



CLARMAIN DENTAL

Patient Newsletter

Fall 2006

Laser

Laser stands for **L**ight **A**mplification by **S**timulated **E**missions of **R**adiation, which means a device that produces and amplifies radiated light. Light can be amplified to certain wavelengths and this light energy can be used in dentistry for a number of applications. The Odyssey Laser we have in our office creates an intense beam of light which is transmitted via a very fine fiberoptic tip. The Laser will precisely cut or reshape tissue in the mouth, as in cosmetic recountouring of the gums and many other surgical situations. With the use of the Laser there is very little or no bleeding, surgery is much more comfortable than with other methods, and healing is a lot faster.

The Laser also promotes and speeds up healing for infected or irritated tissues such as infected gingival (gum) pockets.

It can often take away the pain of **canker sores** (aphthous ulcer) instantly and speed up healing dramatically. For **cold sores** or **fever blisters** if laser treatment is done when you feel the tingle of one beginning, it can often stop the blister from coming on and or stop the blister from progressing. Laser dramatically speeds up healing time by a few days even if a blister is already present.

If you want to talk to us about Laser treatment, please call the office or drop in.

Here She Goes Again

So once again I am monopolizing the office newsletter. First with the getting married, then having a baby and now I've decided to go back to school. (Apparently I can't sit still).

As some of you already know, I have decided to pursue Restorative Dental Hygiene. Upon graduation I will be able to perform a variety of new duties including placing fillings of all types, placing rubber dam, impressions for crown and bridge work and some orthodontic procedures; however the bulk of my training will focus on the fillings (restorations) – hence "Restorative Dental Hygiene". I will continue to perform my current dental hygiene duties as well. The program is one year which may seem short in comparison to a dentist who spends four years in dental school; however in those four years they have to cover all aspects of dentistry such as oral medicine and diagnostics, pharmacology, oral surgery, endodontics, prosthodontics and periodontics.

But don't worry, you will still get to see your beloved dentists when you come in for a filling appointment, they will always be the ones who do the cavity preparation. I will be working along side them to recreate your smile in the same quality you've come to expect over the years with Opie, Peter & Vipan.

See you soon, *Teresa*

Happy Teeth

Who says we at Clarmain Dental Centre can't make teeth smile. Check out this smiling implant!



Share a Smile!

Over the holiday season we will have a donation box available for anyone wishing to make a small donation



to Healthy Smiles For Haiti. Your loonie donation will purchase enough anesthetic for one person in Haiti. 100% of your donation will be used to purchase the anesthetic which Georgina will deliver during her next trip. Thank you for your generosity!

Who Am I ?

- She is the other lady in Peter's life.
- She listens to golf stories five days a week
- She's the baby of the Clarmain family...
- AND NOW SHE'S MARRIED!!!

Teeth Whitening Special

We are pleased to offer you Zoom for the special fee of \$649 (regular \$750) and our Night White System for \$279 (regular \$350). This service will be offered to our patients from November 15 until January 15. Gift certificates are available during the holiday season and throughout the year!

Golf & Dentistry

Did you know that it was a dentist who first patented the golf tee? Dr George Franklin Grant, a Harvard Dental Graduate and avid golfer patented the first golf tee on December 12th 1899 – Patent # 638,920. He unfortunately never attempted to manufacture his invention. In the early 20's another Dentist, Dr William Lowell used his dental instruments to whittle a golf tee out of wood. It was patented and manufactured as "Reddy Tees." Reference: Delta Dental

Mouth Guards 'Tis The Season!

We can design and construct a custom-fitted mouthguard. A custom fitted mouthguard makes it easier to breathe and speak than a store purchased mouthguard. To care for your mouth guard simply rinse it under cold water after each use and occasionally clean it with soap and cool water. Since mouthguards can tear or wear out, be sure to replace it after each sporting season. Talk to us about preserving that all-star smile today!



Our Mystery Person

Congratulations to Tanya MacDonald, Peter's assistant. She and Scott were married on June 3, 2006.

Tooth Truths

Teenagers today drink twice as much pop as milk, which means they may not be getting the vitamins, minerals and protein they need. They are getting large doses of sugars and other unhealthy additives that can lead to tooth decay. The sugar in soft drinks combine with the bacteria in the mouth to produce acid that can destroy the teeth. You're at even greater risk if you sip pop throughout the day, since that exposes your teeth to the sugars and acids for longer periods and is even more likely to result in tooth decay. Diet pop contains the same acids as regular varieties, and can erode away the enamel on your teeth as well as cause decay. How can you reduce your risk of decay? You need to cut down on the amount of pop you drink. The next time you're thirsty, reach for milk or water, or even a thirst quenching fruit like grapes, watermelon or apples.



Georgina continues to support the people of Haiti in the field of preventative dental care. Please have a look at www.healthysmilesforhaiti.org for the latest news.

Gift ideas! Pre-order your Braun brushes early to ensure delivery by mid December. Supplies are limited. As a courtesy to our clients we do have selected dental care products available.



The Clarmain Staff wishes all our patients, family and friends, a very Merry Christmas and a blessed New Year!

Clarmain Staff:

Dr. Peter Clark Dr. Vipan Maini Dr. Opie Chari
Hygiene Team: Cathy, Molly, Lillian, Teresa, Jim, Stephanie
Clinical Team: Anne Marie, Georgina, Tanya, Laura
Reception Team: Barb, Dawn Marie, Giulia, Kris, Shelley

New Patients are always welcome



Please contact us at:
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Clarmain Dental Centre Web Site:

Our Web Site www.clarmaincentre.ca will be up and running shortly