

COMPREHENSIVE AESTHETIC DENTISTRY



Millennium Dental



Produced to improve your dental health and awareness

Winter 2010

Your Smile is our #1 priority!

Charity Starts At Home!

Few of you know about the charitable contributions Dr. Jivraj, Dr. Wakeford and Dr. Somani make to help underserved communities in Brazil, Kenya and Guatemala get the dental treatments they require. Even fewer of you feel the impact this generosity makes here at home ... Until now!

Every six months the staff at Millennium Dental will help one under privileged person from our community get the dental treatments they require! Please email a note telling us why you or someone you know would benefit from the help of our bighearted dental team. Please email your letters to admin@millenniumdental.ca or mail a letter to:

**Charity Starts at Home
c/o Millennium Dental
#448, 11520-24th Street S.E
Calgary Alberta T2Z 3E9.**

Our first patient will be picked on March 1st 2011. When selecting our patient we will look for individuals that are inspirational and deserving. In order to be considered please summarize the CURRENT situation and how it affects them. What makes them deserving and their situation unique? Please submit a photo if possible. We understand that you may have questions but we cannot follow up with every patient. Please note; if we have any questions we will call you.

Sincerely,

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



Dr. Munira Jivraj BDS LVIF



Dr. Jeff Wakeford BSC DDS



Dr. Nureen Somani DMD

Here at Millennium Dental, we are dedicated to those who wish to keep their smiles for a lifetime in maximum comfort, aesthetics, and function. After all, your smile and teeth are a reflection of who you are, your happiness, your self confidence, your health and all the moments that make us feel alive. We are happy to share our vision with you and challenge you to share your experience with us. Please let us know if you ever feel we could do better to provide you with the ultimate dental experience.

As a team our vision is to: *Inspire and empower those we are privileged to serve by providing the utmost quality of care with compassion and uncompromising integrity. We are committed to building long-term relationships in an environment of enthusiasm, dignity and trust.*

We look forward to a lifetime of serving you and value your loyalty. As a token of our appreciation we are now offering a \$25 Care to Share card every time you refer us to a friend or family member.



*You are invited to visit us for a complimentary smile consultation!
Please call (403) 236-4443 for more information*

We are excited to offer you a finance option with payments as low as \$129 for your new smile. The financing program helps ensure that you don't delay your required or desired dental treatments due to cost concerns. Dentalcard™ is offering a variety of financing terms with convenient monthly payments. Please visit them at www.dentalcard.ca.

We are now confirming appointments by email! Please send an email to admin@millenniumdental.ca. We will put the email address in your file.

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...

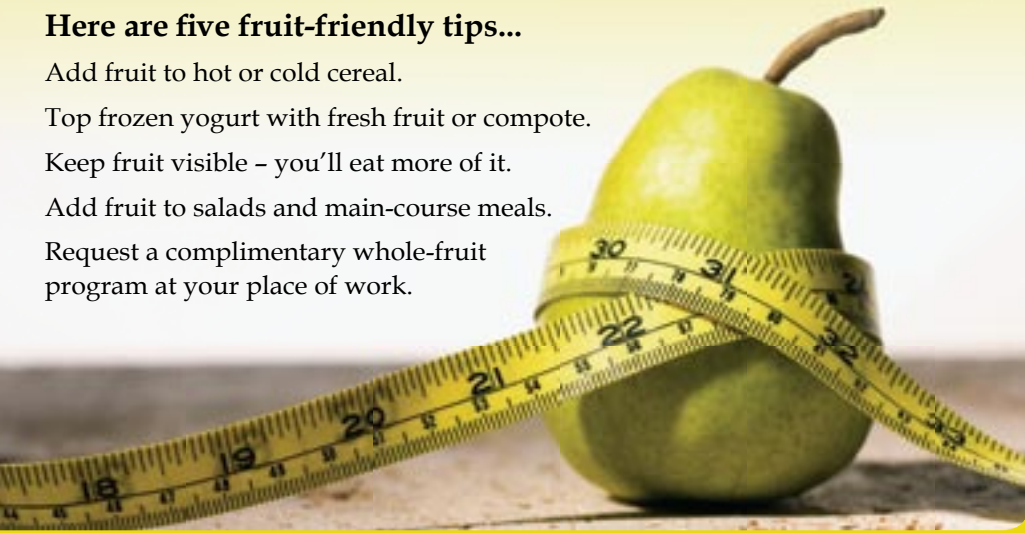
Add fruit to hot or cold cereal.

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 CO₂ 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

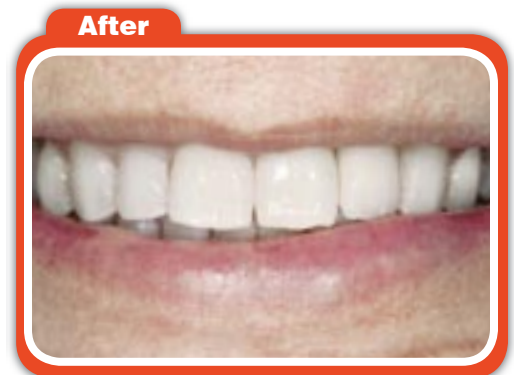
Smile with dental implants

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!



10 Simple Steps For Caring For Your Child's Teeth

by Dr. Nureen Somani



- 1. SEE YOUR DENTIST:** Visit your dentist 6 months after your child's first tooth erupts or at age 1, whichever comes first. He or she will make sure your child's teeth are erupting properly and teach you ways to keep their smile healthy. After the first visit, a check up and cleaning may be recommended every 6-12 months.
- 2. BRUSH:** Ensure your child's teeth are brushed for 2 minutes at least twice a day with a small, soft-bristled toothbrush and a pea sized amount of fluoride toothpaste. If your child cannot spit out the toothpaste, use a non-fluoridated variety until they are a little older and are able to spit on their own.
- 3. FLOSS:** To prevent cavities between your child's teeth, floss every day. If there are spaces between their teeth, floss anyways to start forming good habits from an early age. If you notice a little bit of bleeding at first, do not be alarmed. The bleeding will stop the more you floss because your child's gums will become healthy and strong. If you notice a lot of bleeding, or if the floss fray's as you gently pull it out, see your dentist.
- 4. HELP:** Until your child is able to write in cursive hand writing (usually around 9 years old), help them brush their teeth. Until this time, they do not have the manual dexterity to reach all their teeth properly. If your child wants to do it alone, let them brush first but then make sure you go in after them and finish off.
- 5. KEEP AT IT:** If your young child is unhappy or resists when you brush their teeth, don't give up as it has to be done! Overtime, it will become routine. Lying your child down with their head on your lap or standing behind them will help you get the access you need to reach all of their teeth. Distracting your child with a book or DVD while you are brushing can also help you get in their mouth and get the job done.
- 6. EAT WELL:** A healthy, balanced diet is the key to ensuring a healthy smile. Limit consumption of sugary foods and drinks such as candy, soda, fruit juice and cookies. Also limit access to foods that may stick to your child's teeth such as gummy fruit snacks or potato chips. Choose healthy foods instead like apples and cheese. Also decrease your child's frequency of snacking. A child that eats throughout the day is constantly feeding bacteria in their mouth that can cause cavities.
- 7. BREASTFEEDING:** If you are breastfeeding, wipe your child's teeth and gums clean with a wet cloth after every feed, especially any feeds that may happen in the middle of the night. Once you begin to transition to using cups, try and avoid the use of sippy cups that contain anything other than water. Teach your child to use a normal cup instead.
- 8. BEDTIME:** Ensure that your child does not eat or drink anything except water after brushing their teeth at bedtime. Any food left behind feeds cavity-causing bacteria all night long and can lead to significant dental decay.
- 9. PROFESSIONAL PREVENTION:** Talk to your dentist about what they can do to help prevent cavities. Preventative resins or fissure sealants (white plastic coatings) can help because they prevent bacteria from getting into the grooves and pits on the chewing surface of molar teeth. Fluoride supplements may also be useful and are available as drops, chewable tablets or rinses. These options are not for everyone so speak to your dentist to see what is right for your child.
- 10. CAVITIES:** If you notice any discoloration on your child's teeth, or if their teeth appear to be chipping away, see your dentist right away because your child may have cavities. Decay on primary teeth can spread quickly and lead to painful infections that can affect your child's general health and their developing permanent teeth so early intervention is important.

officeinformation

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
Tue, Wed, Thu 7:30 am – 6:00 pm

*one Saturday per month

Contact Information

Office (403) 236-4443
Fax (403) 236-4044

Email admin@millenniumdental.ca
Web site www.MillenniumDental.ca

We are now confirming appointments by email!

Please send an email to admin@millenniumdental.ca.
We will put the email address in your file.

Staff

Christa, Laura, Tamara RDHs
Margaret, Glenda, Alison RDA IIs
Brandi Treatment Coordinator
Starla, Lona Office Administrators
Suzanne Hygiene Coordinator



Cadent iTero™

Digital Impressions

Introducing Digital Impressions for crown and bridge work- No more unpleasant tray-and-putty impressions. More than a decade of research went into this technology to maximize...

Comfort – No goopy mess, unpleasant taste, or gagging. The system uses a compact hand-held wand so there's no pulling, stretching or poking in your mouth.

Efficiency – The iTero™ process is complete in approximately three to five minutes – there's no tray filled with goop left to harden in your mouth.

Calm and Wellbeing – You stay in control. The iTero™ scanning process can be stopped and started as many times as you need.

Precision – The iTero™ creates a precise copy of the restoration site and amore accurate fitting crown or bridge. Not only that, but with Cadent iTero™ Digital Impression System you can rely on an accurate impression the first time around. Less precise methods can require retakes with delays of up to three weeks. All so that you spend less time in the chair... and more time smiling!

Hidden Saying

Complete the words in the puzzle according to the definitions. Then, by reading the words you have written on the dashes from top to bottom, you will find a little saying.

1. A thin nylon string _ _ _ S S
2. You're my one and ... _ _ _ Y
3. Definite article _ _ E
4. Used in mastication T _ _ _ H
5. Sounds like a female sheep _ 0 _
6. Not a need _ A _ T
7. Homonym of a number _ 0
8. Retain possession of _ E E _

[Floss only the teeth you want to keep]