

Floss Your Way into the New Year!

While exercising and eating healthy seem to be the most common New Year's resolutions, remembering the importance of your oral health and taking an active role in oral hygiene at home can also be a pledge for 2007. Brushing is part of a daily routine for most; however, when it comes to flossing many people find it hard to embrace this habit. We all find a reason to put it off - lack of time, lack of interest, or lack of knowledge are reasons that prevent individuals from committing to a flossing regime. Brushing teeth properly and consistently helps to remove bacterial plaque from the sides and top surfaces of teeth; however, brushing alone will not remove the plaque in places that the brush cannot reach, such as in between teeth.



A film of plaque accumulates over a 24 hour period; within that time frame it is important to both brush and floss this film away. Once it is removed a new plaque film will start to grow again. If both the brush and floss do not remove this plaque, it is then that problems begin. Plaque not only breaks down the enamel of the teeth causing cavities but it also causes halitosis (bad breath) and gum disease. Within seven days, gingivitis, an infection of the gum tissue, will present itself in any areas that this film has not been removed. If gingivitis is not reversed by better oral hygiene, and if left long enough, then it will eventually lead to an infection of the underlying bone that holds our teeth in place. This infection

of the bone is otherwise known as periodontal disease. Once periodontal disease starts, if left untreated, it continues to progress and eventually leads to tooth loss.

To avoid infection, brushing and flossing are the only true ways of mechanically removing this film of plaque. Mouthwash helps in reducing the amount of bacteria inside the film of plaque; however, it will not remove the film itself. Brushing daily without flossing is comparable to washing only 65% of your body. The other 35% remains unwashed and dirty.

Flossing should take place at least once a day for two to three minutes to be most effective. Many people find the actual mechanics of flossing quite difficult; if this is the case, there are many flossing aids that will allow better access to certain areas of the mouth. It is important to discuss flossing concerns with me so I can help to make flossing a habit and not a chore.

Remember, you only have to brush and floss the teeth you want to keep! If you have questions or suggestions about your oral health, please feel free to contact me or discuss it with me at your next appointment.

Stephanie MacDonnell, RDH
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Greetings!

In our fall newsletter, I shared with you my recent Invisalign experience. As a result, I wanted to continue to explore new and innovative ways of enhancing the look of my smile. Having worked with Dr. Daniel the last 2 years, I have seen many clients undergo a smile makeover, and decided I wanted a smile makeover for myself!

Porcelain veneers are a popular cosmetic procedure in dentistry, particularly if you are seeking a quick route to a beautiful smile. During my consultation with Dr. Daniel, I chose to proceed with the smile makeover. We took impressions and photos, and I described what I wanted my smile to look like. The next appointment, he prepared my teeth for veneers, took more impressions, and I was fitted with temporary veneers (temps). I was pleased with how simple the entire process was, but more importantly, I was amazed with how the temporary veneers reflected the appearance of how I wanted my porcelain veneers to look. After having my temps on for a week (long enough to stare at them myself, ask everybody I know what they thought, and decide what alterations needed to be made), Dr. Daniel and I made some minor adjustments so they looked exactly like what I wanted. He then captured their shape and size with an impression and more photographs, to ensure he duplicated their look in the porcelain veneers.

Delivery day, only 2 weeks later, was quick and easy - not to mention exciting. The temporary teeth were removed and my new porcelain veneers were cemented. After only a few short hours, Dr. Daniel handed me a mirror and voila - I had the beautiful, natural smile I have always wanted!

My porcelain veneers look, feel, and function the same as my natural teeth. As a dental assistant, I am proud to showcase my confident new smile. This is a treatment I would recommend to anyone looking to enhance the health and esthetics of their own smile.

As always, I welcome your questions or comments, and look forward to seeing you in the New Year to share with you more of my smile makeover experience.

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DENTISTRY

giving Halifax a reason to smile



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Financing Now Available

We are here to help you smile, so please let us know how to make your experience with Daniel Daniel Dentistry the best it can be! Send your thoughts about the office or the newsletter to: feedback@danieldanieldentistry.com

Happy New Year!

The holidays have come and gone, bringing us good cheer and time for the ones we love. With snow on the ground, and a nip in the air, many of us have let ourselves go the last part of 2006, enjoying the goodies of the holidays, and as always, we now enter the season of resolutions.



It's time to start, whatever "it" may be. Usually we seek change. "I'm going to take better care of myself" – meaning we will eat better, join a gym, quit smoking, get more rest, etc. Why do we do this? It's because we want to feel good about ourselves.

A surefire way to feel good about ourselves is to commit to self improvement. Taking a good look at ourselves, being honest about what we are unhappy with, grabbing the bull by the horns and saying: "It's time! I will change what I don't like."

Now, we may have multiple changes we want to make – sometimes, it is best to pick just one area and start; the most important thing is to

start. This is where we can help. If one of the areas you are thinking about improving is the look of your smile, there have become an increasing number of options to help you achieve your goals. From Whitening to Invisalign to Smile Makeovers, there is very little that we can't do to improve the look of your smile - the possibilities are endless!

"By making it simple...offering efficient appointments and setting a schedule we can help you realize the smile of your dreams quickly and easily."

So how can we help? Well, by making it simple. By offering efficient appointments and setting a schedule we can help you realize the smile of your dreams quickly and easily. The first step is to come in for a Complimentary Smile Consultation and talk to us about what it is you have in mind. We will discuss what options you have to achieve the smile that you want, what is involved, how long it takes, and what it costs. We will work out all the details, find a payment that's right for your budget (financing available), and schedule the appropriate appointments.

We make sure everything is explained in detail, and hold your hand (literally if you like!) through all the appointments. Before you know it – WOW! You have your new smile. A lot easier than setting that alarm for that 6am run every morning, wouldn't you agree? It really is that simple. If you are thinking about improving the look of your smile for the "New You" of 2007, then this is the time!

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Big Congratulations to Anna Clarke, Our Sunny Getaway Winner

The team at Daniel Daniel Dentistry would like to thank everyone who referred friends and relatives to our office, helping make our family of clients grow. We have drawn the lucky ballot for our Sunny All-inclusive Getaway, and we would like to congratulate Anna Clarke!

Anna will be spending seven tropical days in Mexico, showing off her beautiful smile. Thank you to everyone who helped make 2006 a year of healthy, happy smiles!

Financing Now Available

Daniel Daniel Dentistry is pleased to offer our clients more! Feel free to smile with the option of financing your treatment. Financing is a great way to improve your smile in 2007! Make this the happiest of New Years.

The Smile File

Check out our latest Smile Makeovers!



Visit 'Reasons to Smile' on our website to see before and after photos for these, and many other, smile transformations.

www.danieldanieldentistry.com

"An ounce of prevention is better than a pound of cure"

As the adage goes, it is more important to prevent disease than to treat it once it has occurred. Dentistry is the branch of medicine that deals with the anatomy, development, and diseases of the oro-facial (head and neck) area, specifically relating to the teeth. Dental Medicine has evolved over the centuries dating as far back as 5000 BC where a Sumerian text describes "tooth worms" as the cause of dental decay. From this time period, many wrote extensively on dental disease. Most notable was between 500-300 BC, the era of Hippocrates and Aristotle. They wrote a whole compendium on oral hygiene, the eruption pattern of teeth, treating decayed teeth and gum disease, extracting teeth, and on the use of wires to stabilize loose teeth. Since this period, dozens of highly accomplished individuals contributed to the history of dental medicine to what exists today.

In 1895 a German physicist, Wilhelm Roentgen, discovered the x-ray. The following year, this innovation was used to take x-rays of teeth and has since played a vital role in our diagnosis and assessment of oral health. Many dental problems can be identified, and prevented, upon thorough clinical assessment in conjunction with radiographs (x-rays) and are a key part of a Client's dental records. In recent decades, there have been major advances in x-ray technology such as digital radiography. The ability to integrate digital technology with practice management software allows these digital radiographs to be displayed and enhanced on a computer monitor for viewing.

The basis of digital imaging is that a small electronic sensor is placed in the mouth to capture an image that is transmitted to a computer processor. A simple press of a button creates an image within seconds. Film-based imaging on the other hand, requires processing time which can take several minutes. Digital imaging is most helpful in situations where multiple x-rays need to be taken to complete a procedure, such as root canals. Film based processing involves chemicals and require regular maintenance of machines.

Significant advantages of the digital radiographs are 90% less radiation exposure for clients and the ability to address technical inaccuracies efficiently. Many errors can be corrected to provide an optimal radiograph without another exposure. The dentist can use magnification to enhance a problem area, alter brightness and contrast with respect to its background. Another benefit is communication between your dentist and a specialist or technician. An e-mail with the digital image can be sent without x-rays being duplicated or misplaced. This assures both doctors and laboratories the highest quality imaging for their client's records. Since these images are stored on the computer, they can be compared to future images without distortion.

We hope you will appreciate the digital radiography system we use at our office to keep you safer. Along with comprehensive examinations, it is important to understand that solid x-ray technology will assist considerably in our diagnosis and treatment of your oral health.

As you embark into a new year, remember regular check-ups and hygiene are needed to maintain a healthy mouth and, in turn, a healthy body. Remember, an ounce of prevention is certainly better than a pound of cure!

Hope to see all of you in 2007.
Smiling Always,

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