



# CHIT CHAT

## What's New at EJC Dentistry

Well, here is our long overdue, current installment of **Chit Chat**.

First off, we are excited and happy to report the long awaited return of our hygienist **Jodie**. After a slightly extended maternity leave, she has returned to resume her role as oral caregiver, educator and friend to many a patient. With her return, however, we have bid a very fond farewell to our hygienist **Jessica** who was filling in for Jodie. She had 'big shoes to fill' and did so very well. She will be greatly missed by our team and the patients as well. We wish her well in her continued professional development.

Our assistant **Sabrina** will be stepping into a more

part time role as she continues to pursue her studies at McMaster University. We are glad she was able to arrange her school schedule to accommodate us.

Clinically, the **HealOzone** is showing some great progress in our attempts to be **minimally invasive!** We have seen some remarkable results with the reversal of early decay and the ability to retain more tooth structure from otherwise 'root canal - bound' teeth. With help from the diagno-dent this is a measurable phenomenon. Cool Stuff!!

The other thing we are really excited about is the **NEW ZOOM Advanced Power** whitening system. As many of you know, we have had the Zoom 2 in-office whitening for some

time, but had not been that impressed so had not promoted it - but not anymore. **Advanced Power** gives that **"WOW"** factor that we are proud to endorse. Ask us!

As Canadians take time to be with family and friends to give thanks during the Festive Season, we wish to say **"Thank You"** too for your continued support of our practice. It really is an honour to know, for some, there has *never* been anyone other than a Chithalen to perform dentistry for them, and others who have come to realize our commitment to their overall health through dentistry. We feel you are not just a patient but a friend as well. Sincerest of best wishes for a very "Happy Thanksgiving"

## Congratulations to our Winners!!



We would like to thank all of the kids who participated in our colouring contest. This time around our

draw winner was **Wrishi Bandyopadhyay** (pictured left)

The winner of the "dinner and show" get-away package was **Brian Childs**. Patients of the practice may win

a similar \$500 "basket of goodies" for the referral of a new patient starting in the fall.



L to R: Jessica, Karen, Sabrina, Jan, Lori, Christa, Jenn & Jodie

### **WINTER HOURS**

*Mondays 8 am to 6 pm*

*Tuesdays 8 am to 7 pm*

*Wednesdays 8 am to 7 pm*

*Thursdays 8 am to 5 pm*

*Fridays 8 am to 2 pm*

*Patient friendly to serve you better*

## You and your dental plan...

**Question:** How can I find out if a particular treatment is covered by my dental insurance plan.

**Answer:** In Ontario alone there are over 20 000 different dental plans which range from the very basic to the very exotic - for instance, the Catholic Secondary School Teachers plan even provides some coverage for teeth whitening.

While your insurance coverage doesn't dictate the need for a certain treatment, we at EJC Dentistry strive to keep the insurance confusion to a minimum. If you have a copy of your dental plan, we can give you the codes and you may be able to determine if the treatment is

an **eligible benefit** by reading or calling your insurance provider. Alternatively, if you are able to provide a copy of your plan, our treatment coordinator, **Karen**, can sit down with you and attempt to explain the coverage you are entitled to. Occasionally, with your authorization, Karen may have to call the insurance provider for clarification on the exact coverage. One key phrase to look out for is "alternate benefit". This means that if an alternative treatment exists for a particular situation, you may be entitled to that treatment but reimbursed to the level of the conventional treatment. This is especially helpful when considering dental implants versus a bridge.



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

## A note from our chairside assistant, Lori:

Have you ever said, or heard someone else say "I would love to have straight, white and evenly proportioned teeth!" Well the team at EJC Dentistry can help you achieve a customized and natural smile that will give you confidence, comfort and the smile you have always dreamed of. Hello, I'm Lori, Dr. Chithalen's chairside dental assistant. This past spring,

Dr. Chithalen and I attended a smile makeover course in Niagara Falls. We learned techniques to offer you 'instant orthodontics' without metal wires or brackets and perform procedures such as crowns and veneers to give you evenly proportioned teeth that look very natural. Our whole dental team are involved in assisting you to set up, achieve and maintain your new smile!

All of your treatment is performed right in our office so there is no need to refer you out of the office. We offer a free consultation regarding your smile makeover, therefore if you are interested or know of someone who may be interested, please do not hesitate to call 905-522-1188. We, as a team, will help you on your way to the fabulous new smile you deserve.

## Points to consider from Karen.....

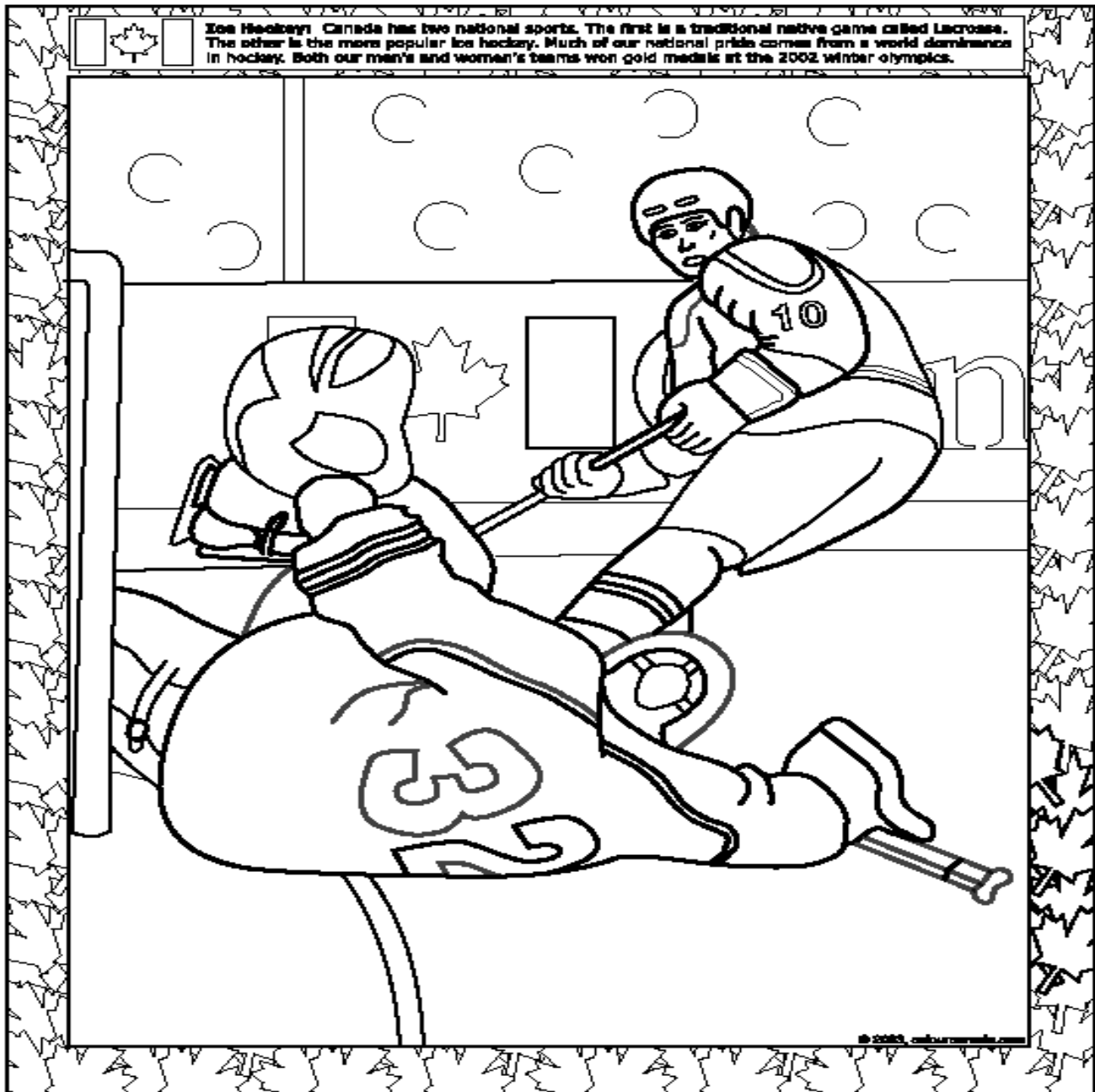
The signs of fall signal back to work and back to school for many of us. It should also be a cue to make a dental appointment. Although you may not realize it, your dental insurance has seasons too. More than 90% of dental plans are based on a calendar

*"Use the dental benefits that you are entitled to"*

year. If you do not use the benefits you are entitled to, they are gone as of December 31st. 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 2006 dental insurance expires. Speak to Karen to discuss outstanding or desired dental treatments.

# Kids' Colouring Draw!



Return Completed Pictures to:

**EJC Dentistry**  
**118 Stinson Street**  
**Hamilton, Ontario**

Entries must be received by  
**February 1, 2007**

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

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

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

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

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

### Christa asks: Did You Know?

**Q:** What do powdered fruit, talc, honey, dried flowers, mice and lizard livers have in common?

**A:** They have all been ingredients in ancient toothpaste and

#### EJC DENTISTRY

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Phone: 905-522-1188  
Fax: 905-522-1884  
Email: [info@forgreatteeth.com](mailto:info@forgreatteeth.com)

*"WE LOOK FORWARD TO YOUR  
SMILE!"*

## New Patients Welcome!!

We pride ourselves on the high quality of service and care that we provide. There's no better sign that we are serving you well than the number of new patient's you send to our door. We've built our practice on referrals and word of mouth from patients just like you, who have chosen to trust us with their family dental needs year after year. 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.

**We're on the Web!**  
**[www.forgreatteeth.com](http://www.forgreatteeth.com)**



**"Smile!"**

## Some points to ponder...

Jenn asks you to consider: Allergy season is here and cold and flu season is just around the corner. If you are like me and thousands of others you may use antihistamines for relief. Beware! What many people don't know is that many antihistamines can cause problems in your mouth. These medications may do a good job of drying out runny noses, but they also dry out your mouth. That means less saliva to wash away debris from your teeth. Over time the plaque will build around teeth and gums and cause cavities. If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing, and flossing after each meal will keep your smile healthy and stop plaque from getting a hold on your teeth. Also beware of cough drops and lozenges, they are more than just medicine. Some cough syrups, liquids and tablet vitamins can contain anywhere from 10-75

% sugar- especially children's formulas. Throat lozenges and cough drops range from 50-75 % sugar. Not a big deal if you only use them once in a while, but that much sugar can cause serious decay if you take these medications on a regular basis. The good news is that more and more medicines are being made without sugar. Check the label. If you are not sure, ask the pharmacist for help!

Dental injuries are the most common type of orofacial injury sustained during participation in sports, according to the National Youth Sports Foundation for Safety. An athlete is 60 times more likely to endure damage to the teeth when not wearing a mouthguard. It is estimated that mouthguards, professionally designed by dentists, prevent approximately 200 000 injuries - such as concussions and dental and jaw injuries - each year in high school and col-

lege sports. The stock mouthguard, which can be purchased at sports stores without an individual fitting, provides only a low level of protection, if any.

How people take care of their mouths is often a reflection about how they feel about themselves. At birth the only fully developed organ is the tongue. It is needed for sucking. For the first two months of life our mouth is our primary organ. We use it for survival, expressing ourselves and to explore our new world, consequently it is very significant to our sub-conscious. Because of this, it is my opinion that how we take care of our mouths is a reflection of how we feel about ourselves. People who feel good about themselves take good care of their mouth and people who have a poor self image generally do not take good care of their mouth.

Marvin Mansky