



# CLARMAIN DENTAL

Patient Newsletter

Summer 2004

## Dr. Vipin Maini Goes To The Dentist



We live in an age where advancements in communication, materials, technology and techniques in dentistry are moving forward at an incredible speed. Today there is much more emphasis on prevention and aesthetic dentistry than treatment of dental disease. With the use of current bonding technology and materials we can treat situations with a high

degree of success and predictability.

When I looked at my own mouth a few years ago, I realized that I was offering my patients some of the dentistry that my own mouth could use. Everything was reasonably "healthy". I had no decay or periodontal problems. I could chew my food perfectly fine (usually too much for my own good!), but my smile was not picture perfect.

The condition of my teeth before I started:

- I was missing a lower front tooth and my lower teeth had spaces,
- I had a veneer on my upper front tooth and some old fillings which were done 23 years ago but were discoloured and worn out.

If I could have done it myself I would have but I haven't

figured out "do it yourself" dentistry yet! So I went to the dentist, my brother, Rakesh.

Firstly, we made a treatment plan then it all began.

- the orthodontist to get my teeth straightened, gaps closed and make the correct space for my missing tooth.
- an implant to replace my lower missing incisor
- tooth whitening to lighten the shade of all my teeth
- gingival surgery to even up the height of my gums
- three crowns and eight porcelain veneers on my front teeth to create the perfect smile
- my bite adjusted to work in harmony with my joints and jaw muscles
- porcelain crowns, gold crowns and bonded fillings to restore my back teeth
- finally, a mirror to admire my new, picture perfect smile

If you would like to know how to improve your smile, Opie, Peter and Vipin will be happy to discuss your options. Whitening your teeth can have a dramatic impact. Some simple bonding procedures can also make a big difference.

Sometimes, as in my case, there are no simple or inexpensive options and you have to have complex dentistry, but the results can be well worth it. The significance of a confident and dazzling smile can make a big difference in your life!



BEFORE



AFTER

## Who am I?

- Who is The Clarmain Spin Queen?
- Who is our resident wine connoisseur?
- Who is Getting Married?  
(see over)

## Long-Term Oral Health

Routine dental examinations include the evaluation of both the hard and soft tissues of the oral cavity, focusing on such things as: oral cancer screenings, the health of the gums and supporting bone structures, and the condition of all teeth and dental restorations. It is recommended that patients periodically have a more thorough exam where the Dentist can update the charting, discuss new dental materials and technology, and together with the patient, develop long term goals for oral health. This also allows time for discussion of any extensive treatment that may have been proposed at the routine check-up.

## Thank You!

We want to thank all of you for your understanding and co-operation in the signing of the Patient Consent Form for the Collection and Disclosure of Information. Although the policies in our office have not changed regarding privacy issues, the Ontario Government requests a signed copy in all charts.

# Georgina heads to Haiti...again!

Haiti held a predominant place in the news headlines in February of this year. However Haiti holds a predominant place in my heart all year long. My involvement in dentistry extends far beyond the walls of Clarmain Dental, to Haiti, a country located 800 miles south of Miami. It is the poorest country in the Western Hemisphere. There are only 400 dentists for all of Haiti's 8 million residents. Most Haitians seek dental care only when pain forces them to the clinic, where they often must wait in line until the dentist can see them, which can be hours. Once in the chair their treatment may be affected by the lack of clean running water, no drainage system, sporadic electricity, and a lack of basic supplies.

When I first visited Haiti in October 2001, I was shocked to see the condition of children's teeth, and the lack of supplies available to dentists. Poor nutrition, raw sugar cane, and no preventive dental visits mean cavities appear at an early age in most children. It is a difficult challenge for a dentist to have the knowledge to relieve a persons suffering, yet not have the instruments or materials to complete the task. For both of these reasons I have returned six times to give 4000 students a toothbrush, personal instruction, and nutritional information, and to share with dentists supplies generously donated by our local dental community. I have brought over 900 pounds of dental supplies which have been personally distributed to seven dental clinics. In all of these endeavours Dr. Clark, Dr. Maini and the entire Clarmain staff have supported *Healthy Smiles for Haiti*, thus enabling the dream to become a reality.

The most recent goal has been to obtain payment for a dentist and assistant in the remote village of Les Palmes. With the support of many in the Hamilton and Burlington community, a fundraising dance held on May 1<sup>st</sup> secured this payment. While I will be delivering the payment during my trip this June, the journey is not over.



The Les Palmes clinic continues to require supplies and financial assistance.

If you would like further details or information, please visit [www.picturetrail.com/healthysmilesforhaiti](http://www.picturetrail.com/healthysmilesforhaiti) where there are many photographs and stories for you to view.

Georgina Cosentino  
Preventive Dental Assistant

## Congratulations!

We extend our best wishes to Guilia & Bill



## Tooth Truths For Tots

Be weary of "hidden sugars", especially in so-called "light" or "health" foods. For example, even though light peanut butter has much less fat than regular, it often contains almost double the sugar. Dried fruits are another common culprit. They contain very concentrated natural sugars, and because of their stickiness, are considered to be a highly cariogenic (cavity causing) food.

### Clarmain Staff:

*Dr. Peter Clark Dr. Vipan Maini Dr. Opie Chari*

*Hygiene Team: Diane, Cathy, Molly, Lil, Teresa*

*Clinical Team: Anne Marie, Erin, Georgina, Tanya*

*Reception Team: Barb, Dawn Marie, Giulia, Kris, Shelly*

## New Patients are always welcome



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