

dr.timayers

Calling all
smiles



Produced to improve your dental health and awareness

Fall 2010

From The Dentists

Getting It Done!

Fall's the time

There's a saying that if you want something done, ask a busy person... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment. Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

- Dr. Tim Ayers



Don't Wait For Symptoms

This can affect your health silently

A preliminary study suggests that the incidence of periodontal disease, the most advanced form of gum disease, may be 2-3 times higher than previous estimates. We find this very disturbing because only about 3% of those afflicted with gum disease seek treatment for it. Why so few? We've chatted about this at our staff meetings, and all of us believe it's because people don't understand that gum disease has long-term and potentially life-threatening implications if untreated.

Knowledge is power, and we feel the responsibility to ensure that you have it...

- Gum disease has been linked to diabetes, heart disease, arthritis, lung disease, some cancers, and also to complications in pregnancy.
- It can arrive without symptoms or discomfort.
- It's highly treatable and can sometimes be reversed.
- Regular recare visits and effective home care can halt its progression and its potential impact on your body.

HOW CAN THERE BE A MOUTH-BODY CONNECTION?

Your body is comprised of a number of different vital and interdependent systems. Your mouth is part of the digestive system, for example. If any one of these systems falters, your overall wellbeing is in jeopardy. As science reveals more about the complex associations between them, it grows increasingly clear that healthy teeth and gums are essential to your overall health.

Turn The Page

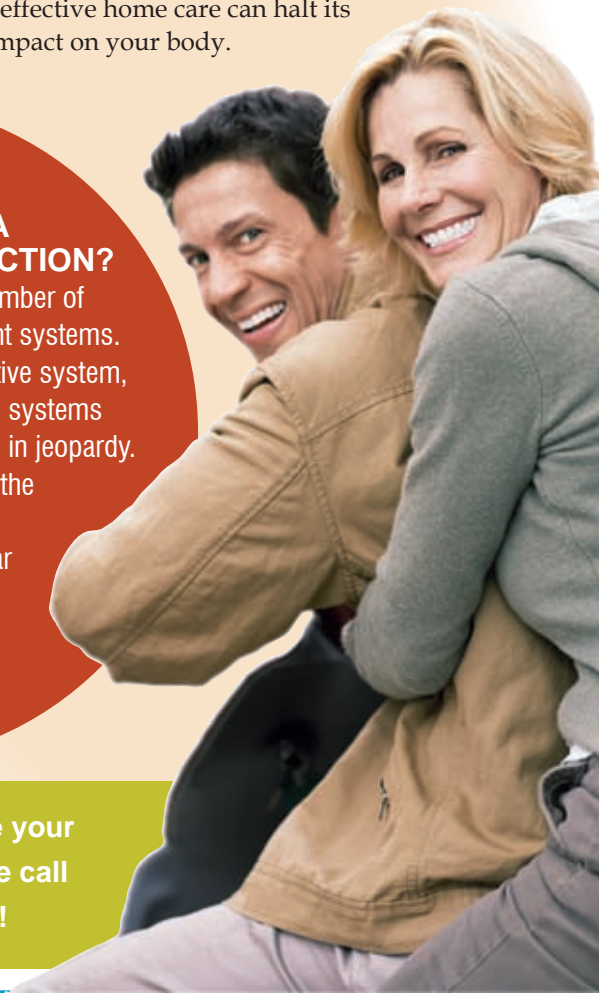
Save money ... and your sanity!

5 harmful habits. Are you guilty?

Work out the green way!

If it's been a while since your last appointment, please call us today (604) 536-7606!

An attractive smile makes a lasting impression!



The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Whitening & Veneers



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Pregnancy Perio Risk

Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.

We screen for gum disease at every visit ...because we like to see you smiling.



Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

Just Lose Five

Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.



Surrounded by the busy hum and bustle of an active, friendly dental practice, it's easy to think that there's no room for new patients. Nothing could be further from the truth. We love our work, and part of that is the excitement of getting to know new patients, as well as the satisfaction of successfully providing dental care for long-term clients.

We enjoy having you as patients so much ... that we would like more that are just like you! So, who better to ask than you? When you refer your friends, colleagues, or family to our office, it makes our day. It shows that our dedication to our patients' oral health has been noticed. We're happy that you feel comfortable and at ease in communicating both to us and about us.

The best part is that referrals are always win-win situations. Your friends and family can experience the same level of care that you enjoy and we get more great patients. Thank you for your confidence.

Fall Power!

Take it back!

Whether your power lifestyle centers around a boardroom, a home office, or a nursery, oral health care can be a real challenge during the summer months. Thankfully, fall has the power to jolt us back to re-energize ... reorganize... and reschedule!

If you've let treatment appointments slide or if you've been delaying your next preventive care appointment, you've got plenty of company. Almost 80% of baby boomers say they consider dental care to be part of their preventive health care routine, yet fewer than half visit the dentist twice a year as recommended!

Everyone today is struggling with a busy schedule. But remember: benefits from dental plans that end on December 31st are not carried forward to the next year.

Schedule a fall appointment and take back the power!

officeinformation

White Rock Dental Clinic
Dr. Tim Ayers
 207-1656 Martin Drive
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Office Hours

Mon-Thu 8:00 am – 5:00 pm
 Friday *closed*
 Saturday 9:00 am – 3:00 pm *
 * One Saturday per month

Contact Information

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 Fax (604) 536-2102
 Email reception@drtimayers.com

Office Staff

Peggy, Ali Certified Dental Assistants
 Karen, Glenda..... Hygienists
 Monica, Bonnie Receptionists
 Nora..... Sterilization Assistant



Cheques



Office News



Welcome to Ali, our new Certified Dental Assistant. Ali is a new grad this past summer and has been a patient in our office for at least 15 years. Ali is interested in horseback riding and reading.

Ali will be assisting Dr. Ayers in his main operatory and we look forward to working with her.

We are sad to say good-bye to Kimberley and wish her well in her future endeavors.