

# Dental

Anaesthesia Group

# SMILE FILE

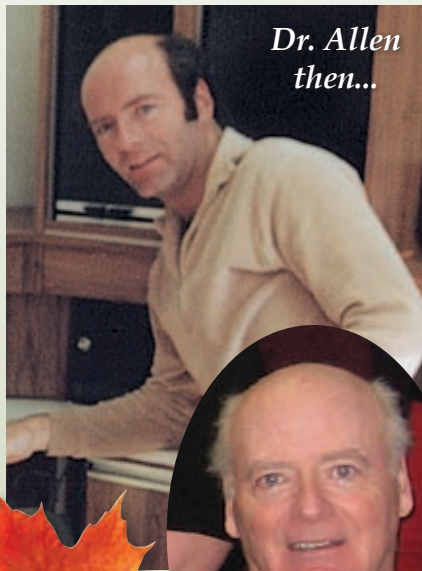
Produced for the Patients of Dr. Diane Dmytrowski

Fall 2010

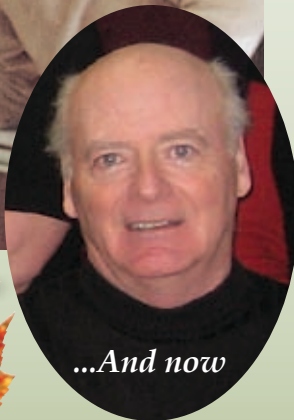
fromthedentist

## Greetings!

Wow! Wasn't that an amazing summer? I hope you all had some opportunities to sit back and relax whether it was here in our beautiful city, away at the cottage or a trip somewhere. I sure can't remember the last time that my family and I spent as much time as we did on the lake by our cottage, we truly enjoyed it! Even Emma and Ethan ventured to swim in the lake - a first for both of them this year!



*Dr. Allen then...*



*...And now*

As ever changing life is, we have now come to the moment whereby we are wishing our dear colleague and friend, Dr. Ed Allen, a very happy retirement. Having been practising with *Dental Anaesthesia Group* for 36 years, I know that undoubtedly there are many of you who will definitely miss him; in fact, I have met quite a number of you who have been Dr. Allen's patients since childhood! I am personally very grateful to Ed for being such a great partner throughout all of the eight years that we've practised together. We've always been able to have open discussions and our mutual respect for each other as professionals and as colleagues has never wavered. As previously discussed between us, the doors will always be open here for you Ed, whether it's simply a desire on your part to continue to do some dentistry or to stop in temporarily as a replacement.

As many of you know, we cannot be saying our farewell to Dr. Allen without saying farewell to our dear

team member, Shari Martin. Shari has worked alongside Dr. Allen for 29 years, and so it is not surprising that her retirement from *Dental Anaesthesia Group* coincides with that of Dr. Allen's. We wish you both, Dr. Allen and Shari, continued health and happiness as well as the fulfillment of any of your dreams that you have not yet achieved.

Together, Dr. Large and I have had the pleasure of meeting practically all of Dr. Allen's patients. We will continue to provide the exceptional kind of dentistry and caring service that you've become accustomed to.

Just to keep you informed, I am presently searching for another dentist to join our team such that our practice may continue to flourish. I will invest the time to find the right person whose philosophies will blend with ours and with whom we will feel comfortable. We want to ensure that no matter which health care provider you see here, you can be certain that you will be well taken care of.

We shall keep you posted with any future developments. Thank you for your support and trust in our services.

*Sincerely,*

*Dr. Diane Dmytrowski*



*Shari then...*



*...And now*

**turnthepage**

What do you expect out of life?  
Fruity fighters you want on your side!  
Are you the *best* you can be?

*Thank you for all your referrals - we appreciate them!*

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

### Here are five fruit-friendly tips...

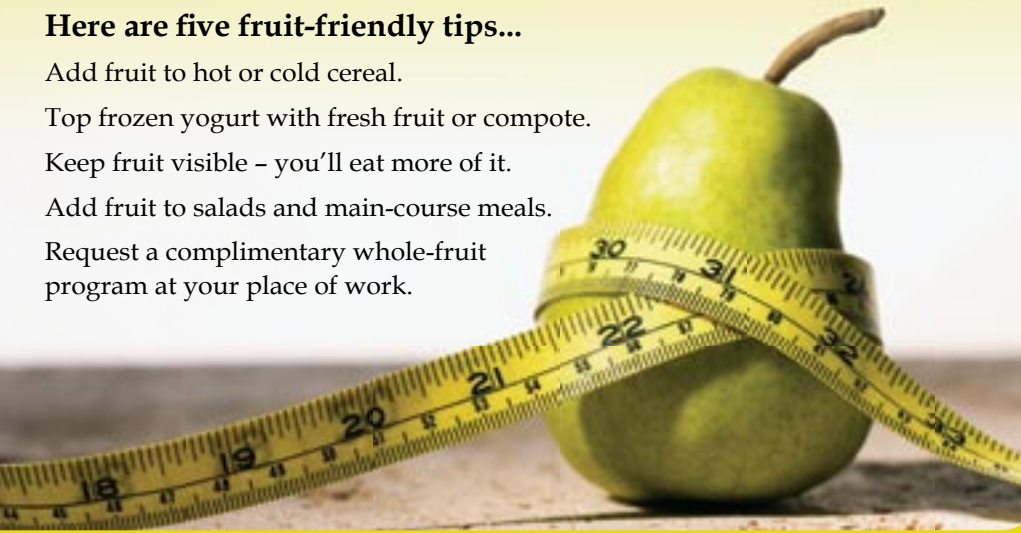
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

# What's Precious To You?

**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



# What Do You Expect?

## Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

### Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!

