



A NEW YEAR

with Dr. Martin Guibord



Produced for the Patients of Bristol Circle Dental

Winter 2010



fromthedentist

Season's Greetings *With thanks, too*

As the year comes to a close, I would like to take this opportunity to thank all of you for your loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate each and every one of you.

We enjoy your visits and sharing your news about family events and activities. It's important to me and to the staff that you enjoy those visits to our office too. Your oral health is our first priority and we are committed to providing a comfortable and friendly atmosphere so that you, our patients, enjoy a relaxed, positive experience.

As the busy holiday season approaches, I would like to extend sincere wishes from all of us for happy celebrations with your family.

Yours in good dental health,

Dr. Martin Guibord & Team

New Year's Dental Resolutions

Tooth tips to remember for 2011

1. Stay away from starchy foods like chips and crackers - they can be just as bad for your teeth as sweets.
2. Choose healthy foods like cheese and crunchy vegetables.
3. Brush after every meal or at least twice a day.
4. Drink plain tea without sugar. It helps cut down on plaque and cavities.
5. Never use your teeth to open things.
6. Use a fluoride toothpaste.
7. Don't smoke - and remember that coffee, tea, colas, and soya sauce can stain your teeth.
8. If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
9. Go for brushes with soft nylon bristles and a flat surface.
10. Replace your brush about every three months.
11. Brushes with soft bristles clean as well as hard bristles.
12. Floss every day.
13. Always wear a seatbelt in your car - it can save your teeth in an accident.
14. Use a mouthguard if you play contact sports.
15. See your dentist regularly!



Office will closed from December 22nd to January 2nd and also from January 24th to February 4th



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 **Protect your damaged tooth** by capping it with a crown.

2 **Close a gap** due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 **Create a new tooth** with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

The Year In Review

Well, here we are getting closer to the end of another year. It is perhaps cliché but time sure does fly by. We had a very exciting year in 2010 and lots to fill you in on.

Firstly, Sonia and I realized that we have already been working together for 11 years! She was one of my first dental assistants when I worked as an associate and we have grown together since that time. I am not sure she ever thought that she would one day be in charge of keeping my office in check! One thing is for sure, I am sure glad things have worked out so well.

I am also very excited with the expansion of our hygiene hours. Sonja is now full time on both Mondays and Fridays. She enjoys the office so much that she makes the trek from downtown Toronto! We are always trying to get her to move a little closer to Oakville. I am also excited to inform you that Amy, my first dental hygienist at Bristol Circle Dental, has

moved back to the GTA and is back working with us on Tuesdays. Her life is a bit busier these days now that she is married and the proud mother of a lovely little boy. Welcome back Amy.

Some other news from my chair side assistant Christie. If you have noticed that she has been smiling a lot lately, there is a good reason, Christie was recently married! We wish her and new husband Doug all the best.

As for me, I have been keeping busy balancing family and practice time. I still enjoy playing hockey and as much golf as possible. Never one to stop learning new things, I have started taking piano lessons with my daughter this year. I thought golf was challenging! I have also recently got back from the Scottsdale Centre for Dentistry where I took a one week continuing education workshop. I have always kept busy attending various lectures and seminars but this past experience was truly outstanding. One of the most gratifying

things about dentistry is that there is always something new to learn and experience. I look forward to sharing this with all of you.

Well that sums things up for 2010. We look forward to the upcoming year.

Sincerely,

Dr. Martin Guibord

officeinformation

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Office Staff

Sonia..... Office Manager
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*Communication is important
to us – don't be
afraid to ask questions!*

VISA



The Neiman Marcus Chocolate Chip Cookie

By Amy Johnson

An urban myth is a modern folk tale, its origins unknown, its believability enhanced simply by the frequency with which it is repeated. The Neiman Marcus chocolate chip cookie is the subject of one such myth. If you haven't heard the story, it involves a big price tag given to an unsuspecting shopper for a copy of this recipe. It's a terrific recipe. And it's absolutely free! I like to substitute the table salt for a coarse salt, your sweet and salt taste buds will enjoy!

Ingredients

1/2 cup (1 stick) butter, softened	1 cup light brown sugar
3 tablespoons granulated sugar	1 large egg
2 teaspoons vanilla extract	1-3/4 cups all purpose flour
1/2 teaspoon baking powder	1/2 teaspoon baking soda
1/2 teaspoon salt	1-1/2 teaspoons instant espresso coffee powder
1-1/2 cups semi-sweet chocolate chips	

Directions

1. Preheat oven to 300 degrees. Cream the butter with the sugars using an electric mixer on medium speed until fluffy (approximately 30 seconds).
2. Beat in the egg and the vanilla extract for another 30 seconds.
3. In a mixing bowl, sift together the dry ingredients and beat into the butter mixture at low speed for about 15 seconds. Stir in the espresso coffee powder and chocolate chips.
4. Using a 1 ounce scoop or a 2 tablespoon measure, drop cookie dough onto a greased cookie sheet about 3 inches apart. Gently press down on the dough with the back of a spoon to spread out into a 2 inch circle. Bake for about 20 minutes or until nicely browned around the edges. Bake a little longer for a crispier cookie.

Yield: 2 dozen cookies