



# CLARMAIN DENTAL

Patient Newsletter

Fall 2004

## Whiter! Brighter! Faster!



### **Zoom! A New One Hour Whitening System!**

We are happy and excited to announce the arrival of the much-publicized Zoom Whitening System. We at Clarmain Dental Centre have offered our patients an at home "bleaching" system for several years. This system uses custom made trays that are worn at home for about four hours each night over a two-week period.

Zoom Chairside Whitening System is another whitening option targeted specifically for patients seeking fast results. It is intended to target those interested in investing about two hours of in office time verses the more gradual change that takes place with the home system. Zoom! is a radically new system that uses a full-mouth bleaching light combined with a revolutionary 25% Hydrogen



BEFORE

AFTER

Peroxide light activated gel to lighten teeth. Light technology and light activated gel were scientifically designed for faster results. Low sensitivity is an important aspect of the Zoom procedure.

It is important to note that any whitening system will only affect natural tooth colour. Therefore the shade of any fillings, crowns or bridgework will not be affected by using a system. Tooth whitening is not recommended for pregnant or nursing Moms.



**Diane getting Zoom**

There are several factors that contribute to a person's tooth shade such as age, genetics, diet, specifically tea, coffee, colas, red wine and cigarettes.

The marketplace is well stocked with products such as toothpastes and gum, which will "whiten" teeth. This claim can be declared if the product can remove any surface stain on teeth. These products cannot alter the shade of teeth. We would be pleased to explain both the Zoom System and the at home bleaching systems for you.

## Teeth Whitening Special

We are pleased to offer you Zoom for the special introductory fee of \$495 (Regular \$700) and our Night White System for \$279 (Regular \$350). This will be offered from November 15 until January 15. Gift certificates are available during the holiday season and throughout the year.

## Who am I?

Our mystery person is reserved not only in personality but also in the military sense.  
(See over)

## Did You Know?

Most insurance companies which cover six or nine month "recalls" will actually cover "cleanings" three to four times per year. There is usually a separate allowance for scaling and root planning (cleaning), which depending on your specific policy, ranges from one to four or more hours of cleaning per year. If your coverage is unclear, please feel free to bring the information in, and we will help you unravel the dental-lingo mystery.

# Implants

There are many benefits to replacing a missing tooth. If the gap is near the front of your mouth it will make your smile unattractive. A missing back tooth can affect your chewing and teeth adjacent to and opposite the gap can move and alter your bite, which can subsequently upset the function of your temporomandibular joints and chewing muscles.

There are also many ways to replace a missing tooth. A removable denture is the simplest way but it has the disadvantage of bulk and being removable. Other ways of replacing a tooth involve supporting a porcelain tooth by bonding or two crowns on either side of the gap. This involves preparation of the teeth on either side of the gap.

With today's biotechnological advances an ideal way of replacing a tooth is with a titanium implant, a man made root. The implant is placed into bone, which over a short time bonds into the bone. The implant has an internal thread which can be used to support a porcelain tooth.

Both Peter & I have had implants to replace a missing tooth. The procedure is relatively straight forward and comfortable.



**Peter's Implant**



**Vipan's Implant**



**Vipan's Tooth Attached To Implant**



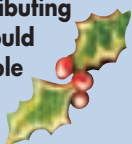
**Our Mystery Person**  
 Clarmain Dental welcomes Jim Shouldice to our hygiene team.

For the latest news of Georgina's latest trip to Haiti, please visit [www.picturetrail.com/healthysmilesforhaiti](http://www.picturetrail.com/healthysmilesforhaiti)

## Dental Caries

Dental plaque is a sticky film that is loaded with bacteria. When sugar is consumed, the bacteria transform it into acids, which slowly dissolve the teeth. Unfortunately, all types of sugar are equally harmful, whether naturally occurring or added to foods, they all produce the same destructive acids. Glucose (in candy), fructose (in fruit) and lactose (in milk) are just a few examples. The quantity of sugar eaten is therefore not as important as the frequency and how long the sugar stays in the mouth.

**This Christmas Clarmain Dental Centre is contributing to the Burlington Food Bank. If any of you would like to participate please bring a non-perishable food item to our office before Dec. 20/04. Thank you for your generosity.**



### Clarmain Staff:

*Dr. Peter Clark Dr. Vipan Maini Dr. Opie Chari*  
**Hygiene Team:** Diane, Cathy, Molly, Lil, Teresa, Jim  
**Clinical Team:** Anne Marie, Erin, Georgina, Tanya  
**Reception Team:** Barb, Dawn Marie, Giulia, Kris, Shelly

## New Patients are always welcome



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