

# Smile Highlights

with Pacific Dental

Produced to improve your dental health and awareness

Spring 2010

## fromthedentist

### Welcome!

#### Our new newsletter

Welcome to the very first issue of *Smile Highlights*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, implants, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

*Yours in good dental health,*

*Dr. David Sacoransky*

## turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

## We Have Answers!

*Find out how your life could be affected*

Healthy teeth provide structure, give your face character, and help you to eat, speak, and smile. Yet a healthy mouth means so much more. Research suggests that undiagnosed gum disease, for example, isn't just the leading cause of adult tooth loss. It can destroy bone and supporting tissues and may affect your general health at any life-stage. That's why we're so committed to providing you with good information and answering your questions.

■ **I'm pregnant. Can gum disease affect me?** Studies have linked gum disease to low birth weight, toxemia, and premature delivery. Nearly half of women with gestational diabetes, which occurs during pregnancy, also have gum disease and remain more vulnerable to diabetes later in life.



■ **I'm diabetic. How important is oral health?** People with diabetes are more likely to have gum disease which may make it more difficult to control blood sugar levels. Gum disease can lead to an increased prevalence of heart and kidney disease in type 2 diabetics.



■ **Are respiratory and heart diseases a greater risk?** Oral bacteria can be inhaled and affect your lungs, and can flow through your bloodstream. It's been found in arteries of stroke victims and there may also be a link with chronic inflammatory illnesses including cardiovascular diseases.



■ **What can I do?** Call us. Since gum disease and other oral health issues can arrive painlessly without visible signs, everyone should be examined regularly.

*A healthy smile will last a lifetime!*



## Out Of The Woods

### The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

### You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

## Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

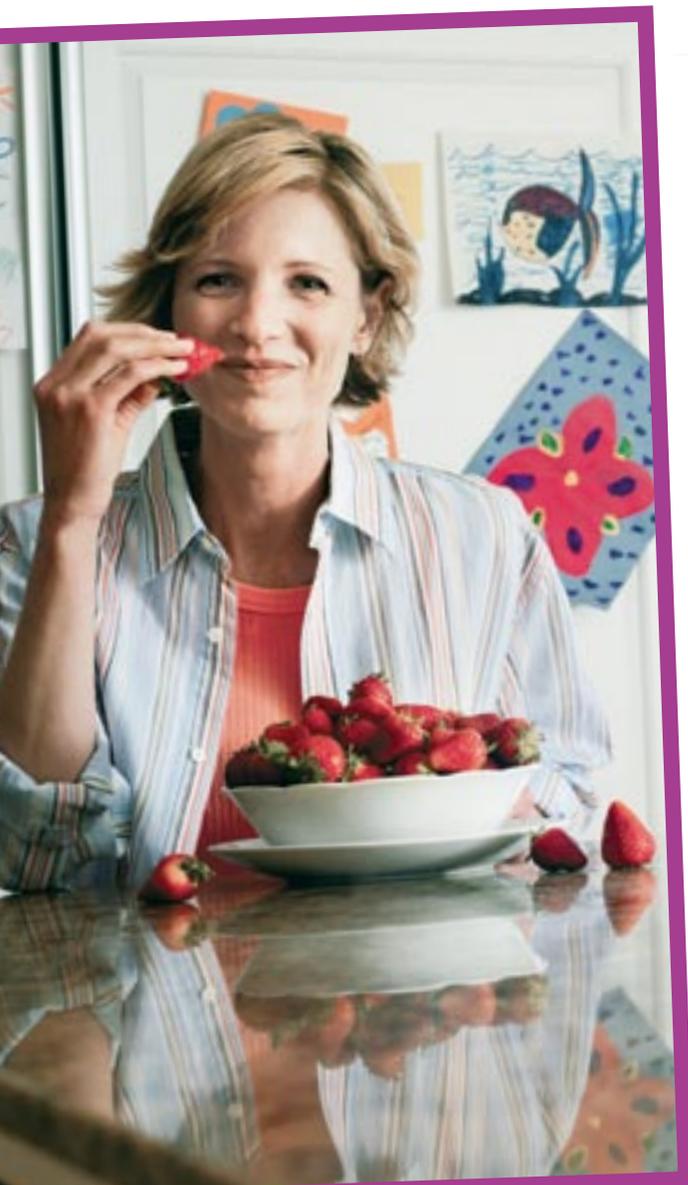
### Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

### What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



# An **Inflammatory** Topic

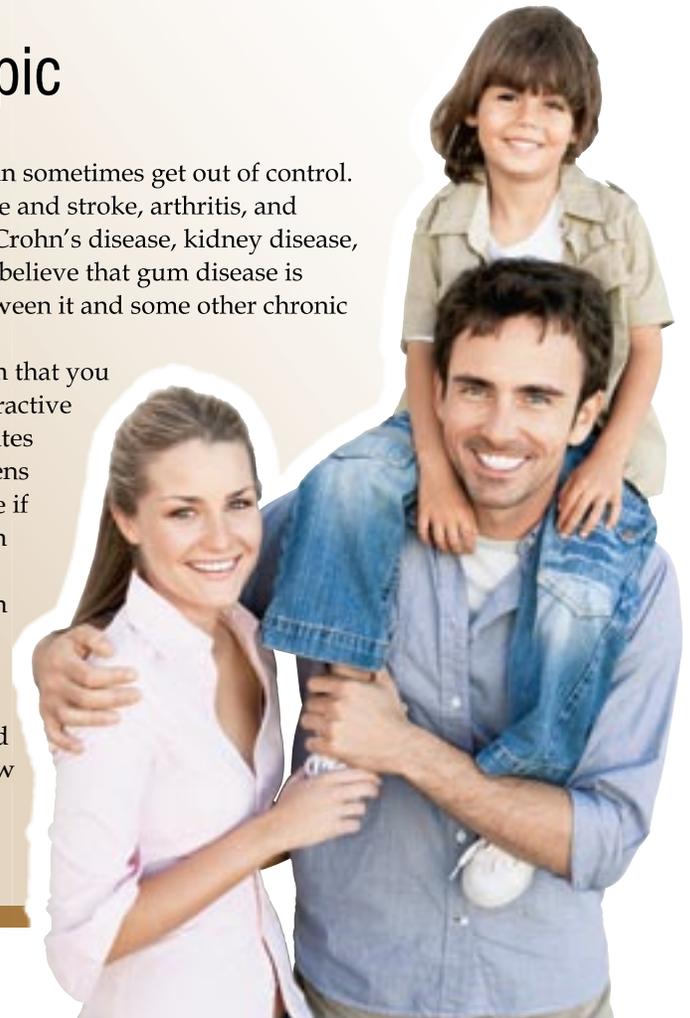
## Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



## **While They Sleep**

### 3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

## **Invisible Strategies**

### Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

**White fillings** can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

**Enamel-colored sealants** offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

**Invisible orthodontics** are available in several types: clear aligners, lingual, and clear ceramic.

**White bonding** material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



# Around The Office...

Dr. Sacoransky is coaching his son Dean's baseball team, the NT Minor Mosquitoes AA All Stars! The team is made up of players aged 9 and 10.



**For everyone, kids and adults, out there enjoying sports this summer, don't forget your mouthguard!**

## Meet Phil Longo Our Denture Therapist:



Phil Longo completed his Denturist program in 1985 from George Brown College. Prior to being licensed he had worked as a dental technician at Sunnybrook Hospital for 10 years servicing Veterans with their needs in denture, crown and bridge procedures.

Phil is a member in good standing with the Denturist Association of Ontario and is committed to continuing education in the field of dentures and implant retained dentures.

Phil and his wife Deanne married in 1982. Their family includes their daughter Teresa and son Michael who recently graduated as a Denturist in 2007.



*As you can see, we have been 'Springing into Action' around the office and have been sprucing up the office, and our street front planters to welcome the warm weather!*

## officeinformation

**Pacific Dental**  
**Dr. David Sacoransky**  
**Dr. Ivan Kominek**  
6 Pacific Avenue  
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### 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 9:00 am – 1:00 pm

### Contact Information

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### Office Staff

Paula Lange ..... Dental Hygienist  
Elisa Da Costa ..... Office Manager  
Svitlana Ihnatyuk ..... Dental Assistant  
Carmen Cates ..... Dental Assistant  
Phil Longo ..... Denturist



## Spring Into Action!

### Keep your recall

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.



We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

## 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.

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