



www.clarmaindental.com

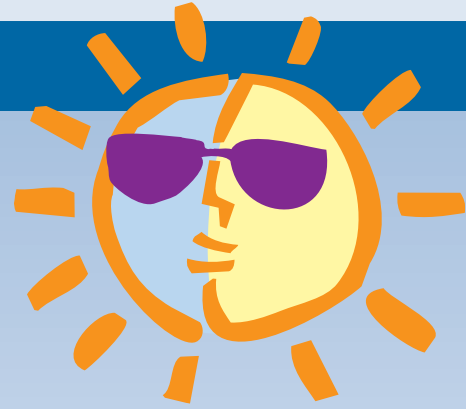
CLARMAIN DENTAL

Patient Newsletter

Spring 2008

Celebrate Summer

We are pleased to offer you the opportunity to brighten that smile! For the months of July and August we are offering you our Nite White System for \$279 (regular \$350.) Our in-office service Zoom will be \$649 (regular \$750). Gift certificates are available throughout the year!



New Innovations for Oral Cancer Screening

Oral Cancer is not something we like talking about but the reality is that over 1,000 Canadians die every year from oral cancer.



Until recently there has not been a screening method available to the general public that could detect oral cancer in its early and most treatable stages.

One of the recent developments in this area is a screening process that uses a specially designed light to detect changes in the oral tissues. It is quick, pain free and very effective.

We at Clarmain hold your oral health and overall health in the highest regard. We now have this screening technology available to all of our patients. If you would like further information please speak to one our staff members or visit the product web site at www.vizilite.com.

Link Between Gum Disease & Overall Health

A conversation with your dentist can help you understand the connection between oral health and overall health and ensure that you are getting the best possible care.

A person with gum disease is statistically at greater risk for having heart disease.

Periodontal disease increases the risk of diabetes and increases the severity of the disease. Periodontal disease and diabetes can impact each other. For example, gum

disease can increase the severity of complications of diabetes by increasing blood sugars.

There are differences between oral health conditions in men and women. Hormonal influences throughout the life span of a woman may affect oral health, especially with respect to conditions of the gum tissue.

There is a link between gum disease and stroke. As we know both diseases have similar risk factors associated with cardiovascular disease, such as smoking, genetics, stress, aging, races and gender.

Good oral health in pregnancy can reduce the risk of infection and condition, such as pre-natal/pregnancy gingivitis in the mother.

Ask your dentist about ways to help ensure your optimal health.

Bisphenol A

There has been much discussion in the media lately about the chemical Bisphenol A. We want to assure our patients that we have looked into the chemical make-up of all the products that we are currently using and have found that none of them contain Bisphenol A.

We Welcome 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!

Attention Parents!

If you have children with baby teeth present, they do need to be flossed! This is especially important if the teeth are touching each other. Flossing is as important as brushing your teeth. That is true for any age.



Teeth Trivia Facts!

-  Teeth begin to develop only six weeks after conception.
-  Athletes are SIXTY times more likely to damage their teeth when not wearing a mouthguard during athletic activities. A knocked-out tooth begins to die within 15 minutes. It survives longer if preserved in cold milk within ten minutes of the accident. It is best to have it re-inserted ASAP.
-  If you don't floss you miss cleaning 35% of your tooth surfaces.

Welcome Maureen!



Maureen has spent her career in the dental field for 30 years both in a private practice and in the teaching field. She is married with two children. Maureen enjoys long walks with her three dogs ... and also loves to travel. We welcome Maureen as our newest staff member.

A Reminder!

We would appreciate you notifying our office 48 hours prior to cancelling or changing your scheduled appointment.

Please remember to update our office with any changes to your dental insurance information prior to your dental visit.

Our Web Site

We invite you to look at our Clarmain web site, www.clarmaindental.com. There is useful information about the services we offer as well as links to various web sites related to your health and mouth care.

Healthy Smiles For Haiti



Special thanks to all our patients for their contributions to providing dental care in Haiti. Please visit www.healthysmilesforhaiti.org for the ongoing progress.

Clarmain Staff:

Dr. Peter Clark Dr. Vipin 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



Please contact us at:
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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