



CLARMAIN DENTAL

Patient Newsletter

Fall 2005

When it comes to your medical history, tell your doctor everything.

Why does the dentist need to know about your hospitalizations, medications, allergies, and other personal medical problems? After all, having a dental cleaning or a filling is not a big deal right?

The answer may not be as simple as you think. Most dental treatment is quite uneventful. However, sometimes your health condition can influence the way your dental treatment needs to be provided, and requires your dentist to make certain changes to help avoid potential problems. What might seem like a small thing could really be important.

Your dentist wants to provide the best possible treatment for you, as safely as possible. Many health conditions, ranging from heart problems to allergies, even certain medications, can affect the way your dentist needs to approach your care.

All this information on your medical history questionnaire is kept strictly private and is protected by doctor patient confidentiality. It will not be shared with anyone outside your dentist's office without your permission.

Sometimes your dentist needs to speak with your family doctor or medical specialist to get more details about your medical situation. If your dentist needs to consult with your doctor or another health care provider, this will be discussed with you first.

As you can see, your medical health and your dental health are closely linked. You and your dentist are partners, working together to provide you with the best possible dental care.

Teeth Whitening Special

We are pleased to offer our patients "Zoom", the in office teeth whitening system for the special fee of \$495 (Regular \$750). Our take home tooth whitening system is offered 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.



BEFORE



AFTER

Specialized Dental Supplies

As a courtesy to our valued clients we do have selected dental care products available. Everyone has specific dental concerns, we will be pleased to discuss your concerns and recommend products which will optimize your dental health.

Who am I?

This person's smile has become more radiant recently. Who is our mystery lady and why is she smiling so brightly? (See over)

Christmas Gifts

Please remember to order your Braun brushes early. Supplies are limited, to ensure delivery by mid December.



Financial Options

We are able to help arrange financing for any of our clients considering extensive treatment. If you need further assistance, please contact Shelly and she will be happy to answer your questions and be of service.

Floss, Floss, Floss!!

We all know that we need to brush and floss every day, but do we? Flossing removes plaque and bacteria from between the teeth and below the gum tissue where the brush cannot reach.

Step By Step...

Take about eighteen inches of floss and wrap it around your middle fingers. Hold your index finger firmly and leave about half an inch of length of floss between them. Gently ease the floss between the teeth. Press tightly against each side of the tooth forming a "C" shape. Ease the floss up and down several times and go below the gum line where all the bacterial action is. Choosing to floss your teeth every day is a great way of preventing Periodontal Disease, a serious threat to your oral health.



Tooth Truths For Tots

- Frequent snacking increases the chance for cavities.
- The amount of time food remains in the mouth, the greater the chance of decay.
- The higher the starch content in foods, the greater the chance of decay.

Dental Wastes Community Responsibility

It goes where? Waste management is a complex issue which require Dentists to follow Federal and Municipal guidelines. We at Clarmain Dental have set these high standards in our practice, which insures proper disposal of all waste matter.

Healthy Smiles For Haiti



Georgina is heading off to Haiti for her twelfth visit in October. Please have a look at her new web site www.healthysmilesforhaiti.org for the latest news of her most recent trip to Haiti.



Our Mystery Person
Congratulations to Diane and Ward
on their recent marriage.

Clarmain Staff:

Dr. Peter Clark Dr. Vipan 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:
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Clarmain Dental Centre Web Site:

We are under construction! At least our web site is! Please check out our new site at www.clarmaincentre.ca