

THORNHILL DENTAL'S

WORD *of* MOUTH

Winter 2011

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 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.

New Year
Whitening
Special

NOW ONLY

\$199

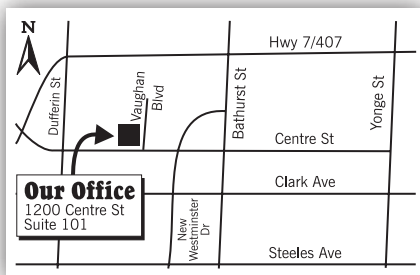
Regularly
\$350



Offer ends: March 31st, 2011



Dedicated to caring
for the Community!



THORNHILL DENTAL
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**Are you ready
to change your
life starting with
your smile?**

**New
Patients
Welcome...
Our team can
put you at
ease!**

Call Today! (905) 762-0122

Or visit our website: www.thornhilldental.com

What's That About Implants?

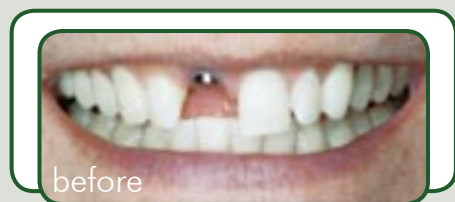
You say they're amazing? So do we!

The Peruvian government launched a national campaign to promote dental health – and improve hearing health. Why? The total or partial lack of teeth may cause progressive hearing loss over time, affecting self-worth as well as social and emotional relationships. Even without possible auditory complications, there's no question that tooth loss can negatively affect your health and self-confidence.

If you have been afflicted by tooth loss, perhaps it's time to consider permanent dental implants which can be used to...

- replace teeth lost by decay, gum disease, or trauma;
- secure and prevent slipping of removable dentures and bridges;
- improve appearance and function by preventing drifting teeth, gaps, and a sunken aged look.

Our dental team will be happy to explain the process further and answer any implant questions you might have. Call us today!



Equal But Different Oral cancer

More men still get oral cancer than women, but women are catching up. Smoking cessation has major and immediate health benefits for men and women of all ages, yet according to some research it appears that men and women may need different strategies to quit.

When men quit smoking, the most prominent symptom of withdrawal is biological craving, so just time or use of the patch or other weaning methods can be helpful. Some women are more likely to use cigarettes to manage moods, deal with stress, and control weight. A successful cessation program needs to incorporate these social motivators.

Quitting smoking or giving up smokeless tobacco is really worth the effort. You can reduce your risk for oral cancer, cavities, gum disease, and tooth loss, as well as lung and heart diseases.

The Heart Of The Matter

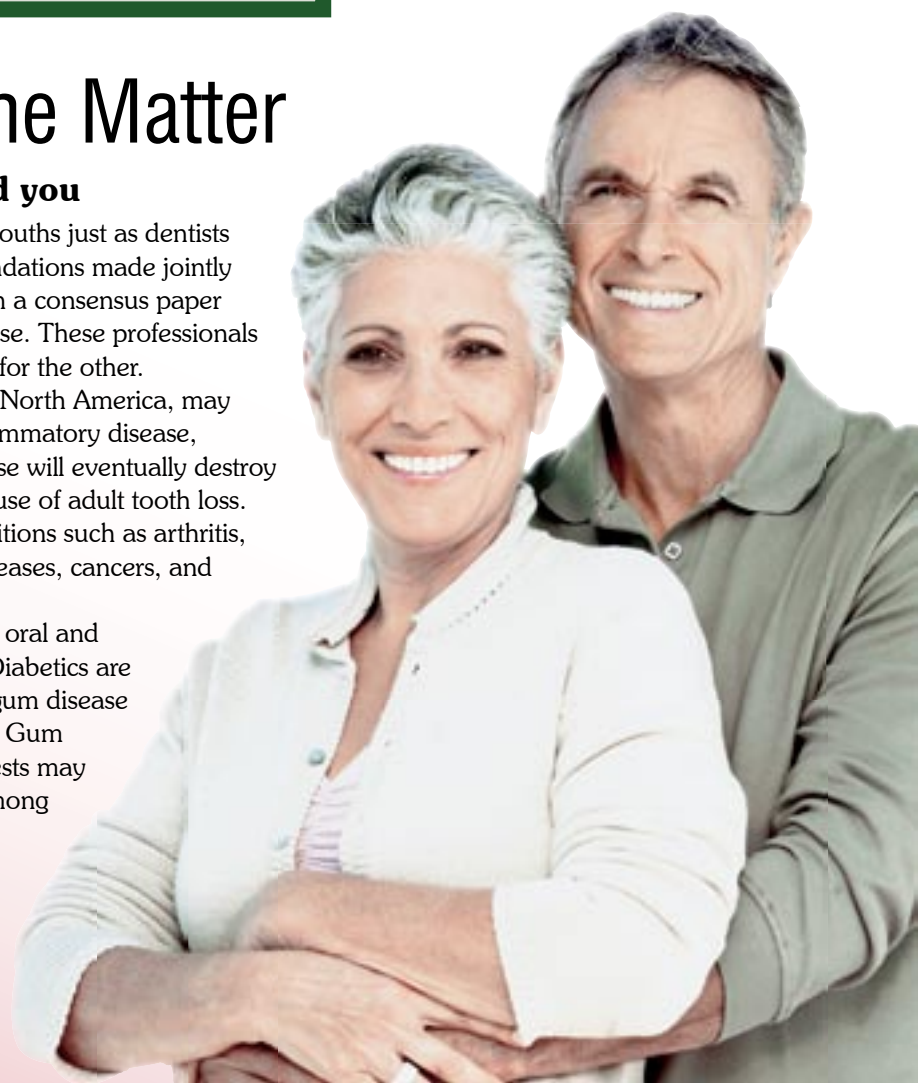
Some mouth-body links might astound you

Soon cardiologists may routinely examine patients' mouths just as dentists ask about heart health. This is the outcome of recommendations made jointly by leaders in both periodontal dentistry and cardiology in a consensus paper on the relationship between heart disease and gum disease. These professionals believe that managing one disease may reduce your risk for the other.

Cardiovascular disease, the leading cause of death in North America, may be linked to progressive gum disease, also a chronic inflammatory disease, which affects about 75% of adults. Untreated, gum disease will eventually destroy supporting jawbone and ligaments, and it's the major cause of adult tooth loss. In addition to cardiovascular diseases, it may affect conditions such as arthritis, osteoporosis, complications of pregnancy, respiratory diseases, cancers, and diabetes which is considered epidemic.

Diabetes raises more fascinating questions about how oral and overall bodily processes may interact with one another. Diabetics are more likely to have gum disease than most people, and gum disease makes it more difficult to control their blood-sugar levels. Gum disease can lead to tooth loss which some research suggests may lead to hearing loss, which is about twice as prevalent among diabetics as the general population.

Not all the answers are in, but time is on your side. Research can lead to solutions ... and most forms of gum disease progress slowly. With regular checkups, and good home care, dentistry can help you maintain your oral health – and overall health.



Dream Or Reality?

How to stay happy, healthy, and smiling

Being outgoing and feeling youthful are linked to better health and a longer life. They can increase optimism and motivation to overcome challenges... which helps reduce stress and boost your immune system ... which ultimately lowers your risk of disease. Healthy teeth and gums that let you eat the wholesome nutritious food you need, and a warm attractive smile that reaches out to others, could be important parts of your long and happy life.

A healthy mouth can also open the door to smile boosters you may have only been able to dream about...

- Whiten discolored teeth professionally to lighten stains and brighten smiles.
- Camouflage chipped or cracked teeth.
- Recontour your gumline if you're self-conscious because you have an uneven gumline, your teeth look too short, or because too much of your gums show when you smile.
- Fill gaps in your smile with techniques that range from veneers to crowns, bridges, and implants.

Cosmetic dentistry does more than boost your smile power. By restoring and maintaining function, it can help your smile stay bright and healthy. The perfect recipe for a lifetime of optimism and self-confidence!

Call today! We want to help make your dream a reality!



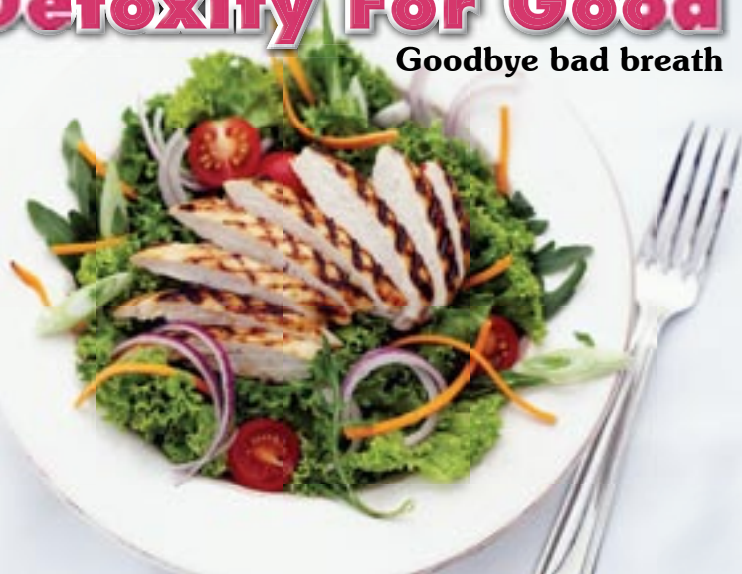
Before



After

Detoxify For Good

Goodbye bad breath



Some foods are obviously not for dates or important business luncheons. Who wants to struggle in a skirmish with a plate of spaghetti or risk a tummy-burbling bowl of fiery chili beans? But there are quieter sneakier hazards. Even seemingly safe salads can be loaded with tiny toxic bits of spice, garlic, and onion. That's when you need a smelly food quick-fix.

Lemons, cinnamon sticks, parsley, mint sprigs, and other green garnishes are great emergency deodorizers, but their effects won't last, especially if your bad breath is chronic.

Brushing your teeth, gums, and tongue can help fight bad breath ... but go the extra distance! Dentistry can help you with effective treatment plus brushes, toothpastes, tongue scrapers, antibacterial agents, and mouthrinses designed to vanquish your bad breath – at home, work, and play!

REVITALIZE YOUR Smile

Options are endless

White fillings – materials can be custom-designed for each tooth to replace silver-colored fillings.

Veneers or bonding – severe stains and chips, and overlapping and uneven teeth, can be concealed with either custom-made, hand-crafted porcelain shells or with a tooth-colored material that contours to the front surfaces of your teeth.

Implants – missing teeth can be replaced by natural-looking implants that can strengthen underlying bone.

Crowns – damaged teeth can be repaired and strengthened. Crowns fit over a tooth to restore and improve function as well as shape and color.

Ask about our
complimentary Implant
or Crown consultation!



Call Today!
(905) 762-0122



Dispelling Myths ... About root canal

Root canal treatment is a procedure that may save an infected or damaged tooth. Check out these popular myths!

1ST MYTH: Root canal treatment is painful. Root canal treatment relieves pain. Somehow the term “root canal” has become synonymous with toothache symptoms instead of the treatment which is usually comfortable. Symptoms other than pain? Visible trauma, swelling, and temperature sensitivity.

2ND MYTH: It's better just to remove the tooth – it will have to come out eventually. No ... and no. Root canal treatment is 95% successful. Removing a tooth will lead to shifting teeth and bone loss or the time and expense of restorations.

The fact is, we can save the roots and the tooth. If you are suffering with pain due to fear of any dental procedure, call us! We'll quell those fears and have you smiling in no time!

Like A Force Of Nature!

3 ways you could crown your day

Why is it that these days you can't tell whether someone's terrific smile is a gift of nature or has been revitalized by dentistry? It's because fabulous restorative materials like porcelains and ceramics create crowns that are so beautiful and translucent that they look just like natural enamel. They also resist chipping, staining, and cracks, and are strong enough to withstand natural biting pressure. So your smile is not only better ... it's completely natural looking.

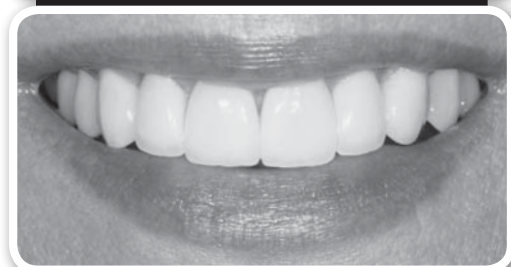
HERE'S HOW...

1) Cover your damaged tooth completely to protect and strengthen it with a single crown.

2) Fill a space from tooth loss due to decay, genetics, or an accident by combining more than one crown with a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3) Create a permanent new tooth by incorporating a single crown onto the root of a dental implant placed into your jawbone. Several crowns can be attached to an implant bridge and implants can also be used to secure a denture. By anchoring implants permanently into your jawbone, the bone loss that normally accompanies the loss of a tooth is prevented.

Contemporary crowns used with dental implants and crown and bridge restorations can shine up your smile and re-generate your confidence.



**Dare to be the one who keeps
other people guessing! Please
see us soon for a consultation.**



Mixed Sources
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