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CLARMAIN DENTAL

Patient Newsletter

Fall 2008



The Clarmain Staff wishes you a Merry Christmas and the very best throughout 2009!

Current Treatment For Cankers & Cold Sores

Aphthous ulcers (cankers) and Herpes Labialis (cold sores) can be a painful, chronic problem for 30 – 40 % of the population. Both can vary in size and discomfort and run a course of about 7-14 days. While cankers are found on the tongue and soft tissue inside your mouth, cold sores generally present on the outside of your lips and occasionally below your nostrils.

Both can be a result of stress or being run down (a compromised immune system.) Often people will see cankers and cold sores develop, rather than actually becoming ill with a virus.

Cankers can also develop from consuming too many acidic fruits and sometimes from a physical trauma to the tissue caused by a hard pizza crust or toast.

Cold sores can form quickly from over exposure to the sun also. The virus resides in the nerve ganglion. When the previously mentioned factors hit – bang – out comes that burning tingle and within hours the lesion can form. The good news is there are now effective treatments available for both conditions!

CANKERS:

- Soft tissue laser is an in-office procedure that is painless and takes only 5 minutes. No anesthetic is required. The laser substantially reduces the duration and discomfort by speeding the healing process. Some cases may need retreatment after 3 days for optimal results.
- Colgate Peroxol Mouth Rinse. (No prescription required.)
- warm, salt water rinses 3-4x/day. (one quarter tsp. salt/half cup of warm water.)
- avoid acidic and salty foods and beverages.
- Vitamin C can enhance healing.

Who Am I?

This lady's favourite place is in the garden. Her passion was rewarded with a Civic Rose Award. Her weekend retreat is lakeside in beautiful Muskoka. She is a wife and Mother of two grown children.

COLD SORES:

Laser treatment is the same as for cankers.

It is most effective in the earliest stages (itching/tingling.) However, it is also advantageous if the sore has already broken the surface as it can speed up the healing process.

- Zovirax 4% Ointment (prescription). It is applied at first onset of the symptoms.
- Valtrex anti-viral caplets (prescription). This is the first one-day, anti-viral available now for treatment of cold sores. Starting treatment at the earliest symptom is very beneficial. Many chronic sufferers keep the caplets with them. Valtrex has been very successful in reducing the duration and discomfort of cold sores. It often even prevents the sore from breaking the surface. There is currently no data on the effectiveness of the caplets after the cold sore has ulcerated.
- Vitamin C can enhance healing.
- avoid acidic and salty foods and beverages.
- avoid exposure to sunlight.

Brighten Your Smile!

Brightening your smile is something we at Clarmain have done for over 15 years. Our costs have recently reduced so we are passing those savings on to our valued patients. Our regular cost for the in office procedure "Zoom" is now \$540. Our take home Night White procedure is now \$320. Our gift to you between Nov. 15 and Jan. 15 is a reduction of 20% for the special price of \$430 for Zoom and \$270 for Night White.

Gift Certificates are available over the holiday season and throughout the year.



Mouth Guards

Hockey season is here! We will be happy to provide the young or not so young with a custom fitted mouth guard.



Oral Cancer

Research is showing a link between oral cancer and the human papilloma virus. Ask us about the latest screening technology available to all our patients.



Who Am I: Lillian Is Leaving

It is after much consideration that I am retiring from Clarmain Dental. I started working for Dr. Peter Clark Oct. 1983, some 25 years ago. Two years later my husband was transferred to Calgary where we lived for 5 years. We returned to Burlington in 1990 and I have worked at Clarmain Dental since then.

I have been privileged to take care of the smiles of so many wonderful patients. I will miss each and every one of you! If you see me around town please stop me and say hello, you'll make my day. I will be perusing a new career as a Bowen Therapist. I will be completing the Bowen therapy program in January. Bowen is the delivery of small gentle measured moves to the nervous system at specific locations (on muscles, tendons, ligaments, or nerves); the body responds and begins to heal.

This is an exciting time of change and I will see where it takes me.

The staff at Clarmain Dental will take great care of you! Smile often! Have a healthy and happy 2009. I will miss you!

Sincerely Lillian Stokker CDA, PDA, RDH



New Smiles

There is no higher compliment for us than to be given the privilege of meeting and serving your family, colleagues and friends.

We thank you for your confidence!

We welcome new smiles!

Healthy Smiles For Haiti



Clarmain Dental welcomed Dr. Cherley from Haiti who visited the area for training and sharing his work with Healthy Smiles.

For further information please visit the web site www.healthysmilesforhaiti.org

Tooth Truths

Fluoride Facts:



"The Centres for Disease Control and Prevention named fluoridation of drinking water one of ten great public health achievements of the 20th century noting that it is a major factor responsible for the decline in tooth decay" Many areas including all of Niagara region, do not add fluoride to the drinking water. Ask us or your physician about possible fluoride supplements.

Clarmain Staff:

Dr. Peter Clark Dr. Vipani Maini Dr. Opie Chari

Hygiene Team: Cathy, Molly, Lillian, Teresa, Laura

Clinical Team: Anne Marie, Georgina, Tanya

Reception Team: Barb, Dawn Marie, Giulia, Maureen, Shelley

New Patients are always welcome



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Clarmain Dental Centre Web Site:

Please visit our web site for information valuable to all your friends and family.

www.clarmaindental.com