

# SMILES

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## Teeth Whitening

Whitening of teeth is a cosmetic service we provide for our patients. Bleaching is a popular way to whiten teeth and can dramatically change a person's physical appearance and self-image. While at home the patient wears a custom-made bleaching tray that holds the bleaching gel against the teeth. Usually bleaching procedures are less invasive and less expensive than other aesthetic procedures such as crowns and veneers.

The at home bleaching system we recommend has been very successful and popular with our patients. The cost of \$350 for the starter kit is not covered by most insurance plans since it is a cosmetic procedure.

Please speak to one of our dental team members to determine if bleaching is appropriate for you.

## Receive a Gift for Referring New Patients

Would you like to receive a \$20 gift certificate while doing a favour for a friend? Refer a friend or relative to our dental office and choose your gift certificate from the GAP, Shoppers Drug Mart, or Canadian Tire as a token of appreciation from us.

Our practice continues to grow by referrals from our patients. We welcome new patients and we always make time for your friends and family. We greatly appreciate your confidence and patronage.

## Behind the Scenes

When you sit in the dental chair for an examination or treatment, you may be unaware of some of the work that goes into preparing the operatory room in anticipation of your visit and following your visit. A lot goes on behind the scenes. Whether you are at our office requesting advice, a simple procedure such as smoothening a rough edge on one of your teeth, or a complicated procedure such as root canal treatment, the staff are equally concerned to make your visit safe and comfortable. Although many of these protocols

involve time, effort and expense, we want to be absolutely sure that you are receiving the best quality care. Some of what goes on behind the scenes:

- ☑ All our staff members have completed training and are certified in Cardiopulmonary Resuscitation (CPR). Our office has a protocol in place to deal with medical emergencies. We have equipment, medications and oxygen on hand to deal with medical emergencies.
- ☑ Our staff regularly participates in continuing education courses which enable us to provide you with the most up to date techniques and care.
- ☑ Our x-ray equipment is inspected annually and is maintained to conform to the standards of the Healing Arts Radiation Protection (HARP) Guidelines.
- ☑ We voluntarily participate in the National Dosimetry Services and our staff wears dosimeters as a further safeguard that the x-ray equipment is operating safely.
- ☑ Before you step into the operatory room, all surfaces have been disinfected, all disposable equipment has been changed over and all instruments have been completely sterilized and prepared for your use. When you leave the operatory room, once again all surfaces are disinfected, all disposable equipment are once again changed, and all instruments are once again completely sterilized.
- ☑ Our office participates in a Sterilization Assurance Programme to guarantee that autoclaves and other sterilization equipment operate properly at all times.
- ☑ Even the tap water has been tested and the analytical report confirms that our water supply is safe.
- ☑ Any biomedical and chemical waste produced in the operation of our practice is handled with the utmost caution, care and safety. We comply with all government guidelines and regulations regarding the safe disposal and transportation of biomedical and chemical wastes to guarantee the safety of our patients, staff and environment.

## 5-Point Prevention Plan

1. Brush your teeth and tongue at bedtime and in the morning.
2. Floss daily to reach between your teeth where your toothbrush doesn't reach.
3. Eat a well balanced diet, avoid sticky sweets, and avoid alcohol and tobacco products.
4. Don't wait until it hurts - see your dentist for regular checkup and professional cleanings.
5. Maintain your health with a healthy lifestyle and regular medical checkups.

### In the news:

#### Passport guarantors

When applying for a passport, Passport Canada no longer requires that the guarantor be a professional such as a dentist. Eligible guarantors now include any adult Canadian citizen who has known you for at least two years including your own family members who themselves have a Canadian passport that is not beyond one year of its expiration date.

#### Bisphenol A

Safety concerns about bisphenol A are based on research performed on animals that suggest BP might affect reproduction and development in humans by acting like estrogen. The position of the Canadian Dental Association is that based on the current evidence, there is no cause for concern regarding BPA released from dental composites or sealants. The amount of BPA released from dental sealants or composites is extremely small and limited to a small number of products. Once the material is placed and hardened, it becomes very stable and exposure quickly reduces to virtually nothing. The concern with baby bottles is that exposure to boiling water can cause BPA to leach out, something that isn't a concern with stable dental sealants.

## Open Wide

New research has found that when the economy is bad, you take it in the teeth, putting dental care at the bottom of your to-do list (even if you have dental insurance!). And that can drag down the rest of your body. Brushing and flossing daily, and having your teeth regularly cleaned, greatly reduce the risk of gum disease which has been linked to health issues from heart attacks to erectile dysfunction. Here's why: We think gum-invading bacteria may trigger an immune response that promotes inflammation and arterial hardening throughout your whole body, which restricts blood flow. A professional cleaning once or twice a year is ideal. But you can't just leave flossing to the pros (and they know if you lie about it, by the way). Flossing has the ability to decrease inflammation in your gums and subsequently in your arteries, so it will help you keep your heart pumping and your sex life thriving. Oh, and it keeps your teeth intact, too. So don't follow the economic trend – pick up the phone and dial your dentist. **(Toronto Star, October 7, 2008)**

#### Uplands Dental Centre Jingle

*You're bound to leave cavity free*

*With Dr. Tanen's Dentistry*

*Wanna leave with a smile?*

*Tanen will go the extra mile.*

*Crowns, bridges, implants too*

*Your mouth will feel like something new.*

**(Ezra Tanen, December, 2008)**



Adina, Heather, Mel, Benjamin, Ezra, and Atara Tanen