

# Bay Bloor Dental News

Fall 2008

## Dear Neighbour, Healthy gums mean a healthy you!

Did you know that the number-one killer of adults – coronary disease – may be directly linked to the health of your gums?

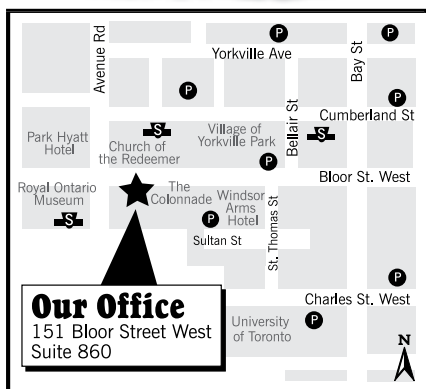
Many of us have experienced mild reddening and perhaps some bleeding from the gums. This condition is known as gingivitis and can be corrected relatively easily with proper and regular brushing and flossing. However, when the condition remains untreated, it can pose a serious threat to your health. Here's how.

Plaque is actually a natural biofilm – a colony of many bacteria which cause infection when allowed to grow unchecked. When it builds up under the gumline, our gums become red and inflamed, and sometimes even bleed. At

worst, gingivitis becomes periodontitis where gum tissue and bone is lost, tooth roots become exposed, and teeth loosen, sometimes to the point of being lost. This in itself is tragic, but did you know that these colonies of bacteria may even be “pipelined” directly to your heart? Scientists suspect that dental plaque bacteria travel into your bloodstream because these same bacteria are found in the plaques that clog arteries, causing heart attack and stroke.

My message is simple. Well cared for teeth and gums may reduce your risk for heart disease. If there is a better incentive to brush and floss, I cannot imagine what it might be. If you have questions, I can't imagine a better person to call than a dentist.

*Well-cared-for teeth and gums may reduce your risk for heart disease*



**Call Today!**  
**(416) 964-2255**

**Bay Bloor Dental**  
**Dr. Vera Varadi**  
151 Bloor Street West, Suite 860  
Toronto, ON M5S 1S4

**Office Hours**  
Monday 9:00 am – 6:00 pm  
Tuesday 12:00 pm – 8:00 pm  
Wednesday 9:00 am – 6:00 pm  
Thursday 12:00 pm – 8:00 pm  
Friday 9:00 am – 2:00 pm  
Saturday *by appointment*

### Our Services Include:

- Tooth whitening
- Cosmetic services
- Mercury-free fillings
- Metal-free Crowns & Bridges
- Bonding & Veneers
- Dental implants
- Nitrous oxide sedation
- Free parking
- Visa, MasterCard, ATM and MediCard welcome



**Visit us online at: [www.baybloordental.com](http://www.baybloordental.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.



## Hard To Swallow?

### Diet matters

Scientists are continually looking for strategies to prevent or eliminate oral cancer. Here are some potential approaches involving diet.

■ A Duke University study found that milk, cheese, yogurt, water, fruits, and vegetables worsen the taste of cigarettes, while coffee, soda, meat, and alcohol enhance it. Tobacco, especially when combined with alcohol, is a major risk for oral cancer.

■ A Brazilian study has linked oral cancer with the regular consumption of foods high in animal and saturated fats, including bacon, pork, and fried foods.

■ Fruits like blueberries, blackberries, and papaya could someday be used to halt the spread of existing oral cancer and reduce tumor size three times faster than conventional medication.

What do we know for sure? Early detection could cut deaths from oral cancer in half. Please don't miss regular visits – your dental team is trained to detect the early signs and symptoms!



## Romancing Your Smile

Face forward

# Something For Everyone

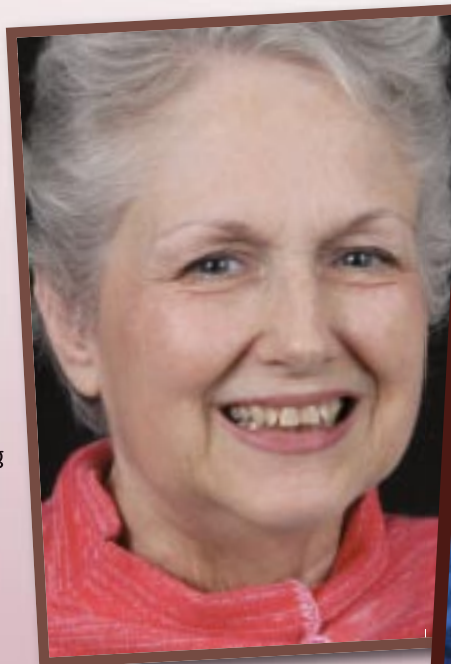
## Never too late to restore your smile!

Intelligent smile-seeking camera technology won't close the shutter until it's honed in on a smile ... ready or not! Even levels of smile intensity can be pre-selected, to ensure the camera captures only your broadest grin. Good for the photographer ... but not so great if you've allowed your laugh to languish due to dental anxiety or lapsed home care routines. But hang on – it's *never* too late to get the smile you want.

**Here are ten things that dentistry can treat to dramatically improve your oral health and appearance...**

1. Gums that are red, swollen, and sometimes bleed.
2. Gums that have receded exposing the roots of your teeth.
3. Tooth loss because of trauma, decay, or gum disease.
4. Teeth that have shifted.
5. Bone loss or deterioration of supporting ligaments.
6. A sad or mad appearance because your nose and chin have become closer together.
7. Inability to chew properly or speak clearly.
8. Teeth that are sensitive, grooved, or worn down.
9. Tooth enamel that is yellowed, stained, or mottled.
10. An altered bite with clicking jaw joints.

With periodontal treatment and modern dental techniques like bone regeneration, enamel remineralization, and orthodontics, it's never too late to enjoy robust oral health and strong teeth, gums, and bone. Then you can have restorative and cosmetic treatment like teeth whitening, bonding, crowns, bridges, veneers, and implants ... *and* give a BIG smile for the camera!



According to research, people prefer happy faces that look directly at them, and so appear to “like” them, which suggests that attraction is not simply about physical beauty. That makes sense. You are, after all, a multifaceted human being ... more than *just* your appearance, or *only* your intellect, or *merely* your earning power. Your wonderful pleasing smile is an extension of that complexity.

Your smile is more than just your teeth, or only your lips, or merely your gingivae (gums). When all three of these smile components are healthy, attractive, and radiate self-confidence, the total impact is far greater than the sum of the parts.

What’s the secret to a smile that reveals the inner you? A good home care routine, regular dental checkups, and a smile-healthy diet.

## A Dynamite Concept

### Could you have Complex Chronic Disease?

You know how in the movies, instead of swallowing a nitroglycerine tablet, the actor places it under his tongue? It’s because sublingually the medication is more rapidly absorbed into the circulatory system to speed relief to the sufferer. That’s a clear mouth-body connection and only one illustration of why scientists are exploring potential links between your oral health and your overall health. This includes the relationship between cardiovascular diseases and gum disease.

Gum disease results when plaque, the sticky film on your teeth, isn’t brushed and flossed away, causing redness or puffiness, a bad odor,

or bleeding during brushing. If allowed to progress, it can lead to the loss of teeth and bone, thanks to *periodontitis*, a chronic oral bacterial infection.

■ Chronic, persistent disease is the number-one healthcare challenge of this century according to the *World Health Organization*.

■ As many as 75% of people over age 45 have been estimated to have two or more chronic diseases such as diabetes and heart disease.

■ To raise public awareness of these *Complex Chronic Diseases* (CCDs), experts have coined attention-grabbing names like *arthrostrokoma* (arthritis, stroke, and glaucoma).

How about *periocardiobetes*? With further research, perhaps someday experts will be adding periodontal disease to this mix as it may be associated with oral cancers, premature births, osteoarthritis, and osteoporosis, and has been called the sixth complication of diabetes.

In the meantime, please keep your regular visits and monitor your oral health.



# Do What You Love

For better health



**T**hirty minutes of daily physical activity can do more than help protect you against high blood pressure, diabetes, and high cholesterol – all risk factors for cardiovascular disease. Regular exercise is good for your mental, emotional, and physical health. Yet who among us has never made a heartfelt commitment to a program ... only to quit in a heartbeat? Could be time to search for a new activity!

Are you a social butterfly ... highly competitive ... or so shy you’d rather just work out at home? Experts believe that taking the time to find an activity that suits your personality – even if you have to try and try again – is the key to staying focused and committed.

After all, you’re more likely to stay dedicated to the one you love!

## Dental Trivia I

### Did you know...

■ Teeth in a growing fetus begin to develop only six weeks after conception.

■ If you start smoking at age 18 and smoke one pack a day, you may lose 4-5 teeth by age 35.

■ Today's Tooth Fairy needs a lot more silver than she did in 1900 when she left an average of twelve cents.

■ Athletes are sixty times more likely to damage their teeth when not wearing a protective mouthguard during athletic activities.

■ If you don't floss, you miss cleaning 35% of your teeth!

■ The average American consumes 120 lbs of sugar each year. Try to choose sugar-free snacks!

Remember to flash your pearly whites because unlike pet rocks, eight-tracks, and mood rings, a healthy smile is always in style!

**For A Brighter,  
Healthier Smile  
Call Today!  
(416) 964-2255!**



## Dear Neighbour,

### You are important!

How you look and feel matters – to you, your friends, co-workers, loved ones – and to me, a dental practitioner who practices right in your neighbourhood. That's why I personally invite you to discuss how the professionals at our practice can enrich your life (and your smile) with oral health care – right here, near your home!

Life can be tricky. Times, unpredictable. But one thing remains the same – the importance of your oral health! Isn't it time to give yourself the smile you deserve – with brighter, straighter, healthier teeth? I believe it is. That's why I am committed to helping you look and feel your best so that you can start your day with a confident smile!

Wonder what one of our most requested services is? Smile enhancement.

And one of our popular solutions? Porcelain veneers – ultra-thin shells that are bonded directly to your teeth to...

- lengthen teeth that are too short
- re-proportion your smile
- strengthen and hide large front-teeth restorations
- close spaces between teeth
- cover badly stained teeth
- restore chipped &/or cracked teeth
- and much more!

We offer numerous solutions for every smile, and invite you to discover the right fit for you. And, I have to be honest ... when you love your beautiful, healthy smile, my smile brightens too!

*Yours in good dental health,*

*Dr. Vera Varadi*

## Women And Dry Mouth

### No need to suffer

There are times during a woman's life when her oral health requires a different approach. Menopausal and post-menopausal women can experience a burning sensation in the gums, and decreased salivary flow causing *xerostomia* or *dry mouth*. Persistent *xerostomia* can lead to increased dental decay and periodontal disease because the natural cleansing effect of saliva is

reduced and the levels of bacteria accumulations flourish.

You don't have to suffer with dry mouth. See us for an assessment. Oral rinses and salivary substitutes are available, and sugarless lemon drops can increase salivary flow.

Meanwhile, keep up your brushing and flossing regime, keep us informed about medications, and keep your regular appointments.