



PACIFIC DENTAL
High Park, Toronto

Smile Highlights

with Dentistry on High Park

Spring 2011

Dear Neighbour,

If you haven't seen a dentist in a while, if you're worried about the health of your teeth, or you have a concern about someone in your family, please call us today. We have been practicing family and cosmetic dentistry in your neighbourhood for 40 years, and we always welcome new patients!

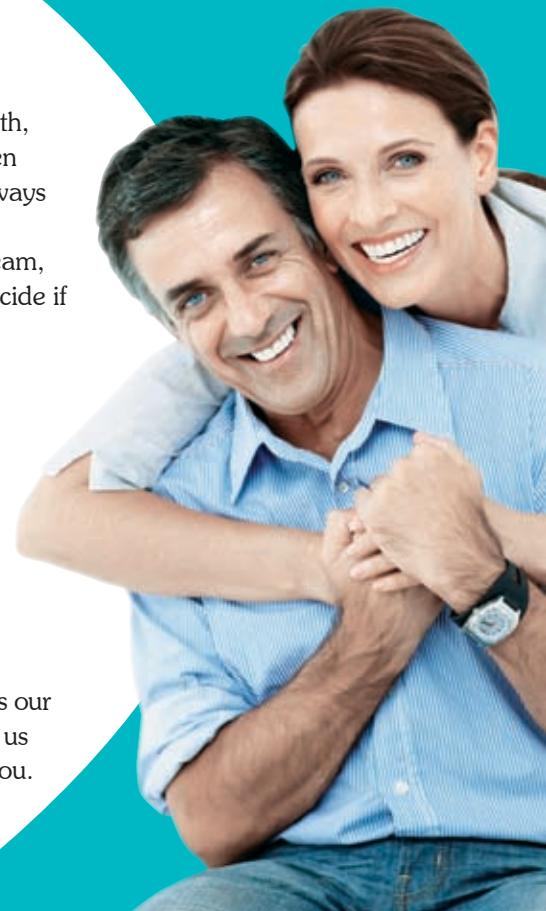
Call 866.337.5112 now – start with a complimentary consultation. You'll meet our team, and receive an oral health exam. You can talk about concerns and smile goals – then decide if we are right for you and your family!

We provide:

- a comprehensive practice that has been serving this area for 40 years, with expertise in all areas of dentistry, including prevention,
- welcoming and relaxing office with integrated patient-friendly technologies at our nearby location,
- help from our enthusiastic team to ensure you understand all of your treatment options,
- **convenient appointment times including after-hours options, and flexible financing and payment options!**

We know that the healthier your teeth and gums are, the less you'll need to see us – that's our goal! We hope you enjoy this informative edition of *Smile Highlights*, and do feel free to call us with any questions, we'll be happy to answer them. Our friendly team is eager to welcome you.

**P.S. Complimentary consultation appointments fill quickly –
call 866.337.5112 now to reserve yours!**



We are accepting new patients!



**Call Today!
(866) 337-5112**

Dr. David Sacoransky
Dr. Ivan Kominek
6 Pacific Avenue
Toronto, ON M6P 2P3

Convenient Dental Care For The Entire Family



PACIFIC DENTAL
High Park, Toronto

"Personable and professional, Dr. Sacoransky and his staff at Pacific Dental are great. There is **free street parking** near their office. Ideal for anyone in the High Park / Bloor West Village area."

– Lars - Erik F.

Heart-Healthy Marinades

Spice up your life!

Spicing up your favorite dish not only produces great flavor, but promotes great oral and general health as well. And right now, even some of your favorite marinades may contain anti-inflammatory ingredients

which support a healthy heart and decrease the risk of cancer, Alzheimer's, diabetes, and other serious illnesses.

Add these ingredients to your next marinade, jerk sauce, or dry spice rub to do wonders for your heart and soul: garlic, hot peppers, paprika, ginger, cinnamon, turmeric, thyme, rosemary, oregano, black pepper, basil, cardamom, cilantro, chives, scallions, cloves, parsley, and cayenne pepper!

A proper jerk recipe is founded on copious amounts of Scotch bonnet peppers and allspice, and the old standbys of parsley, sage, rosemary, and thyme are all brimming

with anti-inflammatory benefits. Add tasty, anti-inflammatory olive oil to your marinades, and you'll have a perfect recipe for healthy living.



CROWNS BRIDGES VENEERS

Identify Your Strengths

Perfect for healthy active lifestyles!

If you're looking for more zest instead of rest, go for it! Today's dental techniques and materials not only re-energize smiles, they're perfect for active lifestyles. There is no need to worry about special care regimens and they'll give you that great smile you deserve!

WHAT ARE THEY?

Crowns cover decayed or damaged teeth, restoring them to a natural shape and size. They will also make your teeth stronger and improve their color.

HOW TO CARE FOR THEM:

Brush and floss as usual.



WHAT ARE THEY?

Bridges replace one or more teeth and older crown and bridge restorations can be updated with beautiful metal-free materials that are anchored permanently.

HOW TO CARE FOR THEM:

Brush and floss, but remember to clean under the bridge. We'll show you this simple technique.



WHAT ARE THEY?

Veneers made from natural-looking ceramic or bonding materials are applied to the surfaces of teeth and add strength while straightening their appearance and concealing gaps, cracks, chips, or stains.

HOW TO CARE FOR THEM:

Brush and floss as usual.



Cosmetic and restorative dentistry have come a long way. Your overall quality of life can be enhanced by replacement teeth that look, feel, and function like your natural teeth by combining beauty, strength, and practicality for increased confidence ... so eat that exotic dish, travel to that remote country, and participate in extreme sports. Make an appointment today and let's discuss the option that's best for you.

PREVENTING PREDIABETES

One of North America's largest health epidemics, prediabetes, is the gray area between higher-than-normal blood sugar and diabetic levels. People in this range are at risk of not only developing type 2 diabetes, but heart disease, stroke, and gum disease.

Gum disease is often called the sixth complication of diabetes. It may not cause diabetes, but gum disease can affect its severity.

Prevent gum disease by:

- Brushing after meals
- Flossing daily
- Visiting us for regular cleanings.

Reduce your risk of prediabetes by:

- Controlling your weight
- Exercising regularly
- Getting at least 6 hours of sleep at night.

The important thing to remember is that prediabetes may not have to lead to type 2 diabetes. Making healthy changes to diet and lifestyle today can help you to alter your future for the better.

What
can you
do?



Dental Checkups Are Essential

Open wide for health!

Even if you are the most diligent brusher and heroic flosser, there are simply things that your dentist or dental hygienist can detect that you can't. Our goal is to catch and treat problems early, before they become major issues.

We will look for:

- signs of gum disease
- cavities, root cavities, and cavities under existing fillings
- signs of oral cancer
- deterioration of fillings, crowns, or other dental work
- hairline tooth fractures
- impacted wisdom teeth
- ...and much more!

Regular visits to our practice may also aid in the early detection of chronic health conditions, including heart disease and diabetes which can have specific symptoms that appear in the mouth.

Call us today to ensure your recare appointments are on track! We want to help you maintain a healthy lifestyle and a happy smile!

4 Reasons You Should Never Wait

Make your smile work for you

Millions of mature adults are ready to retire but can't. Others are coming out of retirement into a very competitive environment. True, you need to keep your smile looking good to compete, and we can help you with that, but if you want to keep working, you need to stay healthy. That means taking care of your oral health because it can affect the rest of your health.

Dental problems that hurt and look unattractive such as receding gums and tooth sensitivity will likely get your attention. Yet gum disease, potentially your most serious oral health risk, is often ignored because it is painless as it takes hold.

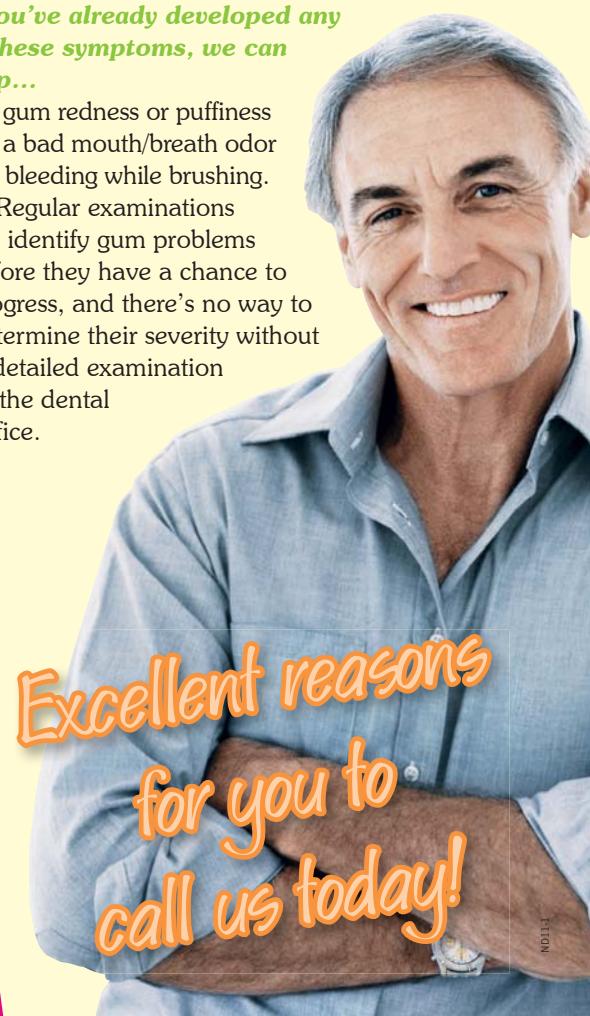
Don't wait for signs to appear. See us first. It's that important...

- 1 Gum disease is the top cause of adult tooth loss.
- 2 It can destroy the ligaments which support your teeth and the bone which supports them.
- 3 It could lead to painful and misaligned jaw joints, limit your ability to chew, create digestive problems, oral sores, and bad breath.
- 4 It has been linked to cardiovascular diseases, diabetes, arthritis, and cancers.

If you've already developed any of these symptoms, we can help...

- gum redness or puffiness
- a bad mouth/breath odor
- bleeding while brushing.

Regular examinations will identify gum problems before they have a chance to progress, and there's no way to determine their severity without a detailed examination in the dental office.



Between The Lines

Oral cancer

Great news just keeps on rolling off the presses. Exciting new breakthroughs in cancer treatments – including those for oral cancer – hit the headlines with regularity. This is great news because if untreated, oral cancer can lead to chronic pain, facial disfigurement, and even death. Thousands die from oral cancer every year, and research indicates that patients with gum disease may be at significantly greater risk than those with healthy gums. In its earliest, most treatable stages, oral cancer usually causes no pain or discomfort. Early detection is essential for an 80-90% cure rate. That's why every patient we have receives a free oral cancer exam. Screening only takes minutes, but it can save a lifetime!



Get Hooked On Hygiene!

And seal the deal

Healthy, bright smiles breed self-confidence, help convey a sense of personal pride and promote good general health. No wonder parents are willing to wear the label of "pest" to establish good oral health habits in their children.

Dentists recommend scheduling regular "smile-checkups" to monitor oral health, but to effectively reduce the occurrence of cavities, molars and premolars can be coated with dental sealant. "Chewing teeth" have folds and buckles that trap food often missed by brushing. Applying a thin plastic coat over folds and indents prevents cavities from taking hold, and this simple procedure requires only that teeth be cleaned and dried before application.

Good oral health habits and dental sealants are a one-two combination for delivering life long smiles.

Wedding Party Smiles

Wedding party white

"Look into the camera everyone. Smile!"

The planning of a successful wedding comes down to the small details. You want your big day to be flawless, so here is an important detail often neglected – your wedding party smiles.

It is easily overlooked, but those smiles will be featured in hundreds of images throughout your wedding album. But why take a chance when you can enhance? You can bring sparkle to every wedding party picture by booking whitening appointments for your entire "supporting cast."

Remember to book at least one month in advance to allow everyone time to complete the whitening process and to qualify you and your wedding party for 50% off in-office whitening.

"Hold it..." Click!



A Hershey's™ Kiss Good news all 'round

Chocolate may actually be good for your teeth. It contains tannins, a compound that helps prevent cavity-causing bacteria from sticking to teeth and gums. When mixed with sugar, tannins reduce the bacteria that cause dental and gum disease. But don't let this good news fool you! After eating chocolate and other sweets, you still need to brush.

Even better news? Kissing has been linked to the prevention of tooth decay! Because it stimulates the flow of saliva that naturally neutralizes the acid produced by oral bacteria, kissing helps reduce the incidence of cavities. So ... we could say it's one of nature's cleansing processes. Stuck for a partner? Chew sugar-free gum! It can stimulate the mouth to produce three times the regular amount of saliva.



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