

**Dr. Michael Bencak's**

# smile sparkle

Winter 2011

## from the DENTIST

### Season's Greetings



This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team

and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

*Happy holidays to you all!*

*Dr. Michael Bencak and team*



# warm holiday wishes

from all of us at Bencak Family Dental Centre

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

# A Face-Saving Option

## Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

*Let us lift your smile & your confidence!*

## Go Ahead! Add an onion!

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





## Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

## Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

## When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.



# Mouth-Body Must-Read

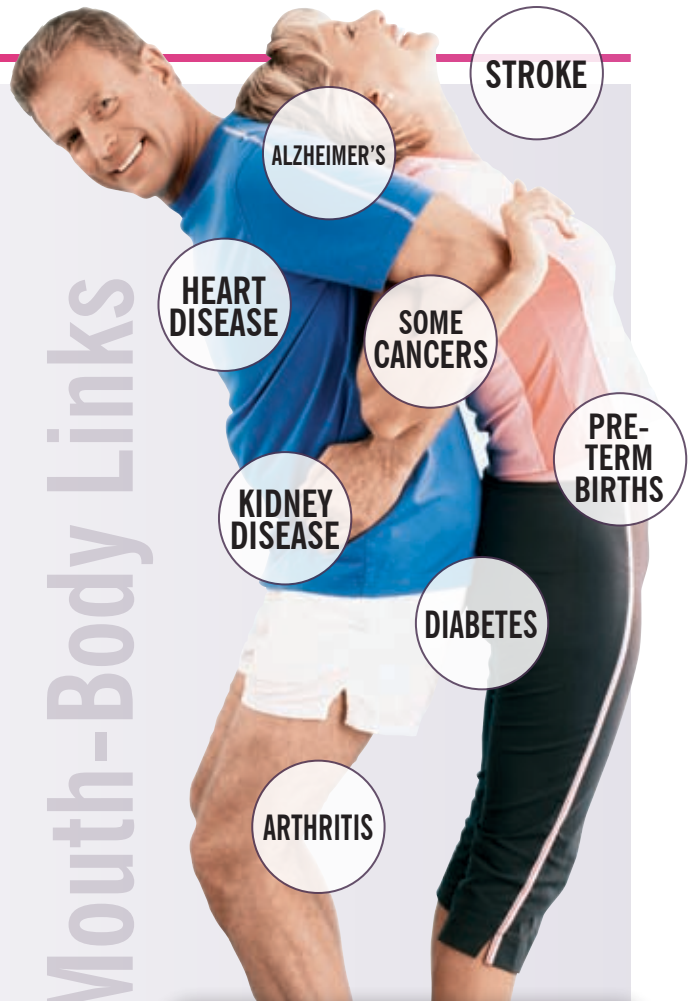
*Is there a chance you're in here?*

We'd like to take a moment to revisit the relationship between your oral health and systemic diseases, particularly diabetes. *Why diabetes?* Diagnoses are on the increase even among children and young adults. Health professionals tie at least some of this increase to diet and obesity, and it certainly reflects greater knowledge and vigilance on the part of the medical profession. An early diagnosis is always better than a later one, yet one other thing is certain: people with diabetes – especially if it is uncontrolled – are particularly susceptible to infections, including gum disease.

In fact, unmanaged gum disease can increase blood sugar even in non-diabetics, so you can see how this could place diabetics at increased risk for complications. It goes without saying that diabetics should be monitored regularly for signs of infection.

But they're not the only ones. Anyone suffering from other inflammatory diseases such as heart disease, kidney diseases, arthritis, osteoporosis or its precursor osteopenia, should come in and see us more regularly to avoid gum problems. Gum disease has also been linked to some cancers, Alzheimer's, and complications with pregnancy. (In fact women at all stages of life tend to be susceptible because of fluctuations in hormones.)

**Please keep an eye on your calendar for your upcoming visit to our practice, and if you're not scheduled, please call us now to book your appointment.**



## office information

**Bencak**  
FAMILY DENTAL CENTRE

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### Office Hours

Monday 12:00 pm – 9:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
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### Contact Information

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### Office Staff

Jennifer ..... Office Manager  
Theresa, Erica ..... Receptionists  
Heather, Sheri..... Dental Hygienists  
Vanessa, Abida ..... Dental Assistants



## Now Is The Right Time To make referrals

Making and keeping a dental appointment, especially at this time of year, is very important and makes complete sense. Competitive sports are ramping up and to play it safe, mouthguards are a requirement. People also want to look their best for the holidays, or are realizing that they need work done before this year's dental benefits expire.

No worries! We have appointments available and we ask you to ensure your regular checkups are on track, and if not, invite you to schedule one.

Also, please refer your friends, colleagues, and family members to us. When you refer, it's an excellent reminder to others that preventive care is a top priority. We hope you know how much we value your referrals – they are high praise, and for that we are grateful to you!



## Nibble On These!

### Healthy holiday snacks

The holidays are a time that sugary treats appear in abundance. So to help your teeth survive, here are a few common holiday snacks to reach for ... that are healthy and tasty.

● **Nuts** – They're chock full of phosphate, magnesium, and calcium which help build strong teeth and bones. Grab a handful of peanuts, almonds, cashews, pecans, or walnuts.

● **Cheese** – It's another great source of calcium which coats the teeth and protects them from cavities while regulating acid levels in the mouth. Try a cube of aged cheddar, Swiss, Monterrey Jack, brie, or Gouda.

● **Dark chocolate** – When consumed in moderation, chocolate with at least 80% cocoa can prevent plaque buildup.

No matter where the holidays take you, choose tooth-friendly snacks. Just reach past the sugar!