

Hello to all of you,

My name is Stephanie MacDonnell and I am the Registered Dental Hygienist with Daniel Daniel Dentistry. I have been practicing dental hygiene since 2000, and have been your dental hygienist for the past year. I am continually learning new information about my profession. Dentistry is a field that is always advancing, so sharing this knowledge with our clients has become an important part of my career. In each newsletter, I will be writing about a topic that can affect your overall dental health; for this first edition, I will be discussing xerostomia.

Chances are many of you have never heard the term xerostomia, but it is the medical term known most commonly as dry mouth. Chronic dry mouth is a concern that is shared by millions of people throughout the world. Generally, xerostomia affects the elderly population, however, it can be found amongst any age group.

As we age, our salivary ducts produce less saliva; however, most often, dry mouth is due to the amount of medications that are taken by older adults. There are over 400 types of medications, taken by people young or old, which cause xerostomia. Besides medication, other common causes of chronic dry mouth are cancer or radiation therapy, health conditions, autoimmune diseases, nerve damage from surgeries or accidents, insufficient water intake, and use of tobacco products.

On any given day, the average healthy adult produces about 3 pints of saliva. This secretion serves many purposes, most noticeably saliva makes it easier to talk and allows us to taste food. In dentistry, it is very important to detect xerostomia as it plays a huge part in a patient's oral health.

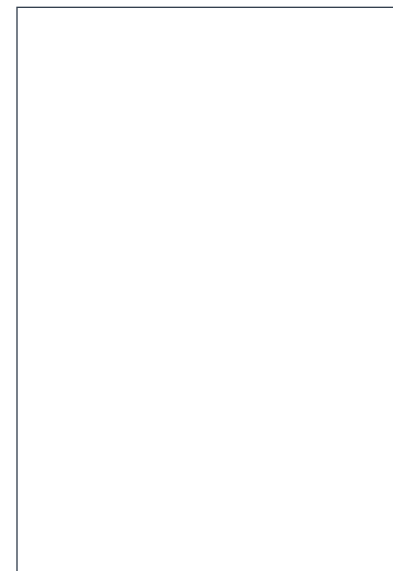
Saliva helps prevent tooth decay by washing away food and plaque from your teeth. It limits bacterial growth that can dissolve tooth enamel (decay) or lead to mouth infections. Minerals found in saliva help repair early tooth decay, and saliva neutralizes damaging acids (i.e. sugars) in your mouth that cause tooth decay. Within a very short period of time, a normally healthy mouth can become unhealthy if xerostomia occurs. Aside from the sensation of dryness in your mouth, xerostomia may result in:

- Sores or split skin at the corners of your mouth
- Increased plaque, tooth decay, and gum disease
- Bad breath
- Burning or tingling sensation on the tongue
- Altered sense of taste
- Saliva that seems thick, stringy
- Difficulty speaking, swallowing

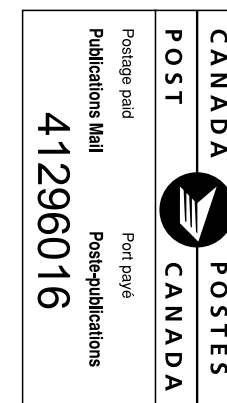
Do not ignore lack of saliva. Although the treatment depends on the cause, dry mouth is often a side effect of medication, and may improve with an adjusted dosage or new prescription. Your doctor may consider prescribing pilocarpine (Salagen) or cevimeline (Evoxac) to stimulate saliva production. To protect your teeth, brush with a fluoride toothpaste, consume plenty of water, and visit your dentist regularly. Your doctor may suggest using prescription fluoride toothpaste. Using a fluoride rinse or brush-on fluoride gel before bed may also offer protection. Biotene products, such as toothpaste and saliva substitutes, are often used to aid with dry mouth.

If you have any questions regarding dry mouth, or for any of your oral hygiene concerns, please email me at stephanie@danieldanieldentistry.com. See you at your next appointment!

Stephanie MacDonnell, RDH

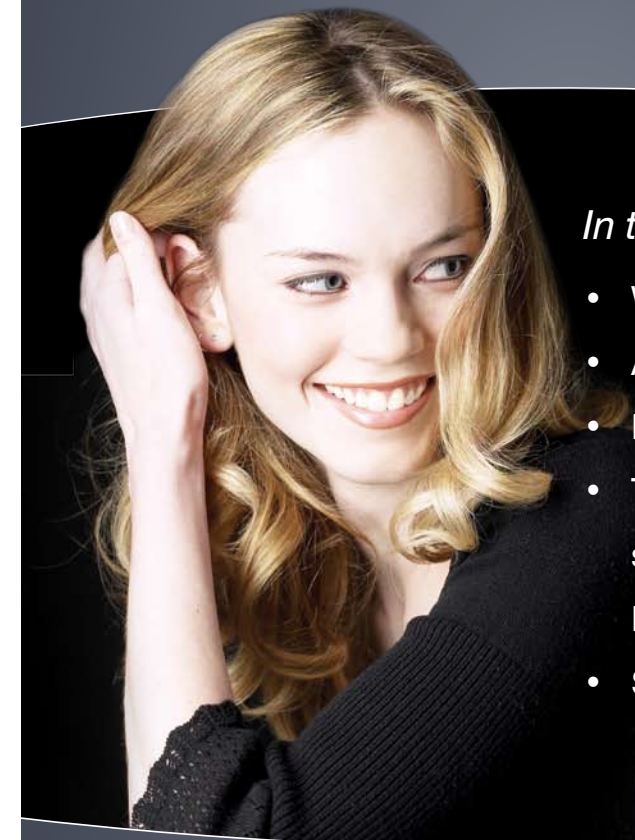


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daniel daniel DENTISTRY

giving Halifax a reason to smile



In this issue...

- Welcome from Dr. Daniel
- A Note from Dr. Murty
- Hygiene with Stephanie
- The Smile File, the latest smile makeovers from Daniel Daniel Dentistry
- Sunny Getaway Contest

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Hello Everyone!

I would like first to take a moment to thank you, our clients, for allowing us to grow to become who we are today – your dental office of choice!

It has been a remarkable journey since our opening in February of 2005; in fact in that short span of time it seems we've been spotted everywhere. With articles in the Chronicle Herald, Daily News, The Coast and Halifax's Progress Magazine, billboards at Nubody's and Empire Theatres, television commercials, appearances on CTV including Maritime "Ask the Pros" and Breakfast Television, and now, in your mail.

This newsletter is our way of keeping you informed regarding what's happening both in dentistry as well as with our practice. In this edition, you will also find articles from Dr. Murty and Stephanie, our hygienist; over time we look forward to bringing you articles from our other team members here at Daniel Daniel Dentistry.

It has now been over a year of smiles, and the office is continually growing with the awareness of how important it is to have a healthy smile! Initially, when I returned to Halifax in the fall of 2004, I never expected to be this busy. Changing a person's smile has a very profound impact on their life, and I'm proud to be able to provide this opportunity to all of you and help you make such a positive change in your life. I am grateful to those of you who have allowed me to have helped facilitate these moments; I trust you are enjoying your new smile on a daily basis. Just as important, however, is the other aspect of our practice - maintaining excellent overall dental health. The key to success is in having a long-term strategy; this is the reason we spend so much time together on our initial visits, mapping out a game plan to ensure all your dental wants and needs are covered. This is a choice you will be proud that you have made for many years to come.

As you may know, we have grown. I would like to formally introduce two very special people in our office. We are fortunate to have Dr. Sathyasai Murty, and her assistant Jacqueline Figueiredo, join us full time. I have known Dr. Murty, both personally and professionally, for over 10 years. She is a wonderfully empathetic and brilliant woman who has both a passion for dentistry and warm personality, making her the perfect addition to Daniel Daniel Dentistry. She brings with her a keen interest and background in periodontal health as well as dental implants. We have already begun benefiting from her knowledge, as she and Stephanie are working on improving our current hygiene program.

Dr. Murty is constantly on the go – whether she is traveling through Canada and the United States on professional development courses, working with us full-time, or teaching at the Dalhousie Dental School, she is always professional and personable. Jacqueline has been assisting with Dr. Murty for the past year. She is keen and enthusiastic, making them a fantastic combination. Thank you again for joining the team!

I would also like to introduce Nadine Hillier, our Client Concierge. She has produced this newsletter, the promotion introduced inside, as well as a number of initiatives to be achieved over the next year. She brings to our team years of experience in the Customer Service industry, as well as a strong background in Marketing and Management. She works directly with clients to ensure their visits are a pleasant, positive experience. When referring clients to our office, let Nadine know and you can be sure their experience will be just as amazing as your own! As well, as an existing client, please advise Nadine of anything that can be done to enhance your visits with us.

At this point, I welcome you to read our first issue, and look forward to seeing you at your next visit.

Daniel D. Daniel, DDS

Your Smile Could Win You a Dream Vacation for Two!

We want to thank you for sharing the secret to a beautiful smile. Each time we receive 2 Smile Consult referrals, or a New Client Consult referral, your name will be entered in a draw to win a 1 week all-inclusive trip for 2 dream vacation! Contest closes December 1/06, draw date December 15/06 – just in time for Christmas!



What Daniel Daniel Dentistry Can Do for You

Our New Client Consultations are designed to provide you with a comprehensive dental assessment. This approach takes into account all aspects of your dental health, ensuring we address all of your unique concerns for a life full of happy, healthy smiles.

A Complimentary Smile Consultation is a no fee appointment where we invite you to meet our team, tour our office, and discuss improvements to your smile!

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

Welcome to Our First Newsletter

Let me start by introducing myself to all of you. My name is Sathyasai Murty and I have recently joined the team at Daniel Daniel Dentistry. We are very excited to bring all of you this newsletter from our office to your home.

It is with great pleasure and excitement that I join the team at Daniel Daniel Dentistry. Dr. Daniel and his highly trained team have been creating beautiful healthy smiles in a calming atmosphere where clients receive the great standard of care and respect they deserve. It is wonderful to be affiliated to a practice that pays attention to not only dentistry, but to client satisfaction – a testimony to Dr. Daniel's vision of creating a balanced approach to dental wellness.



To give you a little background, I am originally from Halifax. I completed my undergraduate degree in biology and honors in molecular genetics, and subsequently, received my degree in dentistry from Dalhousie University. After completing my dentistry education, I spent six months in India and gained invaluable insight in various aspects of dental medicine such as periodontology, oral surgery and oral pathology. Upon my return to Nova Scotia I began practicing in Cape Breton and have now come full circle back to Halifax. I am also associated with Dalhousie University's Faculty of Dentistry and have instructed the last 4 years in the area of periodontology – a keen interest of mine.

Periodontology is the branch of dentistry that pertains to the health of the gums and bones that provide support around our teeth. It is an important foundation to which all other areas of dentistry must build upon. Many of you are quite familiar with your own periodontal health as it is one of the key elements we discuss in our new client consultation. Stephanie, our hygienist, elaborates in greater detail on your periodontal health and creates a customized dental hygiene program to suit your specific needs.

Our primary focus is to prevent dental disease, maintain a healthy oral environment, and educate clients on the importance of oral care. The goal is to always restore optimum oral health in a timely fashion. I would like to take this opportunity to thank all of my dedicated clients for trusting me as your personal dentist and welcome you to my new office location. For those of you I have yet to be acquainted with, I welcome the opportunity to meet with you soon.

Smiling always,

Sathyasai Murty, DDS.

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