

# Scenic Smiles

Produced to improve your dental health and awareness

Summer 2010

from the dentists

## Our Sincere Thanks... For your trust & loyalty

I'd like to take this opportunity to thank you personally for your many years of continued support for our family dental practice.

Just as you've seen our families (both here at work and at home) grow, I've truly enjoyed seeing your families grow and change. As I tell so many of you, I honestly can't believe your children have grown up so much! (Hmmm... how is it that children age, but adults don't...)

Both Dr. Barnett and myself are back from our maternity leaves (since later 2009), while Dr. Xu and Dr. Mehta have gotten to know so many of you so well. I speak for all of us when I say that we really enjoy seeing your familiar faces (and the new ones as well)!

You will so often see one of the dentists or staff out in the waiting room, talking not only about dentistry, but also so many other things – how was your hockey tournament, how is your sick pet, how were the Olympics? (Yes... we are proud to say that we have four Olympic athletes who are patients). I am proud of how our practice has evolved – the personal touch is just one of the many things that distinguishes us from every other dental office.

So here's to many years getting to know each individual, each family, each generation – and to giving you the best dental care possible!

See you soon,

Dr. Shawna Donlevy, Dr. Megan Barnett, Dr. Angela Xu, Dr. Ashish Mehta and the staff

## The Best Technology

To serve you better!

We take great pride in our ability to offer you the best care possible at *Scenic Acres*. We try to treat our patients as we would treat our own family. That is why we only want the best for you.

We are so proud to offer you the latest in X-ray technology – Digital X-rays. This new system takes all of your x-rays on the computer and offers several advantages. It allows us to take x-rays of your teeth with even less radiation, but it also allows us to see much more detail as the x-ray image can be magnified on the computer screen. We can zoom in or adjust contrast to see a specific area such as a cavity or an infection. This provides you with the most accurate diagnosis and treatment possible.

We also have just implemented a new anesthetic gel– specifically designed to numb your gums during sensitive areas of tissue during your cleanings. It is not a needle or the topical anesthetic gel we use during procedures, this is a gel inserted around the gumline area of the tooth. It numbs the area for around 20-30 minutes, allowing cleanings to be much more comfortable. If you have an area which is sensitive, this may be for you! Talk to your hygienist at your next hygiene visit. We care about your comfort!

Even though e-mail is not new, we want to offer our patients the ability to do much more with e-mail to and from our office. So many of you, are in contact with your world via e-mail. To make it as easy as possible, leave us your e-mail next time you are in and we will be working towards e-mail confirmation in either later 2010 or early 2011.



Thank you for all your referrals – we appreciate them!

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

### Here are five fruit-friendly tips...

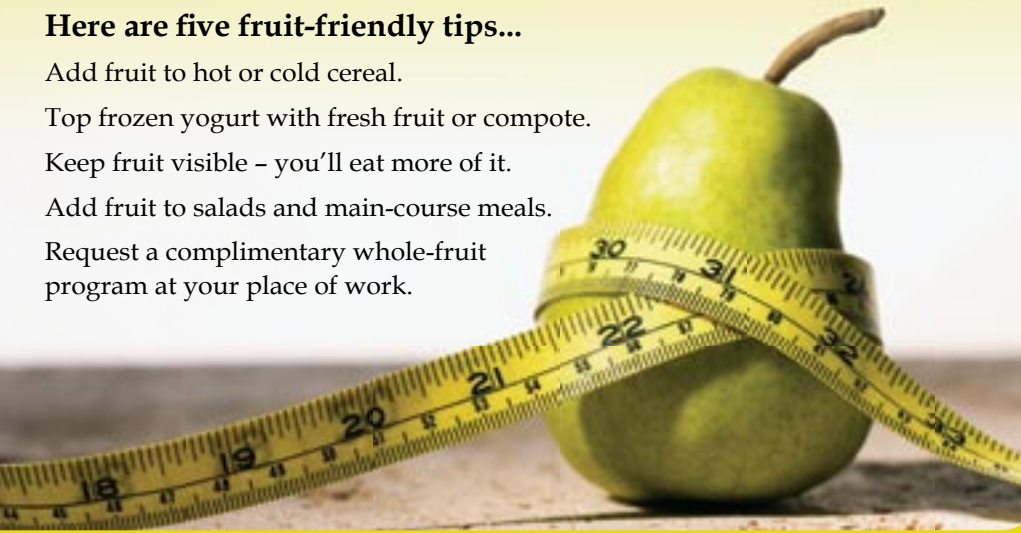
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

## What's Precious To You?

**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



# What Do You Expect?

## Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

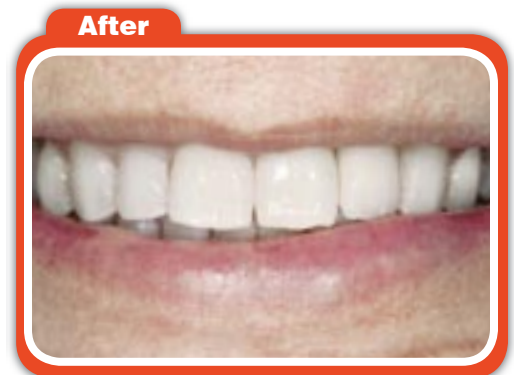
### Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!





**Smile!**

**It's just one way to reduce stress**

TRY SOME OF THESE TECHNIQUES TO REDUCE **STRESS** IN YOUR DAILY LIFE:

- S** See your doctor to rule out any medical problems.
- T** Talk it over with family or with a close friend.
- R** Relax by taking frequent short breaks during the day.
- E** Exercise regularly to help you work off steam.
- S** Set limits and plan to avoid too many big changes at once.
- S** Smile! A healthy dose of love and laughter is just what the doctor ordered!

Stress is an unavoidable fact of life and although some stresses are actually helpful, too much stress can negatively impact your physical and mental health.

Research suggests that the inability to cope with stress increases your risk of periodontal disease by affecting the

immune system. And although more research is needed, it is believed that emotional factors may play a key role in tooth grinding (bruxism) and jaw clenching.

If you have experienced prolonged periods of anxiety such as nervousness or an inability to

slow down or relax, chances are you may also be experiencing signs of depression.

To keep tensions within reasonable limits, start by avoiding alcohol, tobacco, caffeine, barbiturates, and tranquilizers which often simply mask or contribute to the problem.

*Stress and its symptoms are very common but it is important to know that almost all of these mood disorders can be helped. Prompt professional advice can keep minor problems from becoming major troubles.*

## office information

### Scenic Acres Dental Centre

Dr. Shawna Donlevy

Dr. Megan Barnett

Dr. Angela Xu

Dr. Ashish Mehta

8541 Scurfield Drive NW  
Calgary, AB T3L 1Z6

### Office Hours

Mon & Thu	8:00 am – 4:30 pm
Tuesday	9:00 am – 5:30 pm
Wednesday	8:00 am – 5:30 pm
Friday	8:00 am – 2:00 pm

### Contact Information

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### Office Staff

Brenda .....	Office Manager
Sherrie, Carey, Skye .....	Receptionists
Chantel, Michelle, Gina, Colleen, Des .....	Assistants
Sherilynn, Linda, Trudy, Barb, Val, .....	Hygienists



## STAFF NEWS

Sherrie, our terrific administrator, left on her maternity leave in December 2009. She and her husband, Brad, welcomed a baby boy – Jagger – to their family! Jagger joins his big brother, Hudson, to give Sherrie a family of boys! Sherrie may look forward to being around women again when she returns to work later this year!

Dr. Angela Xu became engaged at Christmas to her fiancé, Andrew. He proposed on the airplane as they departed Calgary (with the flight crews help!). Feel free to congratulate Dr. Xu the next time you are in!

Val, our wonderful hygienist, injured her hand before Christmas while helping her mother move. The injury, unfortunately took longer to heal than expected. Val is now back at work and we couldn't be happier!

Dr. Ashish Mehta has been travelling for dental courses every month! He has been soaking up new information on topics ranging from the latest filling materials to how to fix bite problems. Good job, Dr. Mehta!

## Allergies And Plaque

### Avoid dry mouth

Signs of spring can bring more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable, even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief. What many people don't know is that though many allergy medications are good with noses, they can cause problems by drying out your mouth. That means less saliva to wash away debris from your teeth. Over time plaque will build up around teeth and gums and cause cavities. If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing and flossing after each meal will keep your smile healthy and stop plaque from getting a hold of your teeth.