

# Word of Mouth

The Bayley Dental Quarterly Newsletter **Summer 2005**



## Cosmetic Veneers

### Create that perfect smile

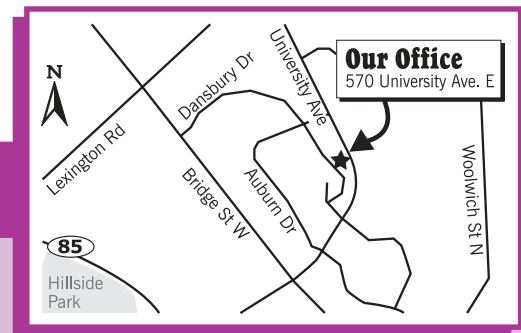
Veneers recreate your smile by concealing damage or defects on the fronts and sides of your teeth. They can correct the appearance of stains, chips, breaks and cracks, oddly shaped teeth, permanently discolored teeth and unsightly fillings.

**What are they?** Veneers are very thin but strong, custom-made shells that are permanently bonded to your teeth. They are usually made of porcelain, come in just about any shape and size and are made of a very durable material that actually strengthens your teeth.

**What are the advantages?** Only a small amount of natural tooth, if any, needs to be removed to attach a veneer. The end result gives the tooth a healthy, natural look!

**How are they prepared?** Veneers are attached directly to your existing teeth. We make an impression or replica of the tooth that is being treated and use the impression as a model to custom design the veneer. During your veneering appointment, your teeth are conditioned with a mild solution. A tooth-colored glue helps adhere the veneer to your natural tooth and is hardened with a high-intensity light.

With proper maintenance, veneers can last for years and in some ways they are even better than human enamel. So call our office today because, in the end, even a subtle smile enhancement using veneers can make an exceptional difference in the way you look and feel!



## Office Information

*Because YOU are  
our neighbour...*

*We'd like to extend  
to you a very*

## SPECIAL OFFER & INVITATION.

*See the letter on  
Page 4 for details...*

**Bayley Dental**  
**Dr. Douglas P. Bayley**  
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**Web site** [www.bayleydental.com](http://www.bayleydental.com)

**Call Today For  
Your Appointment!**  
**(519) 884-8594**

### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Mercury-free fillings
- ❖ Dental implants (*restorative phase*)
- ❖ Porcelain & composite inlays
- ❖ Children of all ages welcome
- ❖ New patients welcome
- ❖ Digital x-rays
- ❖ Visa and Interac welcome
- ❖ Wheelchair accessible



# Striking A Balance

## Healthy gums

Healthy gums help create balance and symmetry in the appearance of your smile. They draw our eyes to small areas of vibrant pink **color** of sufficient **intensity** to contrast against the whiteness of your teeth. They also provide contrast of **shape** and **scale** by creating a small, intricately shaped frame for each larger tooth shape. So why tip the balance with periodontal disease?

Red, swollen gums that bleed easily are caused by an imbalance in the bacterial levels in your mouth. When the good bacteria are overwhelmed by bad bacteria, inflammation, infection, gum and bone recession, and tooth loss can occur.

You have the power to restore your smile's equilibrium! Call for a consultation and bring back nature's symmetry to your smile.

### Did you know?

- **75%** of adults over age 35 are affected by gum disease.
- **Up to 30%** of people may be genetically susceptible to gum disease.
- **Regular screening** by the dentist can detect periodontal disease in its earliest stage.
- **Tartar/calculus** are hard calcium deposits that infect your gums, spreading below the gumline, destroying your gums and the bone that support your teeth.
- **Only the dentist** or hygienist can remove tartar/calculus.
- **Brushing, flossing, and rinsing** at home can help you prevent gum disease. Only regular visits to the dentist can help you keep it completely at bay.

# Smile Smarter

## Music and exercise – a great combo

Turn on some tunes and take care of your teeth. Too much of a stretch? Not if you're physically fit. Music enhances reasoning, and exercise benefits your overall and dental health. What happens if you combine music and exercise?

Apparently, you get smarter. Volunteers who listened to Vivaldi's *Four Seasons* while on a treadmill performed twice as well on a test of verbal ability than when they exercised without music. The next step will be to test people using music they choose themselves.

Getting smarter is nice, but the volunteers said they felt better emotionally and mentally after working out – with or without the music.

### Here's how exercise can benefit you.

- Increases bone density for stronger bones and teeth.
- Increases cardiovascular efficiency.
- Increases flexibility.
- Increases endorphins which make you feel like smiling.



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## You Do **+** The Math!

3 minutes/day = 7 years

A lifetime of oral health and great-looking smiles is a substantial return for investing three minutes a day. Only flossing can reach between your teeth where your toothbrush can't. Experiment with different types of floss until you find one that works best.

### It's This Easy!

- + Take about eighteen inches of floss and wrap securely around your middle fingers.
- + Hold about a half-inch length between index fingers and thumbs.
- + Gently ease the floss between teeth. Press tightly against each side of each tooth, forming a C shape.
- + Ease floss up and down several times. Be sure to go below the gumline.
- + Research shows this could add almost seven years to your life!

# Real Men Really Care

## Teeth whitening is a big priority

A magazine survey revealed that 83% of their male readers intended to get their teeth whitened before their wedding. That's twice as many as those getting into better physical shape. This mirrors the experience of many dentists who are seeing more men for teeth whitening procedures.

Dentist supervised teeth whitening is a safe, reliable, non-surgical way to make your smile dazzling. A dentist can provide a system that's right for your smile.

## Grooms' Prep Plans

83% plan teeth whitening

46% plan getting into better physical shape

33% plan a self-tan

20% plan manicures

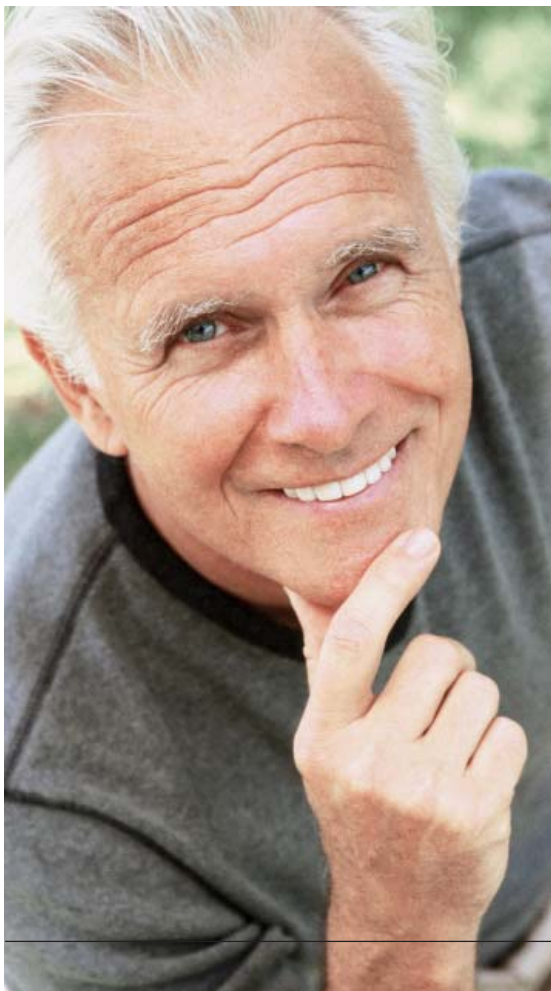
Why should men care about their smile?  
Three words: courting, career, and competition.

People notice a smile first.

The opposite sex considers a smile to be number-one on the attraction scale.

A white smile can make you look younger and healthier.

A white smile makes an impression – before you even say a word!



## Crown & Bridge

### Will make all the difference

Improving your smile enhances more than appearance. True, repairing structural problems like missing teeth with crowns and bridges can only make you look better ... even your best. But when function is restored, so will your ability to chew, speak, and socialize freely.

Here are some crown and bridge facts.

- A **crown** is a cap that covers a damaged tooth. It helps restore its normal shape and size – and strengthens it.
- When a replacement tooth is required to fill a gap, it can be affixed permanently with a **bridge** attached to the teeth on either side of the space.
- If a space is left untended, the surrounding teeth will drift, alter your bite, encourage cavities, and

negatively affect your appearance – beyond the original gap.

- High-tech materials along with custom fitting result in a strong, natural-looking restoration.
- It takes only one or two visits to the dentist to restore your smile and prevent further problems.
- No one will know you have a crown and/or bridge unless you tell them.

Could you benefit from crown and bridge treatment? You may be an excellent candidate. Please consult with a dentist. A crown and bridge can make all the difference.

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## Easy Livin'

### It's summertime!

For many of us, summertime is vacation time: a chance to spend real time with our spouse and children. Family reunions, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

Summer is also a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts! Kids off to summer camp? Make sure you impress on them the importance of daily oral care. Just a few weeks of lazy care can really affect your child's oral health.

Have a happy, safe, and healthy summer!

## For A Brighter, Healthier Smile Call Today! (519) 884-8594



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## A Special Invitation

### Go ahead & ask us!

Dear Neighbour,

The need to feel comfortable with – and confident in – your dentist is very important. We always encourage our new patients to ask questions about our practice. Because we have so many wonderful patients in the neighbourhood, we encourage you to consider our practice and to anticipate that our relationship with you would be just as wonderful.

Here are just three Q&As we discuss with new patients every day:

**(1) Will you schedule appointments that are convenient to me?**

Yes. We offer patient-friendly office hours and have an established, successful plan for emergencies.

**(2) Will you explain all of my treatment options, and help me make the decision that's best for me?**

Yes. We pride ourselves in building trusting honest relationships in a supportive atmosphere. The best patient is an informed patient.

**(3) Will you explain home care techniques?**

Yes. We are committed to preventive care. We want your smile to last a lifetime!

We care a lot about our community and are extremely proud of our reputation. All of our patients have access to preventive, restorative, and cosmetic dentistry, and receive the kind of attention only a neighbour can give.

We look forward to meeting you ... and hopefully developing a long, mutually beneficial relationship.

Sincerely,

Dr. Douglas P. Bayley

P.S. If you currently have a dental problem or concern, please schedule a **introductory consultation**. Simply call **(519) 884-8594!**

## You Have The Power!

### Brush. Floss. Rinse.

There's one lifelong mantra you need to know. *Brush ... Floss ... Rinse*. Easy to remember. Easy to master. It's a simple yet powerful strategy for oral health home care that brings a healthy sparkling smile and excellent dental examinations!

**Brushing** away plaque and food from your teeth, tongue, and gums should be done at least twice a day, but ideally after eating or drinking.

**Flossing** *correctly* once a day prevents the buildup of plaque and tartar that causes gum disease and its possible complications (infections that may be linked to cardiovascular disease, cancer, diabetes, and Alzheimer's).

**Rinsing** products can kill germs and bacteria, and freshen breath.

We would be pleased to recommend home care products and techniques specific to your dental needs.