

# Dr. Martin Guibord's Word of Mouth



Produced for the Patients of Bristol Circle Dental

Winter 2009/2010

## fromthedentist

### Welcome!

This is the very first issue of **Word of Mouth**, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas where dentistry has made terrific advances over the last few years. Also look for information that is particular to our office, such as the great ways we thank you for referrals as well as our 'staff recipe' corner.



Bienvenue! C'est la première édition de notre circulaire **Word of Mouth** destinée à vous garder informés des nouvelles idées et concepts dans le domaine de la dentisterie. Dans les d'éditions suivantes nous vous apporterons des renseignements sur les secteurs où la dentisterie a fait des progrès durant les dernières années. Vous y trouverez aussi des renseignements qui sont particuliers à notre cabinet, comme notre programme de remerciement à votre égard pour les patients que vous nous référez, également notre coin 'recette du personnel'.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

Vos suggestions sont les bienvenue afin de faire de notre circulaire un succès, alors s'il vous plait, mentionnez-nous tous sujets que vous aimeriez voir inclus. Si jamais vous receviez deux exemplaires, s'il vous plait en remettre une copie à une personne que vous croyez bénéficierais des services et de l'attention que nous donnons.

*Yours in good dental health,*

*Dr. Martin Guibord*

## New Year's Resolutions

*How about a new smile for the New Year?*

The start of a new year is always buzzing with promises to make positive changes and pledges to drop bad habits. Weight loss, quitting smoking, exercise, and better eating – these are often among the top New Year's resolutions. We'd like to suggest a resolution that's guaranteed to put a smile on your face. Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter, and happier smile.

A healthy attractive smile can do as much for your sense of self-esteem as any resolution. The best part is that you don't have to do it all by yourself. We can show you how to eat and brush better by choosing healthy foods and using fluoride and soft bristles. Talk to us about it at your next appointment, or if you prefer, call us to set up something sooner.

We can also introduce you to some of the cosmetic dental services that can whiten dull teeth, fix gaps, chips, and crooked teeth, and give you the smile you've always dreamed of. Resolving to improve your teeth is a lot easier than many resolutions, and the benefits will give you a reason to smile and feel good for years to come.



*Thank you for all your referrals. We appreciate them!*



# 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.

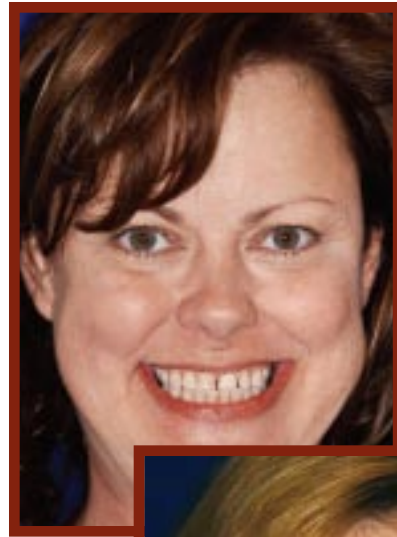
### You're health conscious

- 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.

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

# Keep Our Number Handy

## A mini-guide to children's dental care

**Brushing:** When they can walk, they can try brushing. Use a pea-sized amount of mild-tasting – even sparkly – toothpaste with a fancy kid-sized toothbrush. Brushing for at least three minutes may test a child's fickle attention, so build up to it and



try making it a game. By age six or seven, children can brush twice a day independently.

**First Visit:** Schedule your child's first dental visit between the ages of two and three. Most first visits involve introductions to our staff and a basic checkup. You can prepare by playing dentist ahead of time, and examining each other's teeth. Communicate fun and excitement!

**Sealants:** Children should get sealants on their permanent molars as soon as the teeth come in, before decay has a chance to attack the teeth. A plastic tooth-colored material will protect molar surfaces from cavities, without discomfort, for up to fifteen years.

**Emergencies:** Some 14% of children will experience a toothache, a chipped or broken tooth, or a knocked out tooth, so it's important to prepare an action plan. The best protection for damaged or broken teeth is prevention with a

mouthguard that can be custom-fitted at the dental office. *No matter the cause of the emergency, it is crucial that your child gets to a dentist as quickly as possible for evaluation and treatment. Please keep our phone number handy!*

## Spread Smiles!

### Share rewards

If you are delighted with the excellent treatment you receive at our practice, then you might consider sharing the news with friends, family, and coworkers. You know they will experience the same commitment, compassion, and concern to which you have become accustomed. But you will earn more than the gratitude of those whom you refer.

For each patient that you send our way, your name will be entered into our year-end draw! And there's more! If you have referred three of our new patients from three different households you will receive either movie passes, a gift certificate at a local restaurant, or an electric toothbrush.

Making three friends happy is reward enough, but this is our special way to thank you for sharing ... and we really look forward to seeing you smile!

## office information

**Bristol Circle Dental**  
Martin Guibord, B.Sc., DDS  
400-2640 Bristol Circle  
Oakville, ON L6H 6Z7

### Office Hours

Mon/Tue 10:00 am – 6:00 pm  
Wednesday 8:00 am – 2:00 pm  
Friday 8:00 am – 1:00 pm

### Contact Information

Office (905) 829-1181  
Fax (905) 829-5252  
Email [bristolcircledental@bellnet.ca](mailto:bristolcircledental@bellnet.ca)  
Web site [www.drguibord.ca](http://www.drguibord.ca)

### Office Staff

Sonia..... Office Manager  
Christie..... Certified Dental Assistant II  
Sonja, Lina, Salimah (Maternity Leave)..  
..... Hygienists

*Communication is important to us – don't be afraid to ask questions!*



## How To Make Tzatziki (by Sonja Cvetkovik)

Tzatziki is traditionally served as an appetizer and can be served as an accompaniment to dishes such as lamb kebabs, grilled fish, vegetables. It can be spread on squares of pita bread as a snack, or served as a dip with crudités (batons of raw carrot, celery, spring onion etc.). The key to great tzatziki is the thick creamy texture!

**Prep Time: 15 minutes after straining yogurt and cucumber for half an hour.**

### INGREDIENTS for 4 servings

- ❖ 1 (8 ounce) container plain yogurt
- ❖ 1 cucumber - peeled, seeded and diced
- ❖ 1 tablespoon olive oil
- ❖ 1/4 lemon, juiced
- ❖ salt and pepper to taste
- ❖ 1-1/2 teaspoons chopped fresh dill
- ❖ 1-1/2 cloves garlic, peeled

### Step 1: Strain the yogurt

Place a sieve over a large bowl. Pour in the yogurt and leave for half an hour to drain the liquid.

### Step 2: Strain the cucumber

Place a sieve over another bowl, add the cucumber and salt. The salt draws out the water in the cucumber. Stir a little and leave for half an hour.

### Step 3: Make the tzatziki

After half an hour, the water should have drained from both ingredients. Spoon the cucumber into a bowl. Then

add the yogurt, lemon juice, garlic, dill, olive oil, salt and pepper. Mix together until it is well combined. Finally, cover with cling film and chill for one hour before serving.

### Step 4: Serve

Spoon the tzatziki into a serving bowl and garnish with a sprig of dill.

*Bon Appetit!*