

Bay Bloor Dental News

Spring 2007

Your Hygienist

Your ally for more than just a cleaning

If you take good care of your teeth, you'll probably spend less time in our office getting fillings and more time with our hygienist. And even though most patients usually refer to this time as a cleaning, it's important you realize that oral hygiene appointments routinely include the following services.

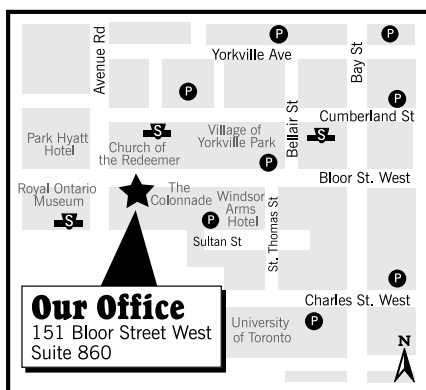
Diagnostic: This means examination of your teeth to find decay, cavity-detecting radiographs, and an assessment of your gum tissue. Our hygienist also looks at your biting, chewing and swallowing patterns, reviews your medical history and reassesses your overall treatment, evaluating areas such as cosmetic enhancements for your smile.

Preventive: This could mean screening for oral cancer, checking blood pressure, and applying fluoride

and pit and fissure sealants. The hygienist also cleans and scales teeth to remove plaque, tartar and surface stains, and polishes fillings and crowns.

Educational: This could include brushing and flossing instruction, nutrition counseling, explanations of dental treatments, and answers to questions about future treatment such as orthodontics and periodontal therapy.

So there's no such thing as just a cleaning. And remember: no matter how much we can do for your teeth, the most important part is what you do for your teeth at home. Hygiene services begin in our office, but they must always be followed by proper brushing, flossing, and healthy eating at home. If you're not sure how, ask your hygienist at your next appointment.



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 veneers
- 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!

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.

Take

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Inventory your smile assets... or liabilities

Beauty is in the eye of the beholder ... and that includes you! If you're conscious of a smile flaw that diminishes your appeal, cosmetic veneers could be for you. Sculpted by hand and completely natural looking, cosmetic veneers can dramatically improve your smile!

Your Smile Inventory

- 1 Are your teeth dull, yellow, or stained?
- 2 Do you have teeth that overlap?
- 3 Do you have teeth that are crooked?
- 4 Is the line between your middle teeth off-center with your lips?
- 5 Do your teeth have gaps between them?
- 6 Do your front teeth have fillings that don't match?
- 7 Have silver fillings stained your enamel blue or gray?
- 8 Can you see cracks in your enamel?
- 9 Are your teeth edges rounder or more square than you'd like?
- 10 Are your gums higher on some teeth than others?
- 11 Are your teeth too small and out of proportion?
- 12 Are the biting edges of your teeth chipped or irregular?
- 13 Do you have teeth that are different lengths?
- 14 Do your crowns have mismatched colors?

Call us if you can answer "yes" to any of these questions. Veneers could be what you've been waiting for!

Classy or Sassy?

Find your ideal

The desire for an idealized appearance didn't just start in modern times. A beautifully proportioned smile has always been an essential aspect of excellence in restorative dentistry. But did you ever wonder where the ideal smile comes from? It is based on Leonardo da Vinci's principle of Divine Proportion. Dentists start with this model to create cosmetic makeovers.

How does inspiration become reality? In Leonardo's day, the physical

characteristics of the available materials limited the results. Today, nothing could be further from the truth. Wonderful materials and techniques can produce your best smile.

Can we help you to discover your ideal? By listening to you, learning your history, and performing an oral examination, we can help you to achieve a cosmetic dentistry smile makeover that harmonizes with your age, health, lifestyle ... and ambition!

A beautiful, ideal solution!



Teeth worn down by grinding

Spa Trip Tips

Take care ... before you go!

Are you interested in anti-ageing strategies? Nothing wrong with that! Looking younger for longer is practically a side-effect of eating right, exercising, and taking care of yourself. And it could explain the trend towards spa and fitness vacations! To make sure you enjoy your healthy-learning holiday, be sure to take care of your oral health.

Use these useful tips before and during all kinds of vacations...

- Before you go, consider a dental checkup to intercept unexpected pain or infection that could ruin your trip.
- Maintain your home care routine.
- Keep toothbrushes dry to prevent bacteria growth. Alternate between two toothbrushes that are stored in ventilated containers to promote drying.
- Wash your hands before flossing and brushing.
- Don't share toothbrushes with other family members. Oral bacteria can be passed along and potentially spread gum diseases.

Get Noticed

Brighten your smile – and smile more!

Because people notice your mouth first – and you notice them noticing – your smile is *really important* to how you perceive yourself and how you project to others. You can improve your appearance and your self-confidence with whitening techniques that have been designed just for you!

Teeth whitening is used to erase unattractive stains and discolorations for a brighter, whiter smile.

What kind of stains? Discoloration caused by food, coffee, tea, tobacco, and ageing can be removed simply, safely, and effectively under the supervision of a dentist! Depending on the chosen technique, you can see remarkable results within weeks ... or hours!

White fillings are virtually invisible. They can be made from enamel-colored composites, porcelain, cast glass, or resin inlays and onlays. You can replace silver-colored fillings for a clean, natural look.

Veneers conceal flaws. They are extremely thin but strong porcelain shells that are placed onto the front surfaces of natural teeth. They can disguise even the darkest stains from medications, and the bonus is that they camouflage chipped, overlapping, or uneven teeth, and can improve smile proportions.

Crowns restore natural white color as well as tooth shape and function when placed over teeth. Teeth that have had root canal treatment or extensive restoration can be repaired and strengthened with a crown.

Erase your doubts. You could be an excellent candidate for a brighter, stronger, smile.



**Project
your most
confident
smile!**

We have solutions

Hormonal changes and lifestyle changes during every stage of a woman's life affect her oral health. Adolescence, pregnancy, and mid-life all increase the risk of gum disease. Diet pills as well as other medications can decrease the flow of saliva which is uncomfortable and increases the risk for cavities and gum disease. Women with eating disorders risk erosion of tooth enamel. Smoking greatly increases the risk for gum disease and oral cancer.

What can you do about it?

- Brush at least twice a day and floss every day.
- See a dentist to evaluate and monitor your oral health.
- Inform the dentist about current medications or any changes in your health.
- Ask the dentist to recommend the home care products and techniques best suited to your stage of life.

Stage Fright?



Beauty Perception Smiles from Venus & Mars

The word “esthetics” comes from the Greek *aisthetis* which means perception through the senses. We judge beauty with all senses – in particular, appearance, with our eyes.

You may not have noticed the slight but significant facial differences that contribute to our perception of masculinity and femininity. In dentistry, the biting edges of men’s teeth are usually straight while women’s tend to be curved. The second incisors (teeth on either side of the front teeth) are wider on men and narrower on women, and the eye-teeth tend to be more dominant in males.

Taking these differences into account is just one of the ways that we help you to achieve a balanced, natural smile that matches your perceived ideal. Talk to us, because together we can make your ideal smile shine!

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



Radiographs

A safe and effective ally

Good dentistry takes a lot of detective work. It’s always easier and less expensive to prevent or treat dental disease in the early stages than it is later on when it causes real damage. We have a lot of special tools to help us detect potential trouble, but by far the most effective is the radiograph, or x-ray. You might think of it as a dental magnifying glass. Radiographs expose tooth decay hiding between teeth, under the gumline or under fillings and caps where we can’t otherwise see it. They can also reveal bone loss caused by gum disease, abscesses, cysts, tumors and early signs of cancer.

Dental radiographs emit a special low-level radiation to take pictures of your teeth. Dental radiation is very similar to the type of background radiation we get from the sun, the earth’s crust, and various types of food we eat and the air we breathe.

We use high-speed films, shields, and timers and lead aprons to minimize exposure. The average dose you get from one full set of radiographs is equal to eleven days of natural radiation you are exposed to in your daily life. A follow-up set of radiographs exposes you to about the same radiation you get on a return flight from Toronto to Los Angeles. There’s nothing safer and more effective in preventing dental disease than radiographs.

it's the toothtruth

A combined research study from the United States and England has determined that there is a genetic link to gum disease. So if your parents had problems with periodontal disease, you will want to take some extra precautions.



Smile With Veneers

Your bright, happy smile is one of your most precious attributes. But your smile finds lots of enemies that can make it a pale imitation of the original. Discoloured, chipped, or crooked teeth are among the most common conditions that may make you self-conscious. And the only way to hide your teeth is to not smile, which is hardly an option!

Porcelain veneers could be the answer. Veneers are super-strong, ultra-thin pieces of sculpted porcelain that fit over the front of your teeth. They’re extremely durable and easy to maintain, and they can straighten teeth in two weeks rather than two years.

If you’re hiding your smile, please come and see us for a consultation. We’re in the business of smile success!