

The Perfect Smile

Bencak

FAMILY DENTAL CENTRE

with Dr. Michael Bencak

Produced to improve your dental health and awareness

Summer 2010

from the dentist

Welcome!

Our new newsletter

Welcome to the very first issue of *The Perfect Smile*. We'll use every issue to bring you information about

cosmetics, whitening, oral cancer screening, and many other dental topics, as well as office updates.

We'd love to hear about any topics you'd like to see in future issues, and please - feel free to share your newsletter with a friend!



Celebrate With Us!

July marks a special anniversary

This July represents a very important milestone for me both personally and professionally. From a professional point of view it marks the first anniversary of my entry into this practice. On a more personal level, it has been my sincere pleasure to meet you and get to know you better. That's a great thing!

I find it very encouraging that your feedback about the practice has been so positive. But don't think I'm going to rest on my laurels! Quite the contrary. Your interest and comments inspire me to do even better. For example, although becoming acquainted has taken a bit of extra time and sometimes played havoc with our scheduling, I want you to know that we are all working hard to overcome the timing challenge.

I must say, too, that 2009 has been a very busy year. One of the things I've been working on is our new website www.amazingsmilesdoctor.com which should be up very soon. Another link I'd like you to know about is this one to the *American Heart Association's* position paper on the connection between periodontal disease and systemic health: www.joponline.org/doi/pdf/10.1902/jop.2009.097001. This is a very important health issue and I hope you will take time to read an article about the mouth-body connection that I've included on page 2 of this newsletter.

So much to say - so little time! I invite you to join me in congratulating Dr. Montcalm for his first year post retirement. I, too, look forward to many years of providing you with excellent dental care in this relaxed, supportive, and caring atmosphere!

Yours in good dental health,
Dr. Michael Bencak



Missing Cathy

services

- Orthodontics (*braces, Invisalign®*, *interceptive treatment*)
- Wisdom teeth extractions
- Porcelain crowns and bridges
- Root canals • Splints
- Tooth whitening • Nitrous oxide
- Periodontal program

TEAM SPOTLIGHT

Our newest members

Our team is made up of special people who contribute unique gifts and incredible abilities to your quality care. Two such individuals are Jodi, our new dental hygienist, and Theresa our new receptionist.

They are both looking forward to meeting all of you - be sure to say hi next time you are in!



Jodi

Theresa

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

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

Achieving Your Perfect Smile...

With traditional orthodontics

The dream of healthy teeth and a perfect smile is becoming a reality to more and more people every day. Did you know that the number of adults and children taking advantage of orthodontic treatment to improve their dental health and give their self-esteem a boost has more than doubled since 1984?!

Traditional braces are the most commonly accepted treatment for malocclusion (bad bite). Ideally, your top teeth should extend slightly over your bottom teeth and molars should fit together perfectly. Unfortunately, as a result of an accident, thumbsucking, early loss of teeth, or heredity, this is not the case for many people. Teeth can be crooked, crowded, or twisted, and poor alignment of the top or bottom teeth can result in an overbite, underbite, or crossbite.

Improved appearance is just one reason – and it’s an important reason – for orthodontic treatment. Good self-esteem is crucial. Good oral health is also crucial: straight teeth are easier to clean, and therefore orthodontics makes a great contribution to your optimal oral and overall health.

Dr. Bencak is a fellow in the *Academy of General Practitioners Orthodontic Society* and proud to offer you the convenience of in-office orthodontics for your entire family.



Book Your Appointment Today for a Complimentary Orthodontic Consultation!

officeinformation

Bencak

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Healthy Teeth Diet

Ensure yours!

Nutrition plays an extremely important role in oral health, particularly during childhood. The greatest single threat to the dental health of children comes from the excessive use of non-milk extrinsic sugars found mainly in sodas, juices, biscuits, cakes, candy, and table sugar. These sugars provide about 17% of the energy for most children. The figure should be no more than 10%.

What is also alarming is the practice of adding sugar to milk-related food and allowing kids to sip sugary drinks for prolonged periods.

The first line of defense, after cutting down on sugars, is to immediately brush the teeth.

A family plan to eat well, to follow a rigorous home oral care program, and to schedule regular dental checkups will go a long way toward a lifetime of shining smiles!

Our Door Is Open

New Patients Welcome!

We pride ourselves on the high quality of service and care we provide. There’s no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won’t let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you’re wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There’s no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.