



CLARMAIN DENTAL

Patient Newsletter

Spring 2005

Veneers

Today, more than ever before, most people prefer to look as attractive as possible to themselves, their friends, family and the world in general. Looking attractive can give you a feeling of well-being and confidence. The effect of a beautiful smile on personal, social and business relationships can be crucial in today's society.

When clothed, very few parts of the body are on display to the public. With the correct use of clothing your body can be made to appear attractive. However, your head and face are always on display. Next to your eyes, your mouth and teeth are the major features of the face. They are used to express your feelings to others so they are very important to you, well beyond their use for eating.

Modern dentistry can easily provide you with many enhancements to your smile and good looks. Cosmetic dentistry has made some huge advances in the last few years. Today, many options are available that can dramatically change your smile. Some of these options are



BEFORE



AFTER

orthodontics, tooth whitening, bonding, veneers, crowns, gum surgery, plastic surgery, the correct use of cosmetics and accessories. Some methods are simple while other are more complex. These options may be used by themselves or in combination.

Porcelain veneers could be the answer to improve your smile. Veneers are super strong, ultra thin facings of sculpted tooth coloured porcelain that are bonded over the front of one or more of your teeth. Veneers can be used to whiten your teeth, hide discoloration, widen or lengthen them to ideal proportions. They can be used to add thickness and broaden your smile. They can also be used to straighten crooked teeth. They are virtually painless to place and can sometimes be done with little or no tooth preparation and simple bonding.

So if you think that your smile is not the best it could be, come and see us to discuss if porcelain veneers could be the answer for a healthier, younger, more attractive, natural looking and confident smile for you!



BEFORE



AFTER

Toothbrush Trivia

- The earliest record of a toothbrush was found in Chinese literature about 1600AD.
- The natural bristles of early toothbrushes were taken from the necks and shoulders of swine, especially pigs living in colder climates like Siberia and China.
- The first nylon bristles were introduced in 1938 and soon replaced the natural swine bristles.
- William Addis of Clerkenwald, England, made the first commercially available toothbrush.
- The first electric toothbrush was introduced in 1939.

Information gathered at floss.com

Who am I?

With my family background,
my future career could
already be determined in the
field of dentistry...
even though I myself
have no teeth!
(See over)

I Don't Grind My Teeth! Really?

Everyone grinds or clenches their teeth. Some more, some less. Bruxism is the technical term for clenching and grinding. Most people do not even realize they are doing it. It can happen while you are under stress, in deep concentration or when angry. It is an unconscious habit that usually happens when we are sleeping.

Bruxing can exert as much as 600 pounds per square inch, while sleeping – ten times the force registered during normal chewing. Habitual grinding or chewing your upper and lower teeth together can lead to serious complications for your oral health, causing wear, chipping and even complete breakage of the teeth, joint tenderness, popping, clicking and headaches.

Protect that Smile! We can help protect your teeth by prescribing an appliance worn to save your teeth from the wear and tear caused by bruxism. Bruxing appliances have several names, such as nightguard, biteguard, occlusal guard and biteplate. The appliance which is generally worn while you sleep, and is precisely custom fit by Dr. Maini, Dr. Clark or Dr. Chari.

If you think you may be grinding your teeth or bruxing and suffering from any of the above symptoms, please call us about the possibility of benefiting from a custom fitted bruxing guard. This can help to ensure a healthy smile for a lifetime!

Did You Know?

Clarmain Dental Centre consistently meets or exceeds accepted standards for Instrument Sterilization. Our equipment is monitored regularly as part of an ongoing assurance program conducted by Microbex Aseptics Inc.

Healthy Smiles for Haiti



"My First Toothbrush"

Hamilton. Tickets are \$15.00 which includes a hot buffet and door prizes. An ongoing fundraiser will be the sale of beautiful note cards and envelopes depicting scenes of Haiti. The dance ticket and cards are both available at our Clarmain Dental Centre. Please check www.picturetrail.com/healthysmilesforhaiti for ongoing updates.

Georgina continues her work in Haiti. The second annual Dance and Silent Auction will take place on Saturday April 30, 8:00pm at Our Lady of Lourdes Hall,



Our Mystery Person

We are very excited to welcome the newest member to our Clarmain family. Teresa and Jim are now the proud parents of Jamie Salvador Shouldice who was born on Friday March 25th.

Clarmain Staff:

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

New Patients are always welcome



Please contact us at:

720 Guelph Line, Suite 204
Burlington, ON L7R 4E2

Tel. 905-639-7494
or 905-639-7772