

Smile Highlights



PACIFIC DENTAL
High Park, Toronto



Produced to improve your dental health and awareness

Spring 2011

fromthedentists

Spring Is Here! We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home – the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

Yours in good dental health,

Dr. David Sacoransky

Dr. Ivan Kominek

turnthepage

What do you expect out of life?

Fruity fighters you want on your side!

Are you the *best* you can be?

Can We Make You Smile Today?

Restore your equilibrium with cosmetic dentistry

The same cosmetic procedures that beautify your smile could relieve symptoms like tenderness of the jaw muscles, limited jaw opening, facial or head pain, or joint noises. How? Cosmetic dentistry can correct your bite so that the muscles can function without extra strain and tension and leave you smiling – beautifully.

A crown...

...is sometimes called a cap. The white enamel that you see when you smile forms the crown of your tooth. When cracked or weakened by trauma, or by wear and tear, it can be strengthened by a porcelain crown which is translucent like real tooth enamel. With a custom-fitted crown, your smile will look, feel, and work exactly as nature designed it to.

A bridge...

...is a combination of crowns and artificial teeth. Bridges can close the gap left by one or more missing teeth, restoring the look of your smile and redistributing the workload more evenly.

An implant...

...is an alternative artificial tooth permanently anchored in the jawbone below the gum. Dental implants look and feel just like real teeth and can be used by young and old alike.

A filling...

...replaces tooth material that is damaged by decay. Say "goodbye" to old silver-colored fillings and "hello" to enamel-colored materials that look completely natural and can save your tooth, your bite, and your appearance!



before & after...



Naturally

White composite fillings look like real tooth enamel. For many patients, this is their premier restoration choice.

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A healthy smile will last a lifetime!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

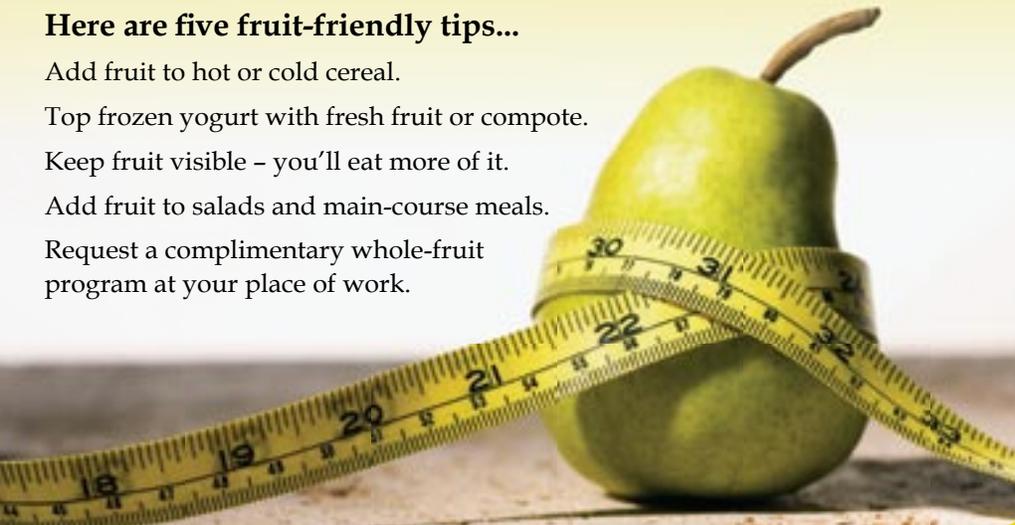
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

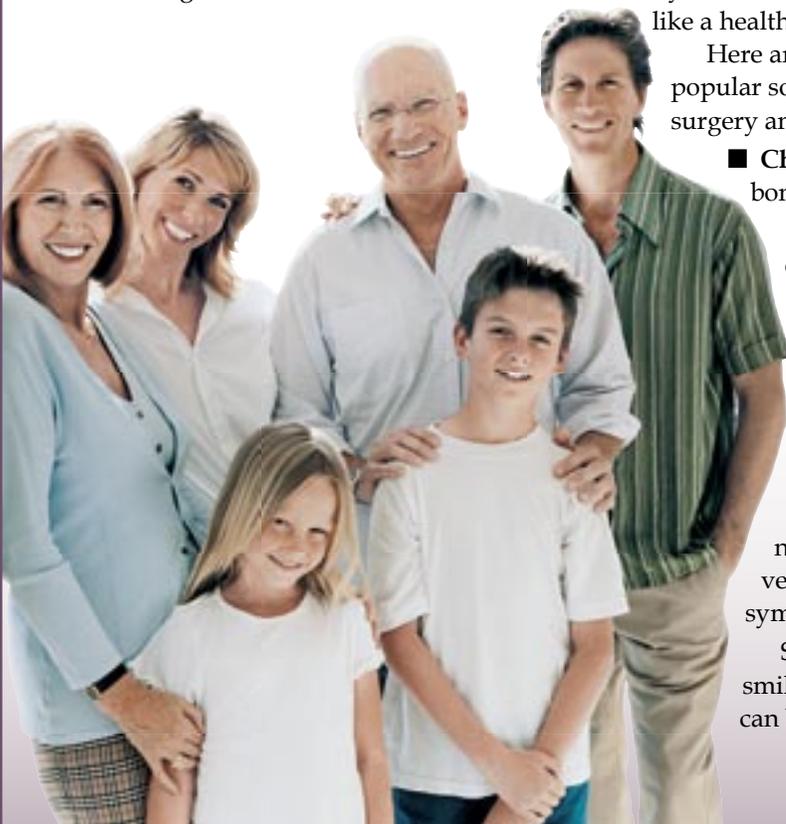
Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Oral Cancer Self-Examination

Early detection a must

First the grim, then the good... Did you know that more people die from oral cancers than skin cancer? And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor – the 5-year survival rate is a frightening 50%. It is *imperative*, therefore, that oral cancer is detected early, before the disease advances.

With each recall appointment you have with us, we always keep a keen eye for telltale signs like lumps and discoloration, and for suspicious areas or roughness or of any change whatsoever.

We check your whole mouth (the top of the tongue and underneath, your lips, cheek lining, and gums). To help us out, make sure you play an active role in early detection too. Make it a habit to “know your mouth” and regularly examine it for any changes.

1. Lift your upper lip and check for discoloration or sores on your lips and gums. Then repeat for your lower lip.
2. Check your inner cheeks for white, red, or dark patches. Use your finger to feel the cheek surface for lumps or roughness.
3. Look at the roof of your mouth. Any changes?
4. Check your tongue – top, side, and bottom – for any color changes or swelling.

If you find an area of concern, call us right away. And always remember, like we do ... the first step in prevention and successful treatment is awareness.



Around The Office...



Dr. Sacoransky's son hoists the trophy for their schools hockey tournament!

In The Driver's Seat Control destiny!

Fully half of North Americans are too fearful to pursue necessary regular dental care, a situation that can have serious implications for their dental health and overall well-being. Lack of dental care can result in chronically infected gums and decaying teeth which can affect overall health, compromise chewing and digesting ability, and contribute to a devastating loss of self-esteem.

There are many simple, non-invasive procedures that can transform a neglected smile into a healthy attractive one, and can replace low self-esteem with beaming self-confidence. We can help you to overcome the fears and uncertainty that go along with any new experience, and which may be based on old expectations or past experiences.

You can control your “smile destiny.” We can get you back on the road to a wonderful smile!

officeinformation

Pacific Dental

Dr. David Sacoransky
Dr. Ivan Kominek

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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	8:00 am	–	1:00 pm

Contact Information

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Office Staff

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



Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or “personal testimonial,” all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.