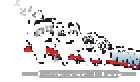


# The *Dentistry* Solution

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*The Latest News in General, Family, Cosmetic & Sleep Dentistry*

Volume 1 Issue 2

## Enhance Your Smile- Today

Having the smile of your dreams doesn't have to be a dream any longer.

Many adults are treating themselves to the smile they always wanted through adult **Orthodontics**.

For those individuals that wish instant results, many smile deficiencies can be corrected through one-appointment **"Cosmetic Bonding"**.

More involved cases may require two-appointment **"Porcelain Restorations"** such as veneers or crowns.

Deficiencies such as spaces between existing teeth, cracked, malformed,

discolored and worn teeth can often be corrected in one appointment.

Cases involving extensive reconstruction of your smile or replacement of missing teeth may require more appointments, but can usually be completed in 2-3 weeks.

Whatever your dream smile looks like, share your vision with us. A thorough discussion of your desires will help us establish all of the possible treatment alternatives; taking you one step closer to obtaining...

**"the Smile of your Dreams for life".**

## Hi-Lights

- *Having the smile of your dreams doesn't have to be a dream*
- *Just imagine never having to take your teeth out again*
- *Have a brite, youthful smile again*
- *Oxyfresh-Helping you achieve oral health and fresh breath*

## News Flash

Our office enjoys the benefits associated with having our very own Periodontist; Dr Dawson.

He is available on Mondays until 8:00 pm. And works along side our longstanding hygienist, Harpreet.

A conservative approach and years of practical experience make Dr. Dawson a tremendous asset for our office.

Dr. Dawson's efforts help support our initiative of providing the most comprehensive, thorough and up-to-date Dental Care available.

## Implant Dentistry-The Bionic Smile

Dental Implants; now considered mainstream dentistry, can be used to replace from one tooth to your entire dentition. They consist of 2 components; the first being a titanium anchor placed into the bone and the second being the tooth prosthetic you see when you look in the mouth.

Individuals that lose one tooth no longer have to reduce the teeth on either side of the space in order to place a conventional bridge. Now, a titanium anchor can be placed to replace the lost root allowing placement of a prosthetic tooth. The net result being an aesthetic, natural looking replacement tooth without involving other teeth.



**Why Suffer with Loose Dentures?**



**Before**

**After**

Full dentures can be modified to attach to implant anchors placed in the bone, making loose dentures as firm as natural teeth. The picture above is a radiograph of a full mouth reconstruction for someone previously committed to full upper and lower dentures. Now this individual can eat anything he ate when he was 18 and is enjoying an attract, natural looking smile.

**Ask if you are a candidate for Implant Dentistry.**

## A Brite Smile- for Everyone

Bleaching is a relatively new and popular way to achieve a bright, white smile. Both conservative and safe, you can now have the youthful, brite smile you once had; before the coffee, tea, staining foods and drink or tobacco.

Various manufacturers use a different percentage of "carbamide peroxide" as the active ingredient in their bleaching solution.

"At home" bleaching involves the fabrication of custom plastic splints that fit over the teeth. The patient places these custom trays filled with the bleaching solution over their teeth for 2-4 hours during daytime and with certain bleaching kits all night long, so that one can elect to bleach their teeth while they sleep. The process usually



Before



After

takes 7-14 sessions and varies from case to case.

Although the new color does not last indefinitely, it is very stable, usually requiring only one touch-up session of bleaching every several months.

This bleaching process does not bleach existing dentistry, so, anterior crowns and fillings may need to be replaced after the bleaching process has been completed. If you are thinking about replacing anterior fillings or crowns, consider bleaching your teeth first, so that the replacement dentistry can be made to match the new color.

Next time you visit our office inquire whether you're a candidate for bleaching, and how to obtain a brite, youthful, healthy looking smile for life.

## Oxyfresh- 3 Steps to a Healthy Mouth

Oxyfresh has created a 3-step system to establish **FRESH BREATH** and **ORAL HEALTH**.

- The **Oolitt tongue cleaner** is designed to effectively remove odor-causing bacteria and debris from the back of the tongue.
- **Oxyfresh Tooth Paste** contains Oxygene® (stabilized chlorine dioxide) which neutralizes volatile sulfur compounds (VSCs), the primary cause of bad breath. Lacking in harmful abrasives and harsh chemical additives it gently cleans your teeth and helps control mouth odor.
- **Oxyfresh Mouth Rinses**, are **alcohol-free** and like Oxyfresh tooth paste, contain Oxygene® (stabilized chlorine dioxide), effectively neutralizing odor producing volatile sulfur compounds.

Oral health has been connected to various general health concerns. Gum infections have been connected to other diseases in the body such as heart disease and stroke. Bacteria in the mouth has been demonstrated to cause both community and hospital acquired pneumonia. Untreated gum disease doubles the risk of incurring a fatal heart attack or stroke. Improvement in oral health may reduce a Diabetics need for Insulin.

Regular visits to the hygienist can decrease your risk of oral infections and protect against other diseases throughout your body. Used regularly, Oxyfresh products can help you achieve **Oral Health** and maintain **Fresh Breath**.

### Office Hours

Monday 9-9

Tuesday 9-5

Wednesday 8-5

Thursday 9-5

Friday 9-3

Saturday 9-2

**Dr. John S. Viviano** B.Sc. D.D.S, obtained his credentials from the University of Toronto and has practiced General, Family and Cosmetic Dentistry in Ontario, Canada since 1983.

He maintains a special interest in the conservative treatment of sleep-disordered breathing. A member of various sleep organizations, he is credentialed by the certifying board of the Academy of Dental Sleep Medicine, and has lectured on the treatment of sleep disordered breathing and the use of Acoustic Reflection. He has authored articles reviewing Acoustic Reflection and establishing protocols for its use in assessing airway normalization.

Dr. Viviano utilizes various appliance designs including trial appliances in his conservative therapy of sleep-disordered breathing.

General, Family &  
Cosmetic Dentistry  
Snoring - Sleep Apnea  
Sleep Disordered Breathing

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