

# Dental Care Bugle

Produced to improve your dental health and awareness

Spring 2005

## fromthedentist

### Brush ... Floss ... Rinse *Back to basics*

Sometimes, the word *dazzling* is no exaggeration. The advances in dental technology and non-surgical cosmetic dentistry are just that. Even so, the true foundation of any attractive smile is healthy teeth and gums, and occasionally we all need a reminder to go back to the daily basics. *Brush ... Floss ... Rinse.*

**Brushing** plaque and food from your teeth, tongue, and gums should be done at least twice a day. **Flossing** once a day removes the plaque that causes gum disease. **Rinsing** products can kill bacteria and freshen breath.

Regular visits to our office are another essential component of oral health maintenance. We can identify little problems before they become big ones, and help you with your home care routines.

...And *then* we can talk cosmetic!

*Yours in good dental health,*

*Dr. Christina Binert,  
Associates & Team*

## turnthepage

The grind of bruxism

The secret? Strength, of course!

Absolute discretion: dental implants

## Your Dental Team

### More than the dentist

When patients come in for a checkup, they usually think of it as *going to see the dentist*. The reality? The modern dental team is a group of professionals, each specially trained to provide you with services vital to your dental health. Success depends on the contribution of *each* team member.

It starts with the **receptionist** who sits at an intersection, handling scheduling, phone calls, insurance, and billing – and often with too little praise. The **office manager** oversees the entire office and makes sure it's running smoothly. Modern dental work often requires four hands, and the **assistant** is an extra pair of hands in the operator. The job entails handling infection control, supply tracking and ordering, radiographs, impressions and of course making you, our patient, feel as comfortable as possible.

The **dental hygienist** has training in science, health promotion, and communication, helps keep your teeth and gums

clean and healthy, and makes a general assessment of your mouth and overall health. The hygienist's key concern is the *prevention* of dental disease. The dentist's is the *treatment* of it.

The **dentist's** job is to make disease diagnosis and to restore your teeth to health and function, and making sure you have the information to make educated choices.

Then of course there's you, the **patient**. As your dental team we are committed to preventing dental problems before they start. This means that you play an important role – brush, floss, come in for checkups, and ask questions!



**Our Dental Assisting Team**

L-R: Narine, Jennie, Jenny Rose, Menchi



# Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
<b>Veneers &amp; Bonding</b> Flossing and brushing with soft or ultra-soft brush Mild, non-abrasive toothpaste Electric toothbrush	<b>Crowns, Bridges, Implants</b> Interdental brush Sulcus brush Oral irrigator Floss & floss threader	<b>Fixed Orthodontics</b> Interdental brush Orthodontic toothbrush Multipurpose floss Oral irrigator Sulcus brush

## Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

## Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

# Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released  
in your brain by:  
sunshine  
exercise  
meditation  
massage  
smiling and laughing!



## Discreet Dental Implants

Anyone  
You  
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

### What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

## The Secret Is Strength

**Crown & bridge can  
restore your smile**

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



# Wellness Tips

**Being awake for 18 hours can impair driving abilities as much as drinking two shots of alcohol.**

Besides the risk of falling asleep at the wheel, there is an increased chance you'll get in a crash because of delayed reaction time, poor hand-eye coordination, and impaired judgement as a result of fatigue.

**If you have a tough cut of meat, you can tenderize it with a kiwifruit.** An enzyme, called actinidin, in the fruit does the trick. Just cut the kiwifruit in half and rub it over beef, poultry or pork about 30 minutes before cooking or you can puree the fruit and use it as a marinade. Raw papayas contain a similar tenderizing enzyme called papain (the ingredient used in commercial meat tenderizer).

**Never microwave an egg in its shell, not even to reheat a hard-boiled egg.** Pressure can build up inside, causing the egg to explode in the microwave – or even worse, after

you take it out, in which case it can cause burns and serious eye injury.

**Don't believe claims that milk and other dairy products increase the risk of breast cancer** – or that they reduce it. Researchers reviewed 46 studies on the role of dairy consumption and found no clear link – negative or positive – to breast cancer.

**If you clean out a fish tank, wear waterproof gloves.** This can prevent a skin infection (bacterial or other) especially if you have a cut or abrasion on your hands or a depressed immune system.



## office information

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### Office Hours

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We have extended office hours for your convenience

### Contact Information

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### Office Staff

Gerry ..... Office Manager  
Dee, Joy, Loida, Paulina ..... Receptionists  
Hila, Lynda ..... Hygienists  
Narine, Tammey ..... PDA's  
Jennie, Menchi, Jenny Rose .....  
..... Dental Assistants

CareCredit



## New Patients Welcome

### Our doors are always open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

## Congratulations

Congratulations to our Valentine's bike winner, 7 year old, **Danny**.

**Keep brushing those teeth kids!**

Our next draws will be held on **April 15th** for Easter, and **June 15th** for Summer.

Congratulations to **Lynn Van Steenburgh** who won our "Name That Smile Contest" and a \$100 gift certificate for Swiss Chalet.

