

# CHAT

## What's New at EJC Dentistry

As we approach the end of another year, I reflect on how fortunate I am. I have a great dental team, great family, fantastic, loyal patients and I go to work to do what I love every day. I don't say it enough, but THANK YOU to each and every one of my family, team and patients of EJC Dentistry for providing an environment that is so rewarding and fun!

Most of you have seen the recent 'high-tech' transformation our office has taken. We are very proud of the new equipment and

it is helping us to fight paper waste. We are working towards becoming a chart-less office and digitalizing all of our records. The new digital x-rays in particular, allow us to see the images much faster, eliminate the use of developing chemicals and, most importantly, reduce the amount of radiation our patients receive by almost half. A total win-win, as I see it.

This year was a first for us as we were nominated **best dental office**

in the SPECTATOR READER'S CHOICE awards and took home the hardware as GOLD WINNER in the DENTIST category in the VIEW's "BEST OF" selections (Oct '09). While it sounds cliché, it is a true honour to receive such accolades as they are selected by and voted on by you, our patients and the public. I would like to sincerely thank all of you who voted for us and especially the nominators as "we are nothing without you"!

## Your New-Patient Referrals are Welcome

Some of our patients assume that our dental practice is closed to new patients. The truth is that we are selectively accepting new patients, particularly if they come to us as referrals from current patients.

If you know someone who is looking for a dentist, is not satisfied with their current dentist, has ongoing dental problems,

or who you think would benefit from our state-of-the-art dental practice, we would very much appreciate you referring them to us.

When you refer new patients, we promise we won't let you down. They will receive the same courteous, skilled, professional, and friendly service that you receive.

### NIGHT IN/NIGHT OUT-CONTEST!!

Refer a patient to our office and your name will be entered in a draw for a prize basket worth \$250. Ballots will be submitted for each patient referred. Contest closes February 7, 2011.



L to R: Dr. Jan, Lori, Jodie, Sabrina, Sarah, Christa, Joanne

### WINTER HOURS

*Mondays 8 am to 7 pm  
Tuesdays 8 am to 7 pm  
Wednesdays 9 am to 7 pm  
Thursdays 8 am to 6 pm  
Fridays 8 am to 2 pm*  
*Patient friendly to serve you better*

## Important information from Joanne...

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### Get The Most Out Of Your Dental Insurance!!

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment. Although you may not realize it, your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31<sup>st</sup>. **Your benefits are not carried forward into the next year.** If dental treatment has been recommended or if you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before your 2010 dental insurance expires

Don't let your insurance coverage overwhelm you. Ask a team member at EJC Dentistry!



### We do dental Implants!!

A dental implant is an artificial tooth that is placed into your jaw to hold a replacement tooth or bridge. Dental implants don't sacrifice the health of your adjacent teeth, as neighboring teeth are not altered to support the implant. Your own teeth are left untouched, which is a significant long term benefit to your oral health.

**Replacing a single tooth and replacing several teeth** -if you are missing a single tooth one implant and crown can replace it. If you are missing several teeth an im-

plant supported bridge can replace them. A dental implant replaces both the lost natural tooth and some of its roots .

**Replacing all of your teeth-** if you are missing all of your teeth, an implant supported full bridge or full denture can replace them. Implant supported dentures offer exceptional retention and stability and often existing dentures may be retrofitted for implant support.

The success rate of dental implants is highly predictable. They are considered an excellent option for teeth replacement.

### Did you know?

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#### Water and unsweetened cranberry juice for fewer cavities-

Unsweetened cranberry juice prevents the buildup of streptococcus mutans, the bacteria behind most cavities by preventing them from sticking to the tooth's surface. The unsweetened juice also interferes with plaque formation. Mixing it with your water helps dilute the juice's tartness.

researchers, chewing gum can reduce heartburn-related symptoms by boosting production of saliva, which is alkaline and helps neutralize stomach acid. More saliva also means more swallowing, which stimulates the muscle contractions that help digest food, researchers say. Stick to sugarless or xylitol sweetened gum, and if you're not the gum chewing type, a sugar-free hard candy may have a similar effect.

irritation that can lead to pain, bleeding or even infection and scarring.

If this is a concern for you, have Dr. Chithalen evaluate the problem. He may recommend a mouth guard which is a plastic mold that fits securely onto the teeth. This appliance is very similar to the one prescribed for people who grind in their sleep.

These night guards are typically worn at night but also can be worn when cheek biting is at its worst. If you find during the day your stress levels are elevated or when concentrating hard on situations pop the appliance in your mouth and let it do its job.

Do not ignore the problem if you think you are cheek biting it just takes a visit with your dentist to discuss your options.

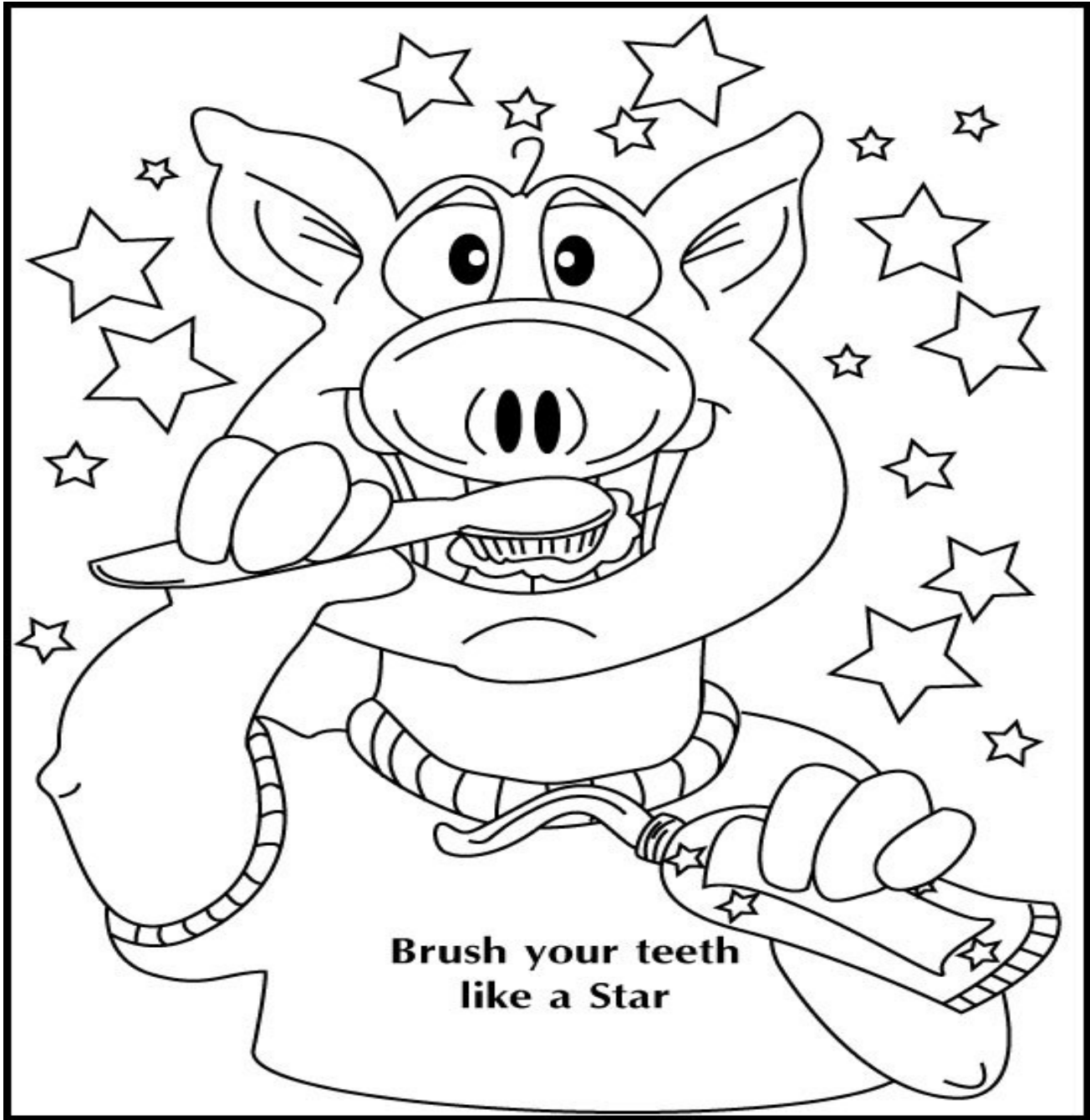
#### Chew Gum - Fight heartburn

Here's an easy way to prevent acid reflux: Pop a stick of gum into your mouth after a meal. According to **Kings College London**

#### Cheek Biting

Do you often bite the inside of your cheek by accident or a form of habit? Side effects of chronic cheek biting include

# Kids' Colouring Draw!



Return Completed Pictures to:

**EJC Dentistry**  
**118 Stinson Street**  
**Hamilton, Ontario**  
**L8N 1S5**

Entries must be received by  
**February 2, 2011**

The winner of the draw  
will receive a Silver City  
Movie Theater Family Pass

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Age: \_\_\_\_\_

## EJC DENTISTRY

118 Stinson Street  
Hamilton, Ontario  
L8N 1S5

Phone: 905-522-1188  
Fax: 905-522-1884  
Email: info@forgreatteeth.com

*"WE LOOK FORWARD TO  
YOUR SMILE!"*

## *Dreaming of a White Christmas?*

### **\$299 for ZOOM!**

A limited time offer for EJC Dentistry  
patients and their friends

ZOOM! Advanced Power Tooth Whitening System

## Dental Trivia Quiz

- A) How many miles of dental floss are bought in North America each year?
- 1) Thirty thousand
  - 2) Three hundred thousand
  - 3) Three million
  - 4) Three billion
- B) What 50's heart throb had no front teeth and therefore wore a bridge?
- 1) James Dean
  - 2) Elvis Presley
  - 3) Marilyn Monroe
  - 4) The Fonz
- C) George Washington wore false teeth made out of what material?
- 1) Carved stone
  - 2) Wood
  - 3) Plastic
  - 4) Ivory
- D) What people first invented toothpaste?
- 1) The Chinese- 3000 years ago
  - 2) The Egyptians- 5000 years ago
  - 3) The Mayans- 1000 years ago
  - 4) The Crest toothpaste company- 100 years ago
- E) What famous person had an emerald chip put in the middle of their right incisor but later changed it to a diamond?
- 1) Michael Jackson
  - 2) Elton John
  - 3) Mick Jagger
  - 4) Madonna

## Common Dental Problems.

### Halitosis

Halitosis, known as bad breath to most is an embarrassing condition that can affect anyone at anytime, and is caused by several factors. The most common causes of bad breath are preventable and easily treated, however certain medical conditions may also cause bad breath. Chronic halitosis may indicate an underlying medical concern that should be addressed by your dentist or medical doctor.

Common Causes for halitosis include:

**Infrequent Brushing and Flossing-** When the food we eat is left behind, either because it is trapped in hard to reach places such as the wisdom teeth, tiny hair-like follicles on the tongue, or simply because brushing and flossing is neglected, it begins to decay in your mouth. When you exhale, the odour from the decomposing food, bacteria, and plaque causes the offensive odour.

**Oral Diseases and Infections-** These include Periodontal disease - the accumulation of plaque, bacteria, and decomposing food particles which contribute to bad breath as they destroy the delicate tissue that surrounds our teeth. The same bacteria that cause gum disease, tooth decay and abscessed teeth are also responsible for halitosis.

**Dry Mouth-** is a condition that causes a

decrease in the production of saliva, resulting in a dry mouth. If you are experiencing dry mouth, bad breath may occur because the food particles remain trapped in the mouth to rot and cause an unpleasant smell when you exhale. (See next column)

**Cigarette Smoking-** Over 4,000 chemicals have been identified in cigarettes, 200 of which are poisonous. The smoke produced from a cigarette is inhaled into the lungs, and then exhaled through the nose and mouth. This causes an immediate effect on your breath because the chemicals and residue from the smoke remain in your mouth and airways. Continued use of cigarettes contribute to gum disease, a major cause of bad breath.

**Medical Conditions-** Unexplained or chronic bad breath may be an indication of an underlying medical condition or disease. Such conditions include Diabetes, people with eating disorders, chronic kidney failure, sinusitis and lung infections or children with a foreign body trapped in their nose.

### **Treating and Preventing Bad Breath**

In order to treat your bad breath, the root cause of halitosis needs to be identified. Visit your dentist if you experience chronic bad breath (in other words bad breath that never goes away).

Over-the-counter breath fresheners such as gum, mints, breath strips, breath sprays, and certain mouth rinses will only provide temporary relief from bad breath. These general guidelines will assist you in managing, and hopefully eliminating, your experience with bad breath.

### Dry Mouth

If you are a chronic mouth breather or taking medication there is a good chance that you're not doing anything about the dry mouth you experience. And You should! Dry mouth (xerostomia) can lead to sudden development of extensive tooth decay as well as contribute to gum disease a serious oral infections. In addition, dry mouth reduces saliva, making it difficult to swallow and even speak. Here are some simple natural suggestion that can work.

1. Drink lots of water (it's good for you anyway)
2. Add a slice of lemon to your water it's a natural stimulant for saliva ( and it tastes great)
3. Snacking on carrots or apples- chewing such foods will stimulate saliva
4. Biotene is a product that comes in a paste, mouthwash, gel and gum that soothes raw tissues and also stimulates saliva
5. Xylitol is a natural sweetener that inhibits the growth of bacteria and stimulates saliva