

# The Perfect Smile

## Bencak

FAMILY DENTAL CENTRE

with Dr. Michael Bencak

Produced to improve your dental health and awareness

Fall 2010

### fromthedentist

#### My Honest Opinion?

*Hasn't changed!*

Autumn always reminds me of new beginnings just as much as spring does. You, our



valued patient, are the lifeblood of our practice. Each decision we make is with your care in mind.

Because of this, we invite you to let us know what you think about our practice, our team, and our services. I enjoy hearing about you, and of course, your compliments always make my day. Your suggestions of ways to improve the practice have been an equally valuable part of my personal and professional learning curve.

In keeping with that tradition, I'm looking forward to many more seasons of delightful friendships, personal and professional growth, and open and honest communication with you. Hope you feel the same.

*Yours in good dental health,*

*Dr. Michael Bencak*

### turnthepage

Let your smile speak for itself!

Don't whine over your wine!

Bad breath? Busted again!

## BACK TO SCHOOL?

*It's recare time!*

It's an exciting time of year for your children – a fresh start, new expectations and even a little trepidation. The summer nights get just a bit cooler and before you know it, your young scholars are back in school! This year, remember to schedule your child's back-to-school dental exam before the end of summer.

We'll take this opportunity to give your child's teeth a thorough cleaning and we'll closely inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems.

Your teens may be more concerned with the look of their teeth and with the freshness of their breath. Some treatments may be as simple as a reminder of the importance of good dental hygiene while others may be slightly more involved. Whatever the concern, we can help your teens to feel their most confident.

If your child is going to be involved in sports, we can fit them with a sports mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We hope you enjoy the remainder of these glorious summer days. We look forward to seeing your teens and little ones before the back-to-school rush!

*Communication is important to us. Don't hesitate to ask questions!*



## 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.**



# Crown And Bridge

## Restoring your smile's natural beauty

Each of our 32 natural teeth was designed and positioned to share the task of chewing and smiling with incredible beauty and efficiency. Crowns and bridges were developed to restore badly damaged or missing teeth to their natural beauty and performance.

A crown is sometimes called a cap. It's usually made of gold, porcelain or special plastic material. We prepare the tooth for an impression and plaster model so our dental laboratory can craft a custom-fitted crown that looks and functions like your real tooth. Once we permanently cement the new crown into place, your smile will look, feel and work exactly as nature designed it to.

A bridge is a combination of crowns and artificial teeth. Bridges can close the gap left by one or more missing teeth, restoring the look of your smile and redistributing the workload more evenly. Some bridges are temporary and removable; others are permanently bonded to your healthy teeth. In some cases we might suggest an artificial tooth implanted right into your jawbone.

Sometimes we can use crowns and bridges to prevent damage along with more extensive and costly dental work. For example, if we wait until a large filling falls apart, we risk weakening the nerve of the tooth or fracturing the root. Early, preventive treatment on a *high-risk* tooth not only saves time and money, but it may also save your tooth.



## office information

# Bencak

FAMILY DENTAL CENTRE

**Dr. Michael Bencak**  
6711 Tecumseh Road East  
Windsor, ON N8T 3K7

### Office Hours

Monday	12:00 pm	–	9:00 pm
Tuesday	8:00 am	–	5:00 pm
Wednesday	8:00 am	–	5:00 pm
Thursday	8:00 am	–	5:00 pm

### Contact Information

Office (519) 945-6121  
Fax (519) 945-3822

### Office Staff

Jennifer ..... Office Manager  
Theresa, Cathy ..... Receptionists  
Heather, Brenda, Jodi .....  
..... Dental Hygienists  
Cristina, Abida ..... Dental Assistants



## The Daily Grind

### Battling bruxism

Almost all of us grind or clench our teeth occasionally. But excessive heavy grinding, or bruxism, can lead to painful jaw and dental problems.

Many people brux when sleeping, leading to sore and tired facial muscles, jaw joint disorders, worn down tooth enamel, and damaged dental restorations. Most researchers believe that both emotional and physical factors cause bruxing. Stress tops the list.

Bruxism can cause serious problems for your smile and your general well-being. We can help you in a variety of ways including designing a customized plastic mouth appliance that interrupts grinding and protects the teeth.

Are you a bruxer? Please come and see us for a complete diagnosis! We want to keep you smiling!

## Don't Fall Behind!

### Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits... then book an appointment to make the most of them!