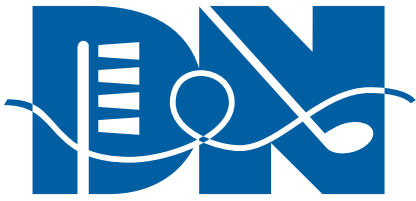




Drs. Michele & Doug Nielsen's



STEVESTON



Smiles

Produced for the Patients of Dr. Doug Nielsen & Dr. Michele Nielsen Inc.

Fall 2011

from the dentists

A 20-Year Milestone

As of January 21st, Joanne has been working as Dr. Doug's chair-side assistant for 20 years. Dr. Doug treated Joanne with airfare to Ireland so that she and her mom, Janet, could take the trip of a lifetime. Here is a re-cap of her trip:

"It is truly one of the most amazing places to visit. The people we met along the way were outstanding. If opportunity were to arise for you to venture off to the "Emerald Isle" – take it! Our tour of Ireland was from Dublin to Belfast and back. We meandered along the coastline in awe of the many visual delights.

Highlights of our trip were climbing the 100 stairs to the Blarney Castle to kiss the Blarney Stone, the Cliffs of Moor, and the Giant Causeway. We also dined in a medieval castle while watching a fantastic show! Sampling and learning to enjoy the many varieties of beer was perhaps the most challenging part of our holiday. But hey ... someone had to do it! A good time was had by all.

The magic of the Emerald Isle is the people, the green rolling hills, the wonderful stonewalls roadside, and the ever-present sheep. A picture of peace and contentment. There is something about the 'Irish'."

Drs. Michele and Doug Nielsen and Staff



Joanne and her Mom
capturing the magic of the Emerald Isle!

Welcome Back Dr. Michele and Sandy

Dr. Michele returned to work part-time on July 20th. She will be working 2-3 days a week until the end of August, at which time she will resume her previous work schedule of Wednesday to Saturday. Dr. Michele is excited to return to work and reconnect with her patients.

Sandy is returning from maternity leave on August 17th. We are excited to welcome her back. She has been missed this past year while she was at home with Xavier and Lynnnden.

A special thanks to Dr. Dhaliwal and Querleen for taking such good care of our patients' health and needs while Dr. Michele and Sandy were off taking care of their little ones.

Thank you for all your referrals. We appreciate them!

Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER



3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Dental Clinic or

Fertility Clinic???

We are excited to announce that we will be welcoming four new babies to our staff family this fall. Tracey, our hygienist, who has been working on Mondays and Tuesdays since 2008 and Wednesdays this past year for Sandy is expecting her first child on September 9th. Querleen, Sandy's maternity leave replacement, is expecting her first child, a baby girl, on August 27th. Debbie, Michele's Saturday assistant, is expecting twins on September 10th. These new additions will keep her, her husband, and older son busy!



Ishaan

Dr. Dhaliwal and his wife, Navreet, also welcomed a baby boy, Ishaan, into their family on May 10th, 2011.

Including Sandy's baby boy, Xavier, born September 2010 and Dr. Michele's son, Nathan, born in February, that will be seven babies in a year. Wow!

And the Winners Are...

Teens to the Top

Sean P.

Junior Achievers

Hannah N.

Mujeeb F.

Happy Smile Club

Derek S.

Janelle T.

Raintree Spa Rewards

March - Stacey B.

April - Bonnie G.

May - Sue J.

June - Maureen B.

Referral Rewards

Irene H.

Congratulations!

office information

Dr. Doug Nielsen
Dr. Michele Nielsen

3951 Steveston Hwy
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V7E 2J9

VISA

MasterCard



Cheques

Office Hours

Mon/Tue/Fri 7:30 am – 4:00 pm
Wed/Thu 7:30 am – 5:30 pm
Saturday 8:00 am – 2:30 pm

*Please book in advance for Saturday appointments because they are in high demand.

*For emergencies after hours please phone:

Dr. Doug Nielsen (604) 240-6893

Dr. Michele Nielsen (604) 908-1275

Contact Information

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Office Staff

Jacky.....Treatment Coordinator

Karen.....Business Assistant

Joanne, Debbie, Navi, Kristina.....

..... Certified Dental Assistants

Jackie, Sandy, Tracey, Querleen, Bonnie ..

..... Dental Hygienists

Introducing Bonnie

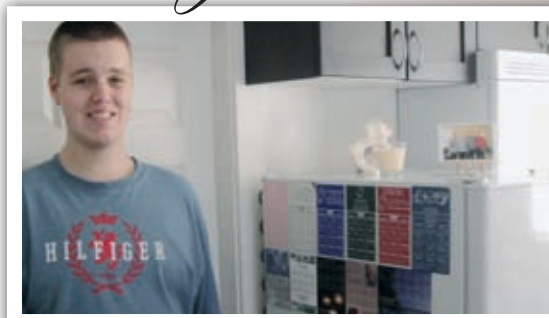
We are happy to introduce you to Bonnie, a certified dental hygienist. Bonnie will be working at our office Mondays and Tuesdays while Tracey is on maternity leave. Bonnie has been in the dental field for over 10 years. Beginning as a receptionist and chairside assistant, she has now found her passion as a dental hygienist.

Outside of work she enjoys baking, cooking, and spending time with her family and friends. Bonnie has done relief work in our office on several occasions when someone has been on vacation or sick. Many of you may have met her already and she will be a great fit to our team.



Bonnie

Thank You Michael!



One of our patients Michael V. sent in a picture of himself with all of the magnetic calendars we have made and handed out from 1999 to 2011. We appreciate your loyalty and are flattered that you have kept these calendars. Thank you Michael!