



Millennium Dental



Produced to improve your dental health and awareness

Spring 2009

newsfromNairobi

We are all delighted to announce the grand opening of the new dental clinic at Aga Khan University hospital in Nairobi, Kenya. Dr. Jivraj was involved in the conception and design of the state of the art, four chair facility. Geared towards the local population, she helped finance the practice's "fee-for-service" model. A large percentage of profits will be allocated to providing medical and dental services for those who are unable to afford subsidized or no-cost care. As of this publication, Dr. Jivraj is in Nairobi taking part in the grand opening of this greatly needed clinic.



Congratulations Dr. J!!



Did you know?



The warning signs of gum disease include:

- bleeding gums during tooth brushing or flossing
- red, swollen or tender gums
- gums that have pulled away from the teeth
- persistent bad breath
- pus between the teeth and gums
- loose or separating teeth

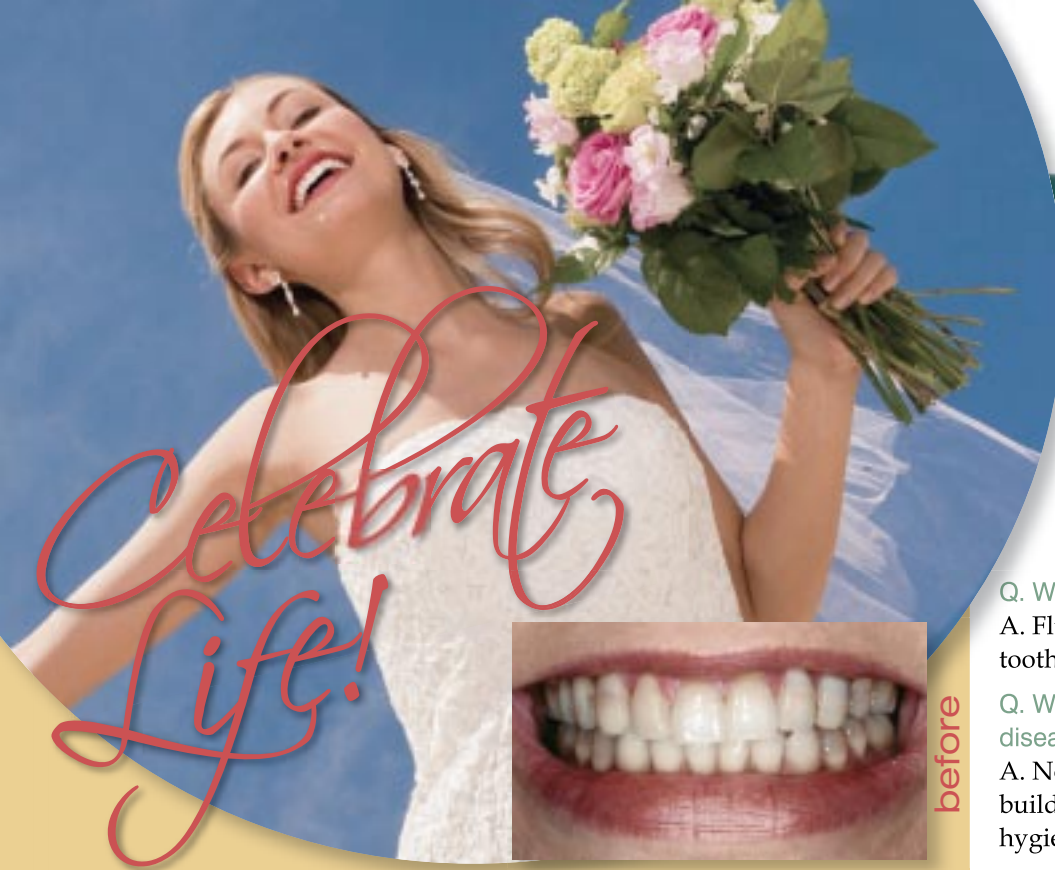
Periodontal (gum) disease is the leading cause of tooth loss and it has been linked to systemic disease. Studies have shown that oral bacteria found in plaque can enter the blood stream and travel through the body. Our bodily response to bacteria can lead to serious health problems, such as increased risk for cardiovascular disease, aggravation of diabetes, pneumonia and other respiratory diseases, stroke and even adverse pregnancy outcomes!

Inflammation of the gums is called gingivitis. If allowed to progress, gingivitis can turn into periodontal disease. Periodontal disease is the chronic infection that affects the gums, bone and ligaments supporting the teeth. It is caused primarily from the build up of dental plaque on the surfaces of our teeth. This plaque is an irritant to the supporting gums, bone and ligaments therefore resulting in inflammation within these supportive structures. If left untreated, it can lead to the destruction of these support systems causing eventual tooth loss.

Now that we know that gum disease occurs when your oral hygiene is neglected, it is time to ensure your home care is up to par. The most effective tools available to help combat gum disease is your toothbrush, dental floss and your dental professional. A soft bristle toothbrush is far superior to a hard toothbrush, in fact your dental hygienist would only recommend a soft or extra soft toothbrush. Flossing daily is also mandatory to help keep the teeth that touch, where your toothbrush cannot reach, clean. Your dentist and dental hygienist will examine your gums and note any signs of inflammation, they may take an x-ray to determine if there is any bone loss and based on your results, they will customize a dental hygiene program specific to your needs to ensure you can keep your teeth for the rest of your life.

From your hygienists at Millennium Dental!

Christa, Brandy and Laura



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido, Tai Chi,** and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



It's All About Time

Please keep your appointments

We would like to extend our thanks to you for your continued cooperation and your loyalty to our practice. In return, our team does everything possible to provide you with only the very best in dental care. We know that your time is valuable and so we also do everything we can do to provide convenient and timely appointments for all of you. Your appointment times are reserved specifically for you and our operatories are set up to meet the unique requirements of each patient's appointment.

We'd like to let you know what it means when you call with last-minute cancellations or when a patient doesn't show up for their scheduled appointment. These are the two greatest sources of stress, inconvenience, and expense in running our dental practice. Why? It takes several hours of staff time to try

to realign the timetable. But more importantly, there is usually insufficient time to schedule other patients who could really benefit from your appointment.

From an oral health point of view, unkept appointments can adversely affect your health either by delaying necessary treatment or interrupting a series of treatments which jeopardizes the ultimate outcome. It is also unfair to patients who would have preferred to receive their necessary treatment sooner.

The entire Millennium Team would like to ask for your cooperation in providing a minimum of TWO BUSINESS DAYS NOTICE if for any reason you will be unable to keep a scheduled appointment. We really need the time and so do our patients.



office information

Millennium Dental

Dr. Munira Jivraj
Dr. Natasha Laing
Dr. Jeff Wakeford



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Office Hours

Monday 7:30 am – 3:30 pm
Tuesday 7:30 am – 7:00 pm
Wednesday 7:30 am – 6:00 pm
Thursday 7:30 am – 6:00 pm
Friday 7:30 am – 3:30 pm

*one Saturday per month

Contact Information

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Office Staff

Brandy, Christa, Laura RDHs
Margaret, Glenda, Alison RDA IIs
Brandi Treatment Coordinator
Starla, Cheryl Office Administrators
Susanne Hygiene Coordinator

CEREC 3D ZOOM! invisalign



Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.

Spring Specials

Complimentary Cosmetic Dentistry Consultation

This appointment could be the best investment you've ever made!

Complimentary Invisalign® Consultation

See how **great** your **straight** teeth will look!

Whitening Special!

Brightening your smile for spring!

Take home whitening for only

Offer expires Sept. 30th, 2009

\$125!

Call today!

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