



Associated Downtown Dental Practice



Smile Lines

www.bramptondentalcare.com

Produced for the Patients of Drs. Art Balogh & Vladimir Bogdanovich

Winter 2009/2010

fromthedentists

Happy New Year!

Thanks to you all

It was a great holiday and we've returned renewed, rejuvenated, and ready to get going for another year. We hope you had a terrific holiday season with friends and family helping to make it special.

As this New Year dawns, we'd like to take the opportunity to thank all of you for your business in the past year. Your loyalty and patronage mean a lot to us, and we'd like you to know we appreciate it.

The New Year is always full of promises to improve ourselves and to live healthier lifestyles. Make a resolution to yourself to brush, floss, and rinse, and it'll go a long way in making good home care happen.

Here's to a Happy New Year, and once again, thank you for your business and your friendship.

Yours in good dental health,

Drs. Balogh and Bogdanovich

turnthepage

Rejuvenate your smile!

What's your *flossophy*?

Defeating diabetes!

A time to celebrate what is yet to come...



Healthy Smiles Created Here!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

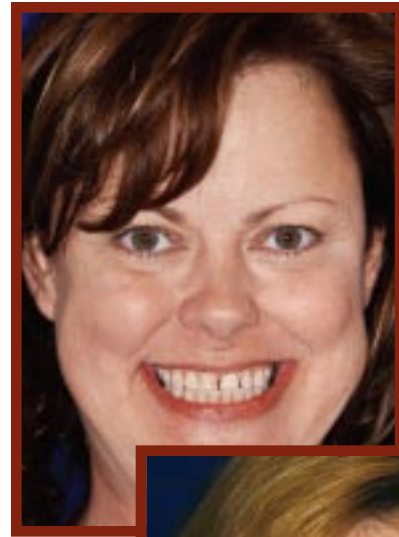
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

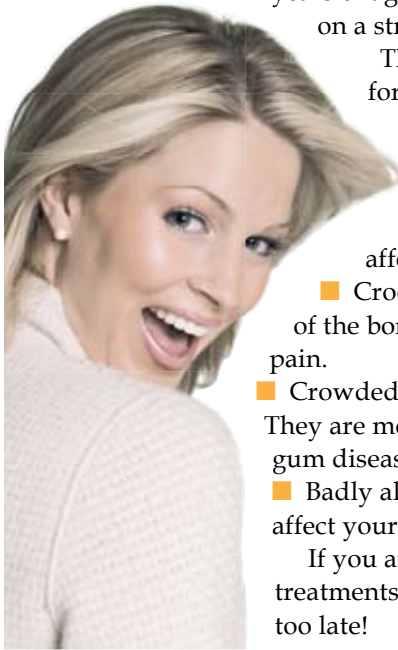
Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

Ortho For Grown-Ups

It's not too late



Today, many orthodontic patients are between twenty and sixty years of age – proving it's never too late to start on a straighter smile.

There are many excellent reasons for adults to consider orthodontic treatment to achieve their ideal smile:

- Crowded, crooked teeth influence appearance and can affect self-confidence.
- Crooked teeth can affect the alignment of the bones in your jaw, causing tension and pain.
- Crowded teeth are harder to brush and floss. They are more vulnerable to tooth decay and gum disease.
- Badly aligned teeth wear down faster and affect your bite, making chewing difficult.

If you are interested in orthodontic treatments, call us for a consultation. It's *never* too late!

Important Office News You should know



A word about dental insurance: Most dental insurance companies have yearly maximum allowable benefits. To assist you in determining your coverage for proposed dental treatment we can forward a predetermination to your insurance company prior to treatment. Generally, we do not receive a response so please inform us when you hear from your insurance company. It would be impossible for us to be aware of everyone's coverage.

We'd also like to inform you that our office is becoming scent free, to help those who suffer from respiratory issues to have a more enjoyable experience. Please help us achieve this goal by avoiding perfumes or heavily scented lotions before your appointments.

Our office is abuzz with excitement as we welcome Sue as a preventative dental assistant – she joined us back in July!

Finally, we're happy to announce that Dr. Bogdanovich welcomed an addition to his family on September 2nd, a brand new baby boy named Aleksandar.

Congratulations!

office information

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Vladimir Bogdanovich, DDS
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Office Hours

Monday 8:00 am – 7:00 pm
Tue-Fri 8:00 am – 5:00 pm
Fri (June – Sept) 8:00 am – 1:00 pm

Contact Info

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Team Members

Coordinators

Angela Treatment Plans
Anne Restorative Appointments
Christine Office Manager/Financial
Michelle Hygiene Appointments/Assl
Sonia Hygiene Appointments

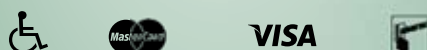
Assistants

Hema Dental Assistant
Jenny, Sue Level II Dental Assistants

Hygienists

Charron, Elaine, Krystine, Lori, Maria,
Mary, Veronique
..... Registered Dental Hygienists

Periodontist on Staff



Sip All Day, Get Decay

Imagine this!

Open your mouth and put in 11 teaspoons of sugar. Then pour in phosphoric acid, citric acid, add a little water, mix well. That little concoction creates cavities. Imagine doing that to your teeth all day long. That's exactly what you're doing if you drink soda throughout the day. Remember, sip all day... get decay.

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There are **11 teaspoons** of sugar in **one soda** ... **make the healthy choice!**

Smile Talk

Colour has a lot to say!



Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

Yellow? The dentin is revealed when enamel is thinned, usually due to aging or brushing too hard.

Gray? It's likely that you have experienced tetracycline damage – probably sometime during your youth.

Blue? Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!

Beige? Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.

White? You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.