

Dr. Rodney Shainbom's DENTAL NEWS

Produced for the Patients of Dr. Rodney Shainbom

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fromthedentist

Less Is More!

We're delighted by Minimal Intervention Dentistry, or preventive dentistry, and with



good reason. Prevention provides long-term health and financial benefits. And a great-looking well-cared-for smile is priceless!

Today's dentistry can diagnose and treat problems sooner and less invasively. New restorative materials and precision equipment, such as our operating microscope, mean more natural tooth enamel can be saved. Fluoride treatments provide better health control and maintenance. Patient education and practical oral care guidance means that patients have better home hygiene routines than ever.

Taking preventive care of your teeth and gums should be habitual. This includes regular dental visits and conscientious regular home care.

– Dr. Rodney Shainbom

turnthepage

Your smile is our crown jewel

We have floss shredding solutions

Men's oral health

Join The Zoom!™ Boom!

What is Zoom!™ tooth whitening?

Zoom! is an in-office tooth whitening process that lightens tooth discoloration. It is safe, highly effective, and fast. Your teeth *may* be whitened by up to ten shades in only one office visit.

What causes teeth to discolor?

The most common cause is the consumption of beverages and products that have staining characteristics. These include tea, coffee, colas, red wine, dark berries, and tobacco products. Ageing, some medications, and excessive fluoride may also contribute to tooth discoloration.

Can you benefit from Zoom! tooth whitening? Almost anyone can have a brighter smile. During your consultation we will assess your oral health and discuss the degree of lightening that you can reasonably expect.

Is Zoom! whitening popular and is it safe? Very. You may have seen Zoom! whitening on ABC's Extreme Makeover. It has been extensively researched and tested – it's popular because it's so fast, safe, and effective.



How long do the results last? Teeth tend to get darker over time. Your initial bleach should be good for about 18 months. We can also provide a Zoom! take-home touch-up kit with custom-fitted trays. Most often a touch-

up once a year will maintain your sparkling smile.

If you're in a hurry to look good, or if you're just always in a hurry, Zoom! one-hour in-office whitening could be for you. Give us a call. In no time, your smile could be bright and white!

Fact:

Teeth whitening is the highest-demanded dental procedure for patients aged twenty to fifty.

Courtesy of Discus Dental©





A Jewel Like No Other

Gain a confident smile with crowns and bridges

Crowns and Bridges. The very words denote power and strength. That's fitting because crown and bridge restorations are meant to boost your smile power while strengthening the structure of your smile.

Crowns are sometimes called *caps* because they fit over your teeth to support them and to improve their appearance. They are usually made of natural-looking translucent porcelain and are designed to blend in so well with neighboring teeth that no one can tell that you have them.

Where does the bridge come in? When you have one or more missing teeth, replacements are created to fill in or *bridge* the gap. One or both of the supporting teeth on either side may require crowns to make them strong enough to support the replacement.

Crown and bridge restorations can benefit you in so many ways - enhanced appearance, improved ability to eat and speak ... and renewed self-confidence.

We invite you to call for a consultation. Your confident smile is always a jewel in our crown!

Men On The Run

How do you take care of your oral health?

On a typical *day*, the restaurant industry posts average sales of more than *\$1.2 billion*, and sales reach more than *\$440 billion* annually. In general, more men than women eat out, and more of them report eating out frequently. That's a lot of eating on the run! So how can men ensure they take care of their oral health?

- Plan once-daily flossing, preferably at bedtime instead of after a meal.
- Drink water throughout the day to clear away food debris.
- Keep a toothbrush at work. It increases the likelihood of brushing by 60%!
- Use antibacterial chewing gum and fluoride mouthwashes while traveling.
- Order take-home meals so you can relax, eat, brush, and rinse.

A white, healthy smile is handsome, and in the long run, slowing down can give a substantial return on your investment.



You may require a crown if a tooth has:

- _____ been extensively damaged by decay; _____
- _____ become weakened because there is more filling than tooth; _____
- _____ been fractured, compromising its structural integrity; _____
- _____ become discolored and detracts from your smile; _____
- _____ undergone root canal treatment; _____
- _____ the role of supporting a bridge. _____

Scent Sense

Try a bouquet

Men who like floral-spicy scents think women wearing the fragrance look twelve pounds lighter. Researchers at Chicago's *Smell & Taste Treatment and Research Foundation* have also found that scents can make both men and women seem more attractive and even help them eat less. When a pleasing aroma dominates the frontal region of the brain, its feelings and perceptions interpret for the eyes.



Try A Different Spin

Yo-yo dieting may hurt immunity

Weight going up and down like a yo-yo? That's a no-no. Continually losing and regaining weight can make it harder for your immune system to fight infection. *Periodontitis* or gum disease is a bacterial infection that destroys the tissues and bone that support the teeth and leads to tooth loss. It has also been linked to cardiovascular diseases, osteoarthritis, oral cancer, and other systemic diseases. A balanced diet is essential to your entire health.

Many foods that build and maintain strong muscles and bones also build strong, healthy teeth and gums.

Your diet should include:

- Dairy products or dairy substitutes
- Whole grains
- Fruits and vegetables
- Lean meat, fish, poultry, and légumes.

We can't think of anything more attractive than the glow of a healthy smile ... and a healthy body.

You're In Control

Cosmetic dentistry could be just the motivator...

If you've been avoiding a dental appointment because you're fearful, non-surgical cosmetic dentistry could be just the motivator you need. Believe us ... the rewards are worth it.

You could start with a dentist-supervised teeth whitening program – in the privacy of your own home. You can whiten a little over a day or two, or a lot over a week or two. *It's all in your control.*

Another simple cosmetic technique is replacing dark, older fillings or bonding that has become compromised over time. *You've already had the big work done.* With quiet, comfortable dental technology and superior materials, you'll have a revitalized, glowing smile before you know it.

You might even consider a completely natural-looking smile makeover with cosmetic veneers. And the rewards? *You won't have to:*

- avoid smiling for photos, or always smile with your lips closed;
- cover your mouth with your hand when you smile or laugh;
- worry that your stained or yellow teeth make you look older;
- see dark fillings, chips, crowding, or gaps when you smile or laugh;
- wish you had a more stellar smile.

And there's more! Not only can we keep your smile healthy, studies show that smiling more can help you release tension and stress.

Our entire team is cheering for you. *It's all in your control.*



Floss Shredding?

Don't get tied up in knots!

Daily flossing is essential for oral health. If your floss consistently catches or shreds even after trying different types of floss, it might not be your technique.

Your floss could be...

- ... hooking on chips or cracks in your teeth enamel;
- ... snagging on a broken or jagged filling;
- ... catching on a spiky surface surrounding a cavity.

Whatever the cause, floss-shredding could be a clue to a dental flaw that should be corrected. Examples include outdated restorations and subtle smile imperfections like cracks or chips.

Beautiful, durable, and tooth-colored, today's bonding materials and inlays and onlays can be used to restore older fillings – and your smile. Hand-sculpted porcelain veneers can conceal chips, severe staining, and even gaps.

Flossing problems? Whatever the cause, we have the solution for you.



Personalized Plan Of Care

We practice what we preach. Proof positive of our commitment to optimal preventive oral health care is our team of licensed primary oral health care professionals. Our goal is to help you to achieve and maintain optimal oral health through diagnostic assessment, prevention, and education. Here's how we develop your personalized dental hygiene plan of care based on your needs.

Assessment

- reviewing your medical and dental history;
- examining your teeth for decay, cracks and failing restorations, visually with the aid of a microscope and with radiographs;
- examining your gum tissue;
- assessing your biting, chewing, and swallowing patterns;
- evaluating your dental readiness for procedures including cosmetic smile enhancements;
- reassessing your overall treatment.

Prevention

- screening for oral cancer with clinical measurements, radiographs, and other assessment methods;
- applying fluoride and pit and fissure sealants;
- cleaning and scaling teeth to remove plaque, tartar, and surface stains.

Education

- instruction about brushing and flossing;
- counseling about diet and its relationship to oral health;

- explaining dental treatments, orthodontics, periodontal therapy, and cosmetic procedures using a range of visual aids.

Your hygienist is always happy to answer questions about your personalized plan of care which is imperative to your oral health. After all, proper home care including brushing, flossing, and healthy eating are a crucial part of preventive dentistry!



office information

Rodney Shainbom, BDS

660 Clyde Avenue
West Vancouver, BC
V7T 1C9

Office Hours

Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 8:00 am – 5:00 pm
Thursday 8:00 am – 5:00 pm

Contact Information

Office (604) 922-5711
Fax (604) 922-5722
Emergency (604) 925-3611
Email info@drrodneyshainbom.com
Web Site www.drrodneyshainbom.com

Office Staff

Sue Receptionist
Diane Certified Dental Assistant
Sita Dental Assistant
Janie Dental Hygienist

Brush • Floss • Smile



Waterworks

Your natural defence

If you have ever suffered from dry mouth, or xerostomia, you know how much we rely on saliva to speak, eat, chew, and swallow. Dry mouth can result from disease, hormonal changes, or as a side effect from medical treatment that can interfere with the production of saliva.

Saliva, a very important and complex component of your oral and overall health, contains 40 essential proteins, 13 electrolytes and minerals, and 7 small organic molecules that:

- Protect teeth and gums from bacteria, helping to prevent cavities;
- Help buffer teeth from hot and cold temperatures;
- Aid digestion by initiating the breakdown of food.

We can help you to relieve the discomfort of your symptoms with safe and effective products.

Back To Basics

Brush ... Floss ... Rinse

Sometimes, the word *dazzling* is no exaggeration. The advances in dental technology and non-surgical cosmetic dentistry are just that. Even so, the true foundation of any attractive smile is healthy teeth and gums, and occasionally we all need a reminder to go back to the daily basics. *Brush... Floss ... Rinse.*

Brushing plaque and food from your teeth, tongue, and gums should be done at least twice a day. **Flossing** once a day removes the plaque that causes gum disease. **Rinsing** products can kill bacteria and freshen breath.

Regular visits to our office are another essential component of oral health maintenance. We can identify little problems before they become big ones, and help you with your home care routines.

...And *then* we can talk cosmetic!

