

The *Dentistry* Solution

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

Volume 1 Issue 2

Smiles Open Doors

Have you ever noticed how easy it is to “**like people**” that smile a lot. Everyone notices and appreciates a smile; that’s why McDonald’s gives them away free. They don’t cost a cent, but they go a long way in creating a friendly caring environment.

Your smile is one of the first things people notice about you. If you smile a lot, people think of you as happy and friendly. On the other hand, it’s very difficult to smile a lot when you’re not comfortable with your smile.

Modern day Dentistry affords us many alternatives in pursuit of the smile of

your dreams; Cosmetic Bonding, Porcelain Veneers, Ceramic Crowns, Implants. Filling spaces, repositioning teeth, fixing chips, and beautifying unsightly smiles, are all within our easy reach.

If you’re uncomfortable with your smile, or if you don’t smile as often as you could, make an appointment today to discuss how you can have the smile of your dreams,



and start opening doors today!

Office Courses

"First Teeth"

"Have The Smile You Want For Life"

"SNORING: The Search for Silent Nights"

...Phone for Dates...

Our Office 7:00-8:30 pm
Register Today

News Flash

Dr Dawson, our Periodontist, is now exclusively in our office. We welcome his patients from the Milton area and assure them that we are committed to providing only the very best service.

Dr. Dawson is available on Mondays until 8:00 pm and works along side our long standing hygienist, Harpreet

Our existing patients may be seeing Dr. Dawson periodically at their regular check-up appointments in an effort to ensure that they are in the optimum of periodontal health.

Gum Disease: *If it Hurts, It's Usually Too Late!*

Over the years patients have shared with me... “My gums always bleed no matter what I do... I don’t floss because it hurts too much... I don’t like getting my teeth cleaned because they’re too sore afterwards... I inherited these gums!”

Bottom line, whatever you’re not able to clean off (between the teeth, under the gums etc), stays there. Slowly, it turns into plaque and calculus which is a great medium for growing bacteria. Sounds yummy! This bacteria produces acids and toxins and creates at first, a state of inflammation and ultimately infection and bone loss. This bone is what holds your teeth in place. If you loss enough bone, you’ll lose your teeth!

The incredible part is that this happens in most individuals with very little pain; until it’s too late! By the time a patient comes in with pain in their gums either the tooth is lost or is compromised for life. Don’t wait ‘till it hurts. The best approach is to establish a good home care regime and have a hygienist clean your teeth at an interval that is suited to your needs. This way, your gums and bone can remain healthy for life.

The complaints I cited above are all excuses. Everyone can have healthy gums and do so with a minimal of inconvenience or discomfort. Once your gums are healthy you’ll feel and taste the difference; it’s amazing what we can get used to. If you’ve been procrastinating, come in today. We’ll take all the time necessary to gently place you on your way to a healthy set of gums, **before it’s too late!**



Why Suffer?

The Acid Truth: You Don't Know What You Don't Know!

You don't know what you don't know! I once had a young, conscientious female patient come in repeatedly with new cavities. After the third incident, we sat and talked about her hygiene habits, discovering that she brushed her teeth regularly, and every night before bedtime. However, further discussion disclosed the fact that after brushing her teeth, she retired to bed with a book and a cup of tea; in itself, this activity sounds very benign, add a tea spoon of sugar and you have a recipe for cavities! **She didn't know that she was bathing her teeth with sugar water before bed every night.** Problem is, when you sleep, your salivary flow reduces substantially, allowing the sugar to sit on your teeth for an extended period of time. This sugar, fermented by the naturally occurring mouth bacteria results in the production of acid, that slowly eats away at the teeth.

Another patient came in with a tremendous amount of decay on the outside of his upper right teeth that

wasn't there at his previous visit several months earlier, a little discussion uncovered the fact that he has some acid reflux problems, and that he had been holding a TUMS between his teeth and cheek throughout the waking hours to help him deal with it. **He didn't know that the sugar in these tablets was turned into acid and slowly dissolved his teeth.**

Every time we eat, bacteria breaks down the sugars in our food and produces acid. This can't be avoided; the key is to limit the frequency and duration of this acid production. For example, if you're going to have a sweet desert with dinner, it's much better to have it right away rather than a couple of hours after dinner is finished, otherwise, you're creating a second acid attack! **Now You Know!**



Limit Your Acid Exposure

Loose Dentures? No More!

Once there was a day when it was acceptable for lower dentures to be loose. After all, there is very little surface area for the lower dentures to obtain suction and stability when compared to an upper denture. I also remember the days when a quarter bought me a bag of chips, two chocolate bars, some candy and gum. My, how things change.

Through the magic of "Implant Dentistry", your lower denture can now be secured to the jaw bone in a variety of ways, allowing you to eat and speak comfortably once again. Sometimes we can even revise your own existing denture. If you wish, you can have a lower denture that is removable but securely fixed to implants placed in your jaw, or you can opt for a permanently fixed lower denture; one that stays in place all the time.

If your dentures move when you speak, eat or cough, come in for a consultation and find out if you're a candidate for "Implant Dentistry".

Loose Dentures? No More!



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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