

dr.timayers

Calling all

smiles



Produced to improve your dental health and awareness

Winter 2010

## fromthedentist



### *The Time Is Right*

*Special thanks  
this season*

Although I always try to extend my thanks and holiday greetings in person, I'm very happy that you're reading this newsletter so I can be sure no one is missed. Please accept my sincere best wishes for the year ahead.

It means a lot to me that you have chosen me as your dentist and this practice as your dental home. I am grateful to be able to look forward to another special year with you and your family.

*Yours in good dental health,  
Dr. Tim Ayers*

### **We're On Facebook!**

There is always something exciting going on at our practice and when the months pass between your appointments, catching up can be difficult. But, thanks to sites like Facebook® ... staying in touch has gotten so much easier.

I'd like to take this opportunity to personally invite you to visit our new Facebook page, where I will be posting information from Dr Tim Ayers Dental Center. We will post as often as we can, with exciting information and ideas – be sure to *Like* us, so you don't miss out! Now, keeping in touch with us is easy!

**Check out my Facebook.**



# From our family to yours



**All the best for**

# 2011

*An attractive smile makes a lasting impression!*

# Look Great

## And save the environment too

**Choose** eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

**Shop locally** even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

**Conserve** post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

**Shave** with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

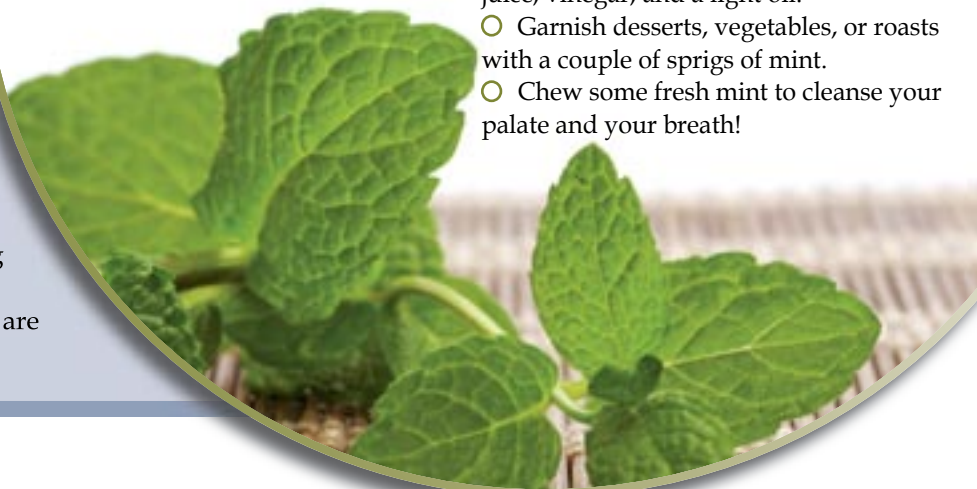
# Marvelous Mint

## More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

### 7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



## ▲ Crowns ▼

before



after



# Crown FAQs

## Your best decision is an informed decision

### What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

### When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

### What Are My Options?

**Ceramic crowns** are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

**Ceramic-fused-to-metal crowns** combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

# Defy The Trend

Subtle measures - radical results

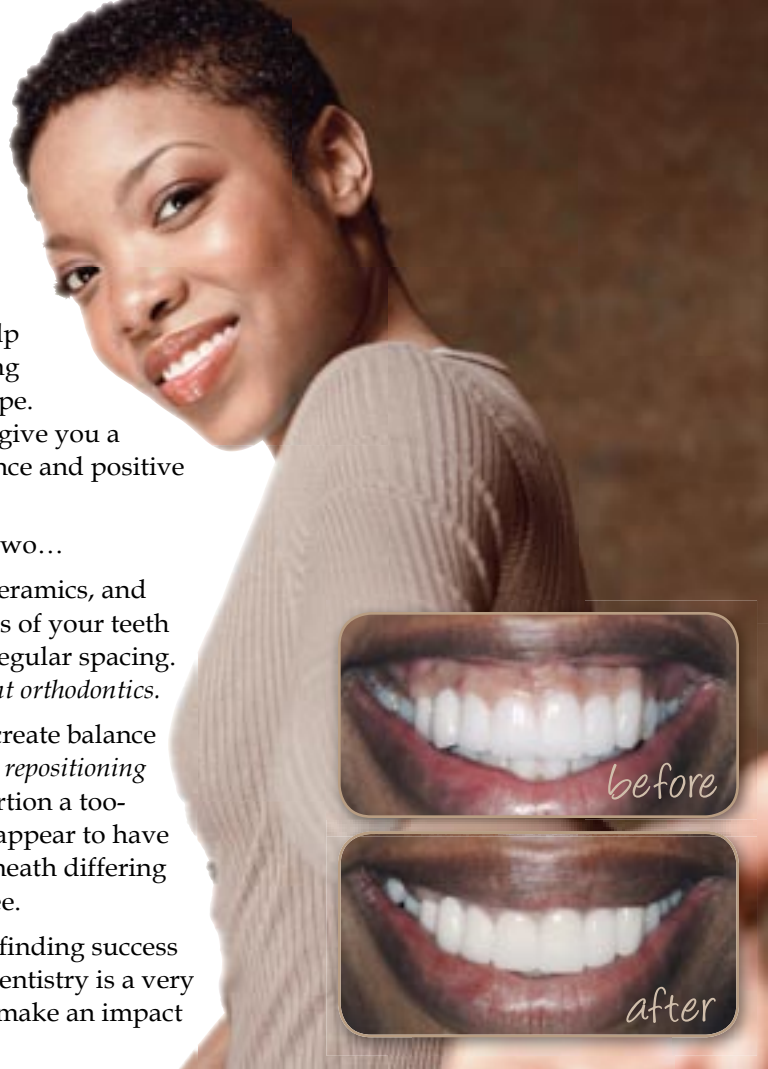
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

**Veneers** crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

**Esthetic gum re-proportioning** can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



## it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so  
easy



# Pass On Healthy Habits

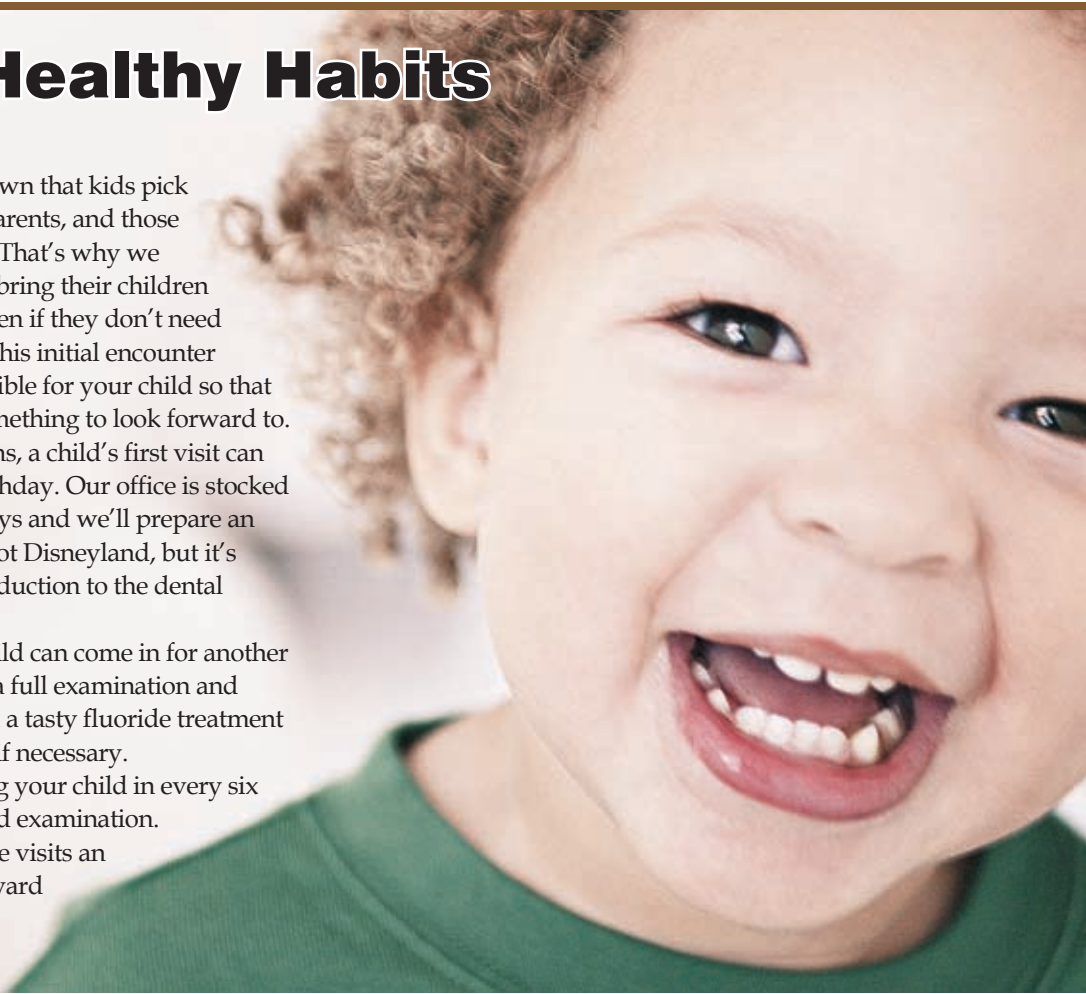
## Practice introduction

Countless studies have shown that kids pick up most of their habits from parents, and those early habits are hard to break. That's why we encourage moms and dads to bring their children in for a get-acquainted visit even if they don't need immediate dental treatment. This initial encounter should be as enjoyable as possible for your child so that going to the dentist will be something to look forward to.

Barring any dental problems, a child's first visit can happen around their third birthday. Our office is stocked with a variety of games and toys and we'll prepare an exciting ride in the chair. It's not Disneyland, but it's a relaxed and worry-free introduction to the dental environment.

About a year later, your child can come in for another ride, but this one will include a full examination and cleaning. We may recommend a tasty fluoride treatment and we can take radiographs, if necessary.

After that, you should bring your child in every six months or so for a cleaning and examination. We'll do our best to make these visits an event your child will look forward to for a lifetime.



## office information

### White Rock Dental Clinic

Dr. Tim Ayers  
207-1656 Martin Drive  
White Rock, BC V4A 6E7

### Office Hours

Mon-Fri 8:00 am – 5:00 pm  
Saturday 9:00 am – 3:00 pm \*  
\* One Saturday per month

### Contact Information

Office (604) 536-7606  
Fax (604) 536-2102  
Email reception@drtimayers.com

### Office Staff

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



## An Open Invitation To you & yours

We appreciate your business and friendship, and though you may not realize it, your referrals are also crucial to our success. Your ongoing recommendations let us continue to grow. In turn, we can invest in technology, additional staff, expanded hours, and other improvements to offer you and yours the most convenient and very best dental treatment.

Your referrals are our number-one source of new patients and not one of our team members takes that for granted. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with only the highest quality of service and care.

Thank you in advance! We look forward to welcoming your friends, family, and colleagues with a smile!



*Congratulations...*

To our Dental Hygienist, *Karen*, on her achievement of winning the award for Best of Variety (Smooth) at the Dachshund Club of America National Specialty Show in Riverside, CA with her Canadian & American Grand Champion "Barkerville Why Not". For more information about Karen and her family's dogs, go to [www.barkervilledachshunds.com](http://www.barkervilledachshunds.com).