



Dr. Doug Nielsen's

TOOTH TALK

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

Spring 2009

fromthedentists



Oral Health Month

April is Oral Health Month and we enjoy educating our patients and community by giving tours for preschoolers, kindergarten and grade one students. Please call our office if you are interested in bringing your class in for a tour.

Also, as a commitment to our patients and our community, we will continue to provide free dentistry throughout the year for those who are less fortunate and have few resources to help with their dental needs as part of the Community Dental Health Day Program.

Dr. Doug, Dr. Michele, Janet, Joanne, Jackie, Sandy, Jacky, Karen, Charlene, Jo-Anne and Tracey.

turnthepage

Rejuvenate your smile!

What's your *flossophy*?

Defeating diabetes!

congratulations



Sandy and her husband George welcomed their new baby girl Lynnden Jacqueline Reis on January 25, 2009 at 2:43 am. Lynnden weighed 7 lbs 6oz and was 22 ¼ inches long. Sandy will be at home with Lynnden until September 2009. Congratulations to Sandy and George, on the new addition to their family.

Welcome Back!

Dr. Michele is back to work as of March 18th. She will be working Wednesdays and Thursdays 9:00 am–5:30 pm, Fridays 7:30 am–4:00 pm and Saturdays 8:00 am–2:30 pm. She would like to thank all her patients for their understanding while she spent this valuable quality time with her son Matthew. In an effort to accommodate all of her patients we have hired hygienist Margaret to work many of the Saturdays over the next several months. If you cannot make it any other day during the week we now have Saturday cleaning appointments available. Please call in advance for your Saturday appointment because they will book up fast.

Seasonal Tooth Tips

Drink plain tea without sugar. It helps cut down on plaque and cavities.

Brush after every meal or at least twice a day.

Choose healthy foods like cheese and crunchy vegetables.

Use a mouthguard if you play sports.



Keep your smile in shape!



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.

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

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.



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.

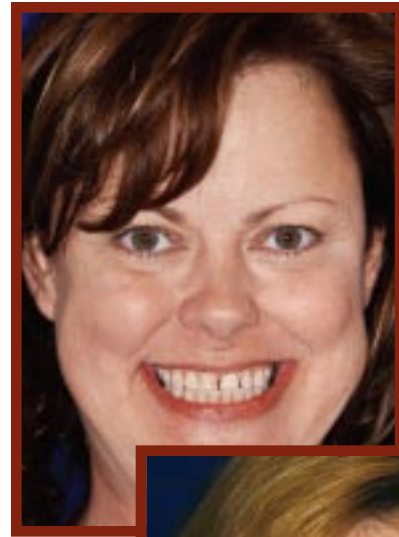
You're health conscious

- 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

Now Offering BOTOX® Cosmetics

Dr. Michele Nielsen has been trained and certified by *The Pacific Training Institute for Facial Aesthetics* to provide facial Botox® treatment since June 2008. In September of 2007, the *College of Dental Surgeons of BC* broadened the scope of practice for general and esthetic dentists to include the use of Botox for both cosmetic and therapeutic use.

To date, only a handful of dentists in British Columbia have taken the necessary training to provide these services to their clients. Deputy registrar Alex Penner stated, in a recent National Post article about a Victoria dentist trained in Botox, that "dentists know the musculature and anatomy of the face better than most physicians because that's all we do." And they are certainly more comfortable providing facial injections.

Q. What exactly is BOTOX Cosmetic?

A. BOTOX Cosmetic is a natural purified protein that relaxes wrinkle causing muscles, creating a smooth and natural look. It's a simple and quick, non-surgical treatment that delivers great, natural-looking results.

Q. Is BOTOX Cosmetic safe?

A. Yes! Botox has been thoroughly researched (more than 3,000 studies), clinically used for over twenty years and is approved by both the HPB (Health Protection Branch of Canada) and the FDA. More than 13 million procedures have been performed since 2002.



As a special back to work promotion Dr. Michele Nielsen is offering a free eyebrow lift until the end of July 2009 with any Botox treatment of \$250 or more. Book your consultation appointment today.

office information

Dr. Doug Nielsen
Dr. Michele Nielsen
 3951 Steveston Hwy
 Richmond, BC
 V7E 2J9



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, Jo-Anne..... Business Assistants
 Janet, Joanne, Charlene.....
 Certified Dental Assistants
 Jackie, Sandy, Tracey.....
 Dental Hygienists

~ LOST ~

You may have noticed already but we have lost an entire person at the office. Well not a real person. With the help of Weight Watchers four of our six staff members have lost a total of 156 lbs in the last year. You may not even recognize them anymore. Congratulations to Jacky, Karen, Jackie and Joanne for all their hard work in an effort for a healthier lifestyle.



And The Winners Are...

Happy Smile Club
 (Dec 2008)
Mattieu D. & Sidelle J.

Junior Achievers
 (Dec 2008)
Shazia K. & Nathan W.

Teens to the Top
 (Dec 2008)
Blake S.

Day Spa Rewards Winners
Danielle K. (November)
Colleen B. (December)
Bea T. (January)
Shelly P. (February)