



# Dental IQ

Produced for the Patients of ***IQ Dental & Implant Centre***

Spring 2010

## fromtheprincipal

Hi There,

As you see, we are becoming more active in communicating with you this year.

Do you know why? The simple answer is that we have a lot to talk about. Take this issue for example; it's all about your general and dental health, and how you can maintain and improve them.

This issue of "Dental IQ" is an introduction to our future communications this year. Please read it well and share it with your friends and families, and with anybody else whom you care about.

Knowledge is not worth having, unless it's shared with other people to make their lives better, easier and healthier. Whatever the reason for not addressing our existing *problems* it is a sign of either ignorance or insanity.

Let us help you to achieve the health and the smile you always wanted!

*Yours in good health,*

*Sia Maani*

***Why not share this newsletter with your friends & family? SHARING IS CARING!!!***

## NOT WORTH THE GAMBLE

### The dangers of dental disease

Many of our patients are diligent about their dental care but there are still some who steer clear of our practice until it really hurts. They skip hygienist appointments and checkups thinking, somehow, they are immune to dental diseases – until they have one!

The fact is, without regular, professional, preventive care, dental disease is almost inevitable! Treating these diseases is always more complex and costly than preventing them. You may think you're saving by missing a few dental appointments, but odds are you'll pay a lot more later.

Studies show that despite years of dental health education, millions of people simply don't show up for needed cleaning of the teeth or dental treatment. This translates into millions of lost workdays as these people take time off for more extensive dental treatments later on, which will also be more expensive.

Teenagers are notorious for neglecting their teeth. As a result more than 80% of 16-year-olds have active tooth decay.

Here's another alarming statistic – this year thousands of people will contract oral cancer, a disease for which we routinely screen during



each checkup. Caught in its early stages, its cure rate is excellent.

It's just common sense! Nearly all major dental problems start as minor tooth trouble. It's only through regular dental checkups that we can detect and treat minor problems early, before they turn into serious dental disease. When it comes to dental health, a little prevention goes a long way in keeping your smile healthy and happy. Don't gamble on your dental health – it doesn't pay!

***Read more on Page 4...***

***We welcome new smiles!***

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

## And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

## How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

## How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

## Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



## Oral Cancer Bites

### Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancers can be cured.

# Reality Checks

## We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, colour, and feel of your tissues;
- early signs of lip cancer and tumours in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save pounds, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo! ☺

# Technology Saves Lives

## Effective oral cancer screening for all patients

Oral cancer is one of the deadliest forms of the dreaded disease – and because almost 70% of all oral cancer victims are diagnosed in the later stages, the five-year survival rate is only 50%. But the survival rate skyrockets to 90% for oral cancers discovered in its early stages. This is why we're very proud to introduce a state-of-the-art screening technology called *ViziLite™* to our practice. An

annual *ViziLite* examination, following our standard oral cancer examination, will provide our patients with the most comprehensive oral cancer screening possible.

*ViziLite* is a simple, painless, and non-invasive device that helps the dentist and hygienist detect what they can't see with unaided eyes. With *ViziLite*, we can evaluate and monitor suspicious areas at their earliest stages before there is any progression toward life-threatening conditions.

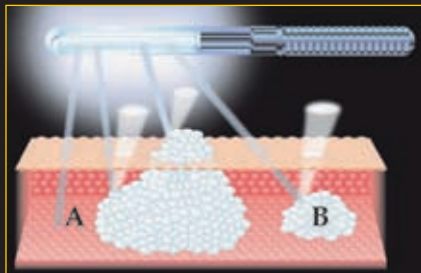
Put simply, *ViziLite* is to oral cancer screening what mammograms, PAP smears, and the PSA test are to breast cancer, cervical cancer, and prostate cancer respectively. With this new test we're confident that we can provide our patients with the most thorough screening available.

And did you know that more than 25% of oral cancer victims have no lifestyle risk factors like tobacco,



alcohol use, diabetes, or HIV? This is why we perform *ViziLite* exams annually ... on all our patients age 18 and older. You can schedule your yearly evaluation at any time by contacting our practice.

### *ViziLite™* enhances our ability to identify abnormalities.



A – Normal cells absorb *ViziLite* illumination and appear dark  
B – Abnormal cells reflect *ViziLite* illumination and appear white

## practiceinformation

### *IQ Dental & Implant Centre*

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### Practice Hours

Mon–Thu 9:00 am – 6:00 pm  
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### Your Team

Sia.....Dental Surgeon  
Sharon.....Manager  
Nima.....Business Administrator  
Jo.....Therapist  
Chantelle, Adri.....Qualified Dental Nurses  
Emma.....QDN & Implant Co-ordinator



## News

■ Are you suffering from your dentures, OR do you have gaps in your mouth?

Then, *Dental Implants* are the perfect permanent solution for you. More and more patients are experiencing this great treatment and the feedback is as good as the results we have achieved, over 95% success rates!

■ We ran a Botox®/ Dermal Filler promotion a while ago, which proved to be very popular, and as a result we have permanently reduced the fee for our facial injectables.

■ Sia has also been on a chemical peel course which, we are hoping to incorporate into our list of services very soon.

■ We have managed to get our hands on a brand new Apple iPad, which our patients are welcome to explore and use while visiting us, whether it's to check your emails, read the news or just browse the web! So if you're thinking of getting one, make sure to check it out on your next appointment!

## Look & Feel Great

One in four Britons admit they are afraid of the dentist, and only half visit the dentist regularly. In a *British Dental Health Foundation Survey*, attitudinal differences about their fears were found between men and women. Knowing this, we ask more questions so that we can be more responsive and more effective in helping you.

We are trained to help put people at ease with a welcoming atmosphere, relaxed environment, and comfortable non-surgical procedures. And it doesn't matter what your age or how long it's been since your last dental visit ... you can still experience a white and attractive smile, non-surgical cosmetic and restorative treatments, healthy gums and fresh breath, and comfortable dental appliances.

We know we can make dentistry a positive experience for you. Please call us today for a consultation.