

Bay Bloor Dental News

Spring 2008

Mini Dental Implants

They won't know if you don't tell!

Who wouldn't want to look better, speak better, eat better ... and smile more? Mini Dental Implants are now the first choice for many people who need to replace missing teeth or stabilize dentures.

Mini Dental Implants are Health Canada and FDA approved and the procedure can be performed right here in the office with only a mild anesthetic. Very strong metal implants, that are similar in diameter to a toothpick and look and act like the roots of teeth, are placed in the jaw. By modifying the patient's denture so that it can snap onto the implants tightly and reliably, many patients are able to speak and eat with confidence – for the first time in a long time.

As long-lasting as the results are, placing Mini Dental Implants takes only about an hour. Because the procedure is minimally invasive, and the implants are tiny, there is no healing period after placement and no stitches are required. The denture can be snapped in immediately. In fact, most patients are able to eat a light meal within only an hour or so after having the mini implants placed.

An additional welcome benefit to patients is the ease of home hygiene care. With a little practice, the denture is easy to remove and replace.

With Mini Dental Implants, your friends won't know how you're looking so good – but you'll feel so great you might just want to tell them!



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!

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.

Call Today!
(416) 964-2255

On Reflection...

Call a dentist

You could probably tell if you had *geographic tongue* just by looking in the mirror. Your tongue would have smooth areas that look like continents on a world map. Chances are you'd call the dentist about treatment. But sometimes, it's the things you *can't see* – and that we *can* – that are the best reasons to keep regular dental appointments.

Here are just a few examples:

- deterioration of fillings, crowns, and other restorations can lead to decay;
- gum disease and tooth-root decay can lead to tooth loss;
- hairline tooth fractures could signal impending breakage;
- wisdom teeth could be impacted even if they're "silent";
- oral cancer signs may be present.

You Asked For It!

Let us give you your brightest smile!

Supervised teeth whitening is definitely the cosmetic procedure that dentists are asked about most often. Since whitening products are getting better and faster, it's a pleasure to help patients erase stains and discoloration for a more dazzling smile. Not only that, but once people see their new whiter smile, they are often motivated to make other cosmetic improvements.

Here are just a few other ways to brighten up your smile!

- **Match fillings to your enamel** – Just replacing your silver-colored fillings with natural-looking white ones can transform your mouth's appearance.
- **Camouflage flaws with veneers or bonding** – You can hide even the most severe stains and disguise chipped, crowded, or uneven teeth with custom-

made hand-crafted porcelain veneers or with a tooth-colored bonding material that is built onto the front surfaces of your teeth.

- **Replace missing teeth with implants** – Natural-looking implants are permanently anchored into bone and can help avoid bone loss and drifting teeth associated with tooth loss, so your whole smile looks great!
- **Strengthen damaged teeth with crowns** – Don't lose damaged teeth! Repair and strengthen them with crowns that fit over a tooth to restore and improve function as well as shape and color. A bridge can be added to span gaps between teeth.

We have many terrific options to brighten your smile. Ask us to help you select your best whitening option!

Cancer Care

At ease

Millions of people are diagnosed with many types of cancer each year. Did you know that some medications, radiation, and chemotherapy may cause oral health complications or tissue damage? Dentistry can help relieve the discomfort of many symptoms, easing the road to better health.

Cancer patients can experience:

- xerostomia (dry mouth);
- mouth ulcers;
- sensitive teeth;
- gingivitis and tooth decay, or;
- difficulty swallowing.

Dentistry can recommend:

- a saliva replacement for sufferers of xerostomia because lack of saliva can lead to discomfort, increased gum disease, and cavities;
- use of a mouthrinse in addition to daily brushing;
- fluoride applications for those at particular risk of cavities.





Take This Quiz

The prize could be your oral health!

When plaque – the bacterial film that forms on your teeth – builds up, it turns into hard tartar or calculus which causes gum inflammation. Gum disease has been linked to systemic and inflammatory diseases including cardiovascular diseases, osteoarthritis, diabetes, cancers, lung disease, and premature births. Because plaque contains many types of bacteria, it's difficult to come up with one single treatment that is effective for everyone ... except prevention.

Prevention means brushing at least twice a day, flossing once a day, and keeping your dental recare appointments.

Yes ... or no? What are your answers?

- ▶ Do your gums bleed when you brush your teeth?
- ▶ Do your gums ever feel swollen or tender?
- ▶ Do your teeth appear longer than before?
- ▶ Do you have persistent bad breath?

If you answered "yes" to any of these questions, you could have periodontal disease.

▶ **Gingivitis** is the earliest stage of gum disease. Your gums may look normal, or you could notice redness or puffiness, a bad odor, and bleeding during brushing. If left untreated, gingivitis will progress into periodontitis.

▶ **Periodontitis** is more serious and can lead to tooth and bone loss. It will cause the gums to shrink away from the crowns of the teeth and expose some of the roots, risking decay and making the teeth look longer.

If you have symptoms of gingivitis or periodontitis, please don't delay professional dental treatment.

PAIN IN THE NECK

**Could be
dental!**

Dental problems are a more common cause of headaches than you might think. If you've ever experienced an ache that seemed to shift from your tooth to your ear or sinus area, it may be because the nerves, muscles, and ligaments around the mouth, jaw, and ear are interconnected. Yet many people who experience chronic pain in their head or neck never think to mention it to the dentist. In fact, a thorough examination could provide useful insights.

Check out these possible dental causes of headaches:

- infected, abscessed, unerupted, or broken teeth;
- gum disease;
- jaw alignment issues;
- muscle spasms caused by clenching your jaw or grinding your teeth.

There are many headache triggers – some dental and some not – but relief *could be* just one dental visit away!



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?

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



Get The Dental Facts

...& then decide!

Dear Neighbour,

Do you worry about your family?

Are you ever concerned that you might be overlooking something important?

It's perfectly natural and legitimate to second-guess yourself ... especially with all of the media attention drawn to health issues – like the impact that poor oral health can make on overall health and well-being.

Let us help you to sort out the sensational from the factual.

■ Gum disease has been linked to systemic diseases including:

- heart and stroke,
- diabetes,
- toxemia,
- premature births,
- kidney disease,
- cancers.

■ Gum disease can appear silently without symptoms before progressing into a more serious form that destroys tissue, ligaments, and bone.

■ Gum disease is the leading cause of tooth loss.

And, guess what? A little second-guessing can be a great motivator that goes a long way in pointing you in the right direction ... and helping you to ask the right questions ... make decisions ... take action.

Do you have a dental problem or concern? Do you have a question about treatments, procedures, or technology?

Call us today at (416) 964-2255!

It will be our sincere pleasure to meet you ... and take steps towards helping your family gain a lifetime of oral and overall health.

Sincerely,

Dr. Vera Varadi

P.S. We welcome you to come for an introductory visit and FREE consultation with Dr. Varadi. Call today!

Walking The Walk

Being earth-friendly

We are extremely proud and excited to announce that our newsletter is sporting a new logo in the lower left corner of page 4. It's the FSC logo. FSC stands for the *Forest Stewardship Council* which is an international organization that promotes environmentally appropriate, socially beneficial, and economically viable management of the world's forests.

The paper for our newsletters – for

every future publication – meets FSC principles and criteria. Each piece of paper can be traced back to the *forest from which it came* – ensuring that its origin is a responsibly managed forest! **WOW!**

We are extremely proud of that we are using this earth-friendly product! It's just one more thing that we're doing to help the world in which we all live. Please visit www.fsc.org.



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