

The Perfect Smile

Bencak
FAMILY DENTAL CENTRE

with Dr. Michael Bencak

Produced to improve your dental health and awareness

Winter 2011

fromthedentist

Show Your Success...

With your smile

The day we celebrate the New Year is really just a lucky bit of calendar-tampering... January 1st was pulled out of the air by the Romans to synchronize their calendar!

One of the most common New Year's resolutions that patients share with us is their resolve to quit smoking – a future we really support! And if you're going to be a non-smoker, why not *look* like a non-smoker? Call us and book your *Whitening* appointment and start the New Year with a whiter, brighter smile!

We have included a 2011 calendar for you, *Happy New Year!*

The New Year is also a great time to book your recall appointment, so give us a call! We can answer your questions or concerns, and begin your tooth whitening at the same time!

Yours in good dental health,

Dr. Michael Bencak



Mouth Breathing Intervention

Early orthodontics can help your child

Orthodontic treatment is more than a way to improve appearance. Over half of all children have problems of malocclusion (bad bite) that can lead to mouth breathing which can in turn lead to inadequate jaw and facial growth. The key to restoring normal nasal breathing – and normal craniofacial growth – is early Phase I orthodontic care between the ages of five and ten!

How are breathing and bite related? As your child's teeth appear in the correct order and with correct spacing, they cue the maturation of the facial musculature. In this way, children move from the infantile swallow required for nursing to the mature

swallow required for speech, facial expression, and normal growth and nasal breathing.

How can you tell if your child needs treatment? Only an examination can confirm it, but mouth breathing or snoring are two early warning signs. Some other indications could include difficulty chewing or biting, crowded or crooked teeth, jaw clicking or teeth grinding, biting the cheek, teeth that do not meet well or at all, jaws and teeth that are out of proportion to the rest of the face, or a history of fingersucking.

We welcome you to call our office to ask questions, or to arrange a consultation for your child.



Orthodontics
can help
to achieve
balance and
harmony for
health ... and a
beautiful smile!

services

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

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

The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Whitening & Veneers



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Pregnancy Perio Risk

Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.

We screen for gum disease at every visit ...because we like to see you smiling.



Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

Just Lose Five

Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

February's For Kids

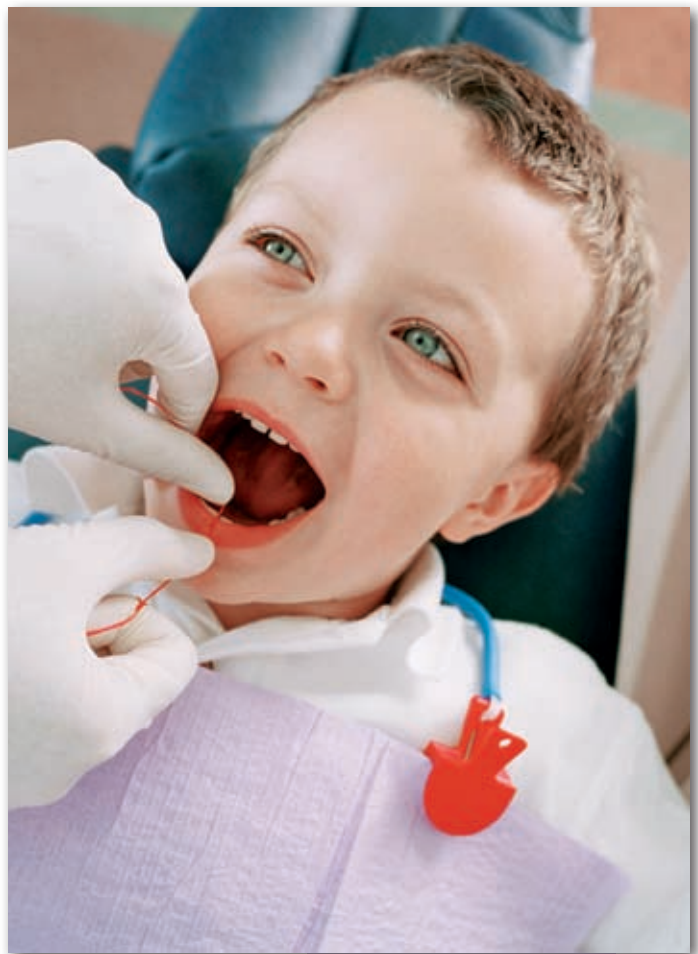
National Children's Dental Health Month

In February, for over sixty years, dentists, parents, and children all across North America observe *National Children's Dental Health Month*. This all began as a one-day event in Cleveland, Ohio on February 3rd, 1941, and the first national observance of Children's Dental Health Day was held on February 8th, 1949. It has since grown into a month-long celebration. Our message of the importance of oral health goes out to millions of children and adults in communities across the country, and includes such events as health fairs, dental office tours, and visits to the classroom by dentists and hygienists.

One of the reasons for this special annual event is that many people are still unaware of the important role early dental care plays in our children's overall health. We strongly recommend that parents take action early to ensure the health of their children's teeth because attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

Please make sure we see your child within six months of the eruption of the first tooth, and certainly no later than the child's first birthday. Preventive care such as cleanings and fluoride treatments provide your child with "smile insurance" for a lifetime!

If you wish any further information on any aspect of your child's dental and oral health, please call us. We'd be happy to help in any way we can!



officeinformation

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
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Office Staff

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



How Radiant

Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, Chiclety-looking restorations and whitening effects of the past really are a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

Oral Cancer Check

It could save your life!

Did you know that every time you come to us, you also get a free oral cancer check? Nine thousand people die of oral cancer every year. Early detection could cut this statistic in half. That's why every patient that steps into our office receives an oral cancer exam whether they know it or not. We are trained to detect the signs and symptoms of oral cancer before they have a chance to develop into serious problems. It only takes a minute to do the screening, but it can save a lifetime.