we ask you to ensure your regular checkups are on track, and if not, invite you to schedule one.

Also, please refer your friends, colleagues, and family members to us. When you refer, it's an excellent reminder to others that preventive care is a top priority. We hope you know how much we value your referrals – they are high praise, and for that we are grateful to you!

As an additional thank you, we are giving a box of *Crest Whitestrips*® to you for each of your kind referrals!

Yours in good dental health,

Dr. David Sacoransky

Dr. Ivan Kominek

Unusual Suspects

Which of these is your biggest risk?

I came across a statistic recently that reminded me how small things can make a big difference. Nail biting, something that about 30% of adults and 45% of teens do, can cause serious damage to teeth and cost up to \$4,000 in dental bills over your lifetime. Stopping the habit is easier said than done and won't repair the harm. This is only one example of why it's so important to let us help you with prevention and maintenance.

Whether a nail-biter or not, unwary patients sometimes delay checkups, not realizing that with every day that passes, oral health could be compromised...

- Letting your home care routines slip or using the wrong tools can lead to wounds, cavities, and gum disease which can appear silently and lead to tooth loss and other complications.
- Medications can contribute to dry mouth and increase your risk of cavities. For example, many people are routinely taking analgesics, anti-hypertensives, and antidepressants.
- Ignoring your pain or discomfort whether caused by cavities, bite problems, or even damaged fillings or restorations can lead to more complicated and expensive dental work.



Please call us at (416) 762-9706 and find out about non-invasive very-affordable solutions. We will be happy to develop a personal customized treatment and prevention plan to improve your appearance and oral health.



Find us on:
facebook®

A healthy smile will last a lifetime!

The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Whitening & Veneers



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Pregnancy Perio Risk

Oral health could affect you & your baby

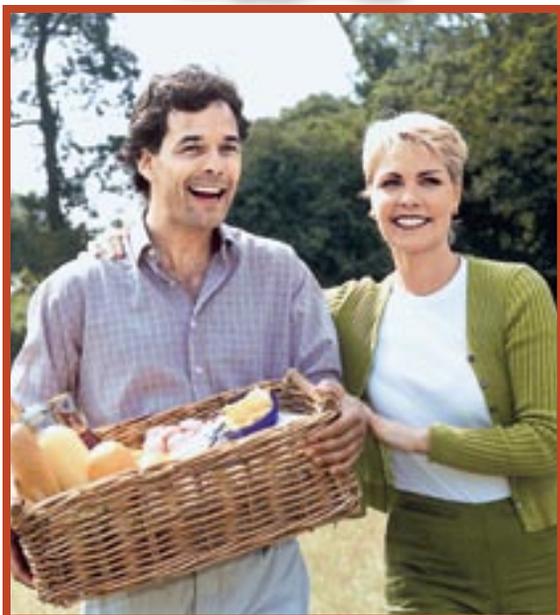
For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.

We screen for gum disease at every visit ...because we like to see you smiling.



Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

Just Lose Five

Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

Healthy And Vibrant

And let's not forget natural!

You have made a conscious decision to floss, brush, and have regular cleanings, and you've implemented a good oral home care regimen. In short, you have done all the right things for your oral health! But your smile is just not quite as dazzling as you would like it to be. Now is the time to do something nice for yourself - you've earned it!

Consider a safe, reliable cosmetic dental procedure: whitening. No matter how rigorously you follow your dental care routine, many of life's simpler social pleasures like drinking tea, coffee, and red wine will gradually stain your teeth. Sometimes yellowing is just a fact of ageing or the result of using some medications. And some people are just unlucky in the hereditary sweepstakes.

Increasing numbers of adults are improving the appearance and function of their teeth. We often correct cracked, chipped, or unevenly spaced teeth using bonding or with veneers. We can use crowns to repair severely damaged teeth, and bridges and implants can be natural-looking choices to energize your smile.

We want your smile to radiate the health you feel. Reward yourself ... ask us about how we can help you to achieve your best smile possible: healthy, vibrant, and natural!



Around The Office...



Congratulations to Dr. Sacoransky's North Toronto Minor Mosquito AA team...

For becoming the 2010 city champions! We wish them luck at the upcoming Ontario Baseball Association Provincial Championships in Brantford, Ontario this Labour Day weekend.

Office News

We wish our valued office manager, Elisa, and her family all the best as they await the arrival of their new baby. Although we will miss Elisa as she is on maternity leave, we are very glad to have Pam, Dr. Kominek's assistant, who will be taking over Elisa's responsibilities in her absence.



Thank you Pam and Good luck Elisa! We can't wait to see the new baby.

What's New At Our Website

At Pacific Dental, we really enjoy continually finding ways to provide you with an unprecedented level of convenience and service. It was with this in mind that we recently updated our website.

Like this newsletter, our website is a great way for us to provide you with information about procedures available to you, an option for you to book your appointment online, and to bring you news from our office. We have added educational videos - so that you can be educated and prepared for all dental procedures. Plus, you can read leading research about various topics such as oral health and diabetes, pregnancy and dental health, and more under the Patient Education section of our website.

Please feel free to visit our site at www.pacificdentalonbloor.com to explore all the information available to you whenever and wherever you are.

officeinformation

Pacific Dental

Dr. David Sacoransky
Dr. Ivan Kominek

6 Pacific Avenue
Toronto, ON M6P 2P3

Office Hours

Monday	8:00 am	-	5:00 pm
Tuesday	8:00 am	-	7:00 pm
Wednesday	8:00 am	-	5:00 pm
Thursday	8:00 am	-	5:00 pm
Friday	8:00 am	-	1:00 pm

Contact Information

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Web site www.pacificdentalonbloor.com

Office Staff

Paula	Dental Hygienist
Elisa	Office Manager
Svitlana	Dental Assistant
Pam	Receptionist
Rachel	Dental Assistant
Phil Longo	Denturist



Don't Fall Behind!

Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!