



from the dentists



Time For Reflection

Remember what matters

The holidays are always a special time. It carries with it hustle and bustle *and* moments to slow down and think about the things that we are grateful for. We enjoy examining our lives and what's important to us. Even when the normality of the new year returns, we try to keep this top-of-mind.

Our passion for dentistry gives us one of the greatest joys in the world, allowing us to make a positive difference in the lives of our patients. We also appreciate every member of our team and the unique gifts they bring to our practice. But what makes all this possible is *you*, our patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

Please accept our very sincere *thank you* as we start the new year together!

Dr. Munira Jivraj,
Dr. Jeff Wakeford and
Dr. Nureen Somani

Don't Hold Back

Straight teeth are within your reach with *Invisalign*[®]. The clearly beautiful way to straighten your teeth.

Getting your teeth straightened isn't something just for teenagers anymore. Many adults just like you who have felt uncomfortable with their smiles now have straight, healthy teeth. You can, too! If you weren't able to get your teeth straightened when you were younger, now is the time to find out more about *Invisalign*[®] - the clear alternative to metal braces and wires.

Treatment with *Invisalign* is quick and easy. With *Invisalign*, you don't wear metal braces. Instead, your teeth are straightened by wearing a series of clear plastic aligners. The aligners are so inconspicuous that most people won't be able to tell you're wearing them. You'll wear each set of clear aligners for about two weeks at a time, while your teeth move little by little toward the smile you've always wanted. The aligners are

worn all the time, except when you're eating, drinking anything but water, brushing, and flossing. Because the aligners are removable, you can eat all your favorite foods.

We can't tell you exactly how long your treatment will take. But, on average, *Invisalign* treatment takes about one year. The cost of treatment is similar in cost to traditional braces. In addition, if you have orthodontic coverage, *Invisalign* is often covered to the same extent as traditional braces. Our office will be happy to work with you on all of the insurance and financial details.

Be one of the many patients Dr. Wakeford has treated who are enjoying their new smiles. Call *Millennium Dental* today at (403) 236-4443 for a free consultation. Don't hold back - straight teeth are now within your reach!

Improve your overall health. Ask us about *Invisalign* today.



Courtesy of *Invisalign*[®]

Ask us how *Invisalign*[®] Invisible aligners can help give you the smile you have always wanted! You can even see how great your straight teeth will look! Please call (403) 236-4443 for your Complimentary *Invisalign*[®] Consultation.



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.

Your oral health can impact and be impacted by your overall health



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

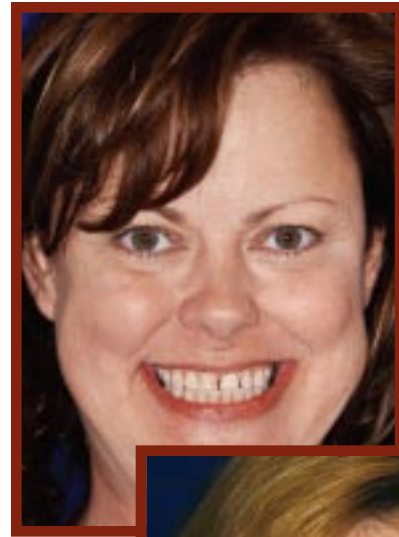
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

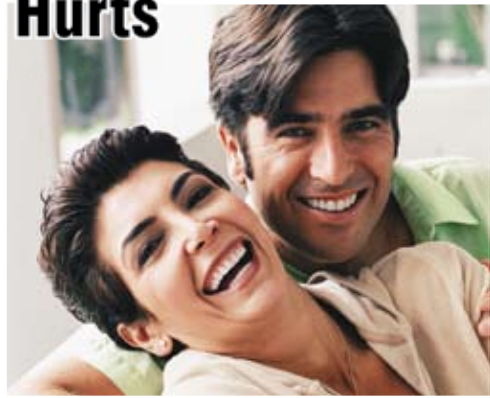
Don't Wait Until It Hurts

A good reason to fix your cavities before they hurt!

Harmful bacteria break through the outer shell of your tooth and open a cavity. If not stopped, the decay will continue toward the nerve of the tooth causing an infection or abscess. Besides pain, this can spell big trouble for your jawbone and your tooth, often requiring root canal treatment.

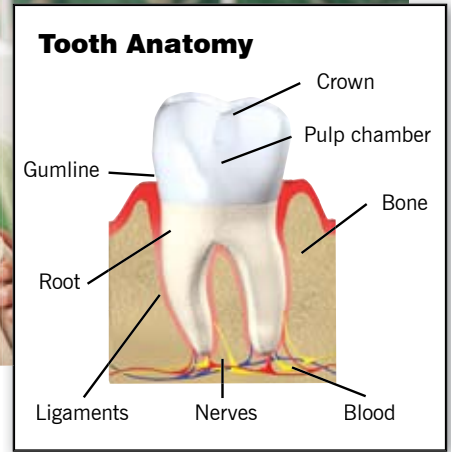
Like many of our patients, you may have questions about root canal treatment. Root canal is one of those dental terms that's often talked about, but less often understood. Many people think it's a painful and mysterious dental secret. The truth is that modern root canal treatment can be performed with little or no discomfort and can be credited with saving more teeth than almost any other treatment in our office.

The part of your tooth under the gumline is called the root. Inside each root there is a channel called the root canal that contains the nerves and blood vessels that bring nutrients to your teeth.



Sometimes gum disease, a fractured tooth or decay under very old fillings can cause these nerves and vessels to become painfully infected and die. Years ago this condition often meant extracting the tooth. But today we use root therapy to treat the infected canal and save the tooth.

We administer a local anesthetic to prevent any discomfort. Then we make a small opening in the tooth to



clean and medicate the inflamed root canal. When the infection is gone, the canal space is filled with a rubber-type material. Your tooth will need a crown to strengthen it. Successfully treated teeth last just as long and look just as good as normal teeth. Root canal treatment is a real smile saver!

office information

Millennium Dental

Dr. Munira Jivraj
Dr. Jeff Wakeford
Dr. Nureen Somani
448, 11520-24th Street SE
Calgary, AB T2Z 3E9



Office Hours

Mon & Fri 7:30 am – 3:30 pm
Tuesday 7:30 am – 7:00 pm
Wed & Thu 7:30 am – 6:00 pm
*one Saturday per month

Contact Information

Office (403) 236-4443
Fax (403) 236-4044
Email info@millenniumdental.ca
Web site www.MillenniumDental.ca

Staff

Christa, Laura..... RDHs
Margaret, Glenda, AlisonRDA IIs
Kerri Treatment Coordinator
Starla, Lona..... Office Administrators
Suzanne Hygiene Coordinator



By Smile Experts

At Millennium Dental we are all smile experts, and we're enthusiastic about helping to make your smile sensational!

- More than 92% of adults agree that an attractive smile is an important social asset.
- 85% of people agree that an unattractive smile makes a person less appealing to people of the opposite sex.
- Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.

As smile experts, our goal is to make sure your smile is bright, healthy, and happy! We accomplish this by carefully examining all aspects of your smile to determine the right procedure for you. We use leading-edge dental technology, procedures, and materials, and then we create the ideal balance for your face. Anatomy, function, and esthetics produce the best smiles!

Talk to us, because together we can create your ideal smile!

Free Cosmetic Consultations

Please call (403) 236-4443 today for your Free Cosmetic Consultation - It's the perfect time for the perfect smile

Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ - Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (gingivitis or periodontitis);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse!

Answers: all of the above; gum disease; seconds of brushing.