



PACIFIC DENTAL

High Park, Toronto

Smile Highlights

with Dentistry on High Park

Winter 2011

Many More Smiles To Come!

What does Auld Lang Syne mean, anyway?

Auld Lang Syne is sung at midnight to bring in the new year, but few people know why. Auld Lang Syne is a Scottish phrase that means "old long ago," used to toast the good ol' days in anticipation of days to come.

It's great to have things to look forward to. The benefits of health will make most resolution lists... better oral health ... a white attractive smile ... healthy gums and fresh breath ... improved appearance...

Booking dental appointments for your family is a terrific way to launch the new year, as are non-surgical cosmetic treatments like whitening ... recontouring... veneers ... and orthodontics.

Pink, healthy gums framing white, even teeth communicate health and youth. But sadly, periodontal disease is the leading cause of tooth loss in adults. Did you know...

More than 75% of North Americans over 35 have gum disease?

60% of adults in one study knew little, if anything, about gum disease?

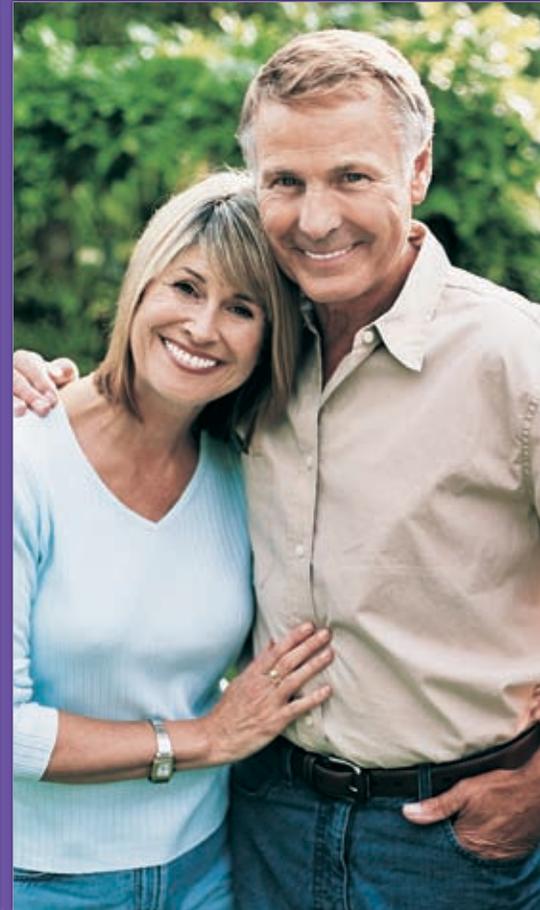
40% of adults never visit the dentist?

Do you want to make and keep one of the most important resolutions – acquiring excellent oral health? For no charge and with no obligation, we'll provide a complimentary consultation.

We look forward to welcoming you in 2011!

From all at Pacific Dentistry

Complimentary consultations book quickly! Please call our office today at (866) 337-5112!



We're in your neighbourhood!



Call Today!

(866) 337-5112

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

Our Services Include:

- Cosmetic dentistry
- Tooth whitening
- Mercury-free fillings
- Bonding & veneers
- Gum treatment
- Dentures
- Emergency dental care
- Relaxing & friendly environment
- Most insurance plans accepted
- Free parking
- Visa, Mastercard and Interac welcome

Visit us online at www.pacificdentalonbloor.com

We Welcome New Smiles!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

It's All Good Tips for the fearful

Fear of the dentist afflicts more than 80% of North American adults. That's sad. More than half say fear may keep them from going to see the dentist. That's bad, and unnecessary. Poor oral health can lead to more serious and increasingly expensive problems that can affect more than your teeth and gums. Don't let your anxiety keep you from benefiting from preventive, restorative, or cosmetic dentistry.

Here are some tips we know can work...

- Make that first appointment – then keep it. Delaying may complicate treatment.
- Share your fears with us.
- Ask questions. You'll feel more in control.
- Avoid pre-visit stimulants like caffeine and sugar that may promote anxiety.

This is really important. Please let our dental team help you.



Accentuate The Positive



Everyone will notice your new confidence

Many surveys confirm that your smile is the first thing people notice about you and that people make instant judgments about you based on its appearance. You may already have been on the receiving end of some non-verbal assessments. So why wouldn't your smile play a significant role in how you feel about yourself?

Here are some more questions for you. Do you find yourself pursing your lips ... or covering your mouth to hide your smile? Do you run for cover when the camera comes out?

If you're self-conscious, your best first step is to discuss your concerns with us. Try to keep an open mind no matter how unattainable you think your dream smile is. You might be surprised at some of the simple procedures that can make a big difference very quickly...

- **Brighten teeth that are stained or discolored**
- **Replace dark and unsightly fillings**
- **Straighten the appearance of teeth that are crowded or crooked**
- **Camouflage embarrassing flaws like spaces, or repair chips and cracks**
- **Fill gaps**

Call today for an appointment to discuss smile solutions to accentuate *your* positive! You could be feeling more confident and outgoing before you know it!

Put Down That Donut!

Our reasons why might surprise you

Did you know that gum disease can develop within days of upping your sugar intake? It also improves within weeks if you cut out starchy foods that break down into sugars in the mouth. Gum disease may be linked to systemic diseases like heart disease and diabetes, which in turn have also been linked to the consumption of sugars and starchy foods. So really, gum disease and tooth decay could be alarm bells that signal risk of chronic health problems. What to do? Monitor your oral *and* general health.

For example, take a moment to go through this checklist. Do you have any of these 10 symptoms of gum disease?

- 1 Red, swollen, or tender gums, or other pain in your mouth
- 2 Bleeding while brushing, flossing, or eating hard food
- 3 Gums that are receding or pulling away from the teeth, causing the teeth to look longer than before
- 4 Loose teeth
- 5 Teeth that are drifting apart
- 6 Pus between your gums and teeth
- 7 Sores in your mouth
- 8 Persistent bad breath
- 9 A change in the way your teeth fit together when you bite
- 10 A change in the fit of partial dentures

Gum disease often appears silently without noticeable signs, so even if you don't experience these symptoms, be sure to visit us regularly. Early diagnosis and proper home care routines are essential to good oral health.



Keep It Clean

The big kiss off

Hand washing is one of the most recommended ways to avoid getting infectious diseases including the common cold and flu. However, the *Centers for Disease Control* has taken its campaign one step further. To halt the spread of flu-related illness, they advised college students to refrain from kissing or, believe it or not, to at least wear a surgical mask while doing so. Yikes – cavities and gum disease can also be transferred by kissing!

In fact, tasting your family's food, or just blowing on it, can transmit oral bacteria that over time may lead to destructive gum disease. Sharing eating utensils or toothbrushes are other no-no's.

Don't worry, we won't tell you to stop kissing with or without a mask! But please practice a good daily oral health routine and have regular checkups.

Through Thick Or Thin

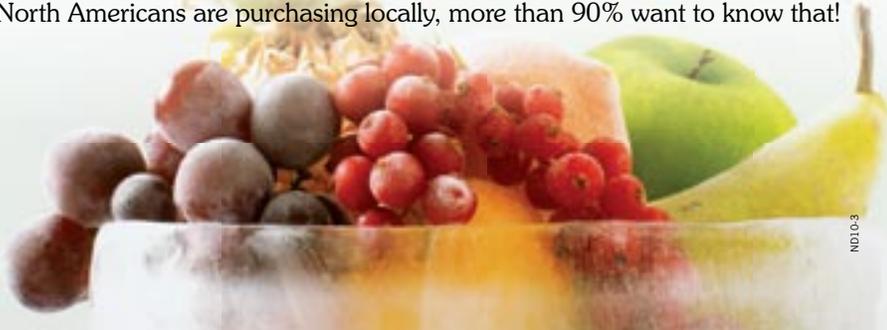
Friendly fruit salad

Got a *thin* friend who eats a lot? According to research, that may lead you to eat more. So can spending time with *overweight* friends. Bewildered by these contradictory findings? Don't worry – you can rely on yourself to eat right and eat smart. Here are some wholesome **low-cal, low-sodium, high-fiber**, and **high-antioxidant** fruits you can eat on their own or add to your favorite greens for a terrific salad.

Sometimes sour ... sometimes sweet... Enjoy these good-for-you flavors!

- **Grapes** – a good source of iron;
- **Cranberries** – may inhibit oral bacteria that cause dental caries and gum disease;
- **Cherries** – particularly tart ones, may reduce inflammation;
- **Figs** – provide potassium and bone-building calcium;
- **Pears and apples** – rich in vitamin C.

Bonus: These “super fruits” grow in North America, and because 80% of North Americans are purchasing locally, more than 90% want to know that!



Acid Reflux... Can damage teeth!

Acid reflux occurs when acidic stomach fluids back up into the throat and mouth, leaving a bitter taste and a burning sensation. For some people, these episodes occur daily and cannot be managed without treatment from their physician, ranging from lifestyle change to medication or even surgery.

Regardless of cause, chronic exposure of the teeth to gastric acid can result in erosion of the enamel on tooth surfaces creating tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth, and yellowing.

During oral examinations we can see the enamel erosion you might miss. We can repair the damage, but the best solution? Prevention. If you have symptoms, please consult your family physician, and let us know so that we can consider dental options.

Call Today!
(866) 337-5112



Fight That Cold With a new brush

We recommend our patients change their toothbrushes every three months, with the seasons, and even sooner if you've recently had an infection such as sinusitis, pneumonia, or upset stomach. A study demonstrated that these bacteria can stay on the toothbrush, and remain there for up to a month!

Make sure to buy a soft-bristled replacement toothbrush with round-ended bristles which are easier on your enamel and gums. Hard, worn, or frayed bristles can actually damage your gum tissue. Powered toothbrushes are more effective at removing plaque, and are ideal for people with arthritis or other health conditions.

We already know that regularly replacing your toothbrush is good for the health of your teeth and gums – fighting infection is just one more reason to invest in a new toothbrush!



Play Safe! Just wear it!

Did you realize that one-third of dental injuries are related to sports activities? Wearing a mouthguard makes *absolute* sense in sports such as hockey – we're sure you know that – but it can also provide protection in snowboarding and skiing.

It's imperative that the mouthguard fits well and does not impair breathing. Be on the lookout for telltale signs of wear, which means decreased effectiveness: tears or holes, or loss of shape due to chewing. Kids need theirs replaced yearly, sometimes more often, as their dentition changes.

Store your mouthguard in its container and clean it after use with a toothbrush, cool water, and toothpaste, or drop it in a glass for 15 minutes with a fizzy-tablet denture cleaner. Bring it to every appointment so that we can insure your protection is first rate!

Life's A Grind Intervention is key

More than 90% of us grind or clench our teeth at some time in our lives. Tooth grinding, officially called *bruxism*, is usually caused by stress. Grinding can be very damaging to your health and to your teeth because it can actually wear down the enamel surfaces of your teeth and weaken fillings and crowns. Bruxism can also be an important gauge of your overall well-being, an early signal that all is not well.

If you catch yourself gnashing your teeth at night, take a look at your lifestyle. Are you getting enough exercise? Would a hobby or behavioral counseling make life more manageable? We can also prevent and reduce grinding with special bite plates. But if your grinding continues, be sure to consult a stress specialist or physician.

