

WORD OF MOUTH

A dental newsletter

WESTGAGE DENTAL 7-407 Gage Ave., Kitchener N2M 5E1
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Hello All,

We hope that everyone has had a relaxed and enjoyable summer.

It is now a year since we took over from Dr. Solanki. We've met most of you and we're grateful for your patience and support through the transition.

We continue to maintain the same standard of practice, where your comfort as a patient is priority, and take great pride in a team that offers friendly, family-style dentistry.

In the past year, many of you



put in a request for extended hours and we've obliged.

Please note our new hours valid from Sep. 2010 till May 31, 2011.

Lastly, we look forward to many, many years of great service and lasting relationships with our efficient team and our valued patients.

Amala & Anil Shetty

New Hours

Mon: 9am-5pm
Tues: 9am-6pm
Wed: 9am-6pm
Thurs: 10am-7pm
Alternating
Fri: 9am-12pm
Sat: 9am-1pm

A heartfelt thank you to those of you who have referred your friends and loved ones to us. We appreciate your trust.

THE OFFICE GETS A NAME-WESTGAGE DENTAL....we hope you like it.

WHAT'S NEW

As health care professionals we are committed to continuing education courses to update our knowledge and skills, both individually and as a team. We are happy to now offer our patients the following treatment options:

Invisalign clear braces, Oral Sedation, Nitrous Oxide Sedation.

Keep reading for more information on the above.

Watch your teeth on TV!!!! We now have high resolution intraoral cameras in each room helping you make a more informed decision regarding your dental and oral health.

Communication is important to us. Don't be afraid to ask questions!

Dental Anxiety?...worry not

Sedation dentistry is the answer if you suffer from dental anxiety or dental fear. It's a safe and comfortable solution for you to get the care you need and want. The protocols can be customized to meet your anxiety level and medical history, allowing you an incredibly comfortable, relaxing and safe experience. Once you are totally comfortable, we can do the dentistry you need such as complex restorative treatments, multiple treatments or simple dental procedures.

Who Is a Candidate For Sedation Dentistry?

People who have...

- High fear
- Traumatic dental experiences
- Difficulty getting numb
- A bad gag reflex
- Very sensitive teeth
- Complex dental problems
- Limited time to complete care

What type of sedation do we offer?

Oral Sedation:

Oral medication is taken 1hr.before your appointment, to make you calm and drowsy during the procedure. Make sure there is someone to accompany you and to drive you home.

Nitrous Oxide

Commonly called laughing gas because it takes the edge off and produces a feeling of complete relaxation. You will be aware of your procedure but you won't feel or recall any pain.

**ALWAYS
WANTED THAT
BRILLIANT
SMILE ????**

Bring this in and get \$100 off a \$350 whitening !! *

Whether life or time has dimmed your smile, only you can decide if its time to turn up the wattage. We can recommend a safe reliable and very effective supervised teeth whitening program that will let you brighten your smile.



At-home teeth whitening in about two weeks

Get custom-fitted trays made for your at-home use. We'll provide you with full instructions and all the supplies required for you to whiten your teeth at home. The trays are more exact than off-the-shelf products because they are made from models of your teeth. Trays can be worn for an hour at night or during the day for one to two weeks or until you get the desired level of whitening.

USE IT..OR LOSE IT
We would like to remind you that most insurance policies are set according to the calendar year. This means that if you have pending dental treatment, now is a good time to book your appointment with us. Last December we had an overwhelming number of patients who wanted their treatment completed before Dec. 31 and we could not accommodate all of them due to time restraints.

* Whitening not recommended in case of untreated cavities or sensitive teeth

If you and have always wanted straight teeth without the discomfort of braces, Invisalign may be for you!

WHAT IS INVISALIGN?

The Invisalign treatment consists of a series of clear custom made aligners which you wear over your teeth. Each aligner is individually manufactured with exact calculations to gradually shift your teeth into place. Every 2 weeks you graduate to a new set of aligners until the teeth have moved into the desired position.

ADVANTAGES:

The aligners are clear and not noticeable. They are removable unlike braces giving you the flexibility to eat and drink what you want and to brush and floss as you normally would.



Straighter teeth can lead to

Healthier Gums – Invisalign® aligners are removable so patients can brush and floss normally which can help prevent periodontal disease and tooth decay.

Research has shown that gingival health may improve during Invisalign treatment.

Easier Cleanings – The chances of having plaque retention, tooth decay and periodontal disease can be reduced with properly positioned teeth.

Less Stress – Properly aligned teeth are less stressful on the supporting bone and provide better function. Invisalign offers an alternative to aggressive, restorative solutions for orthodontic problems.



GIVE THE GIFT OF A LIFETIME BY CELEBRATING THE SEASON WITH AN UNFORGETTABLE SMILE!

This time of year brings out the best in us, and now you can bring out the best in yourself or a loved one with the gift of a straight, beautiful smile with Invisalign. Have the smile of your dreams.

Just call our office today and we'll evaluate your smile at a no-charge Invisalign consultation.



Give yourself a perio treat

Periodontal health creates the best cosmetic results.

A cosmetic procedure like teeth whitening can give you the great looks, self confidence and motivation to take care of your oral health. We're all for that!

But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and builds up when you miss removing dental plaque during your usual brushing and flossing routine.

Removing hard yellow tartar has to do with a lot more than looks . Tartar causes periodontal or gum disease.

Here are some interesting facts .

The word periodontal literally means " around the tooth"

Periodontal disease is a chronic bacterial infection that affects the gum and bone supporting the teeth.

There are many forms of periodontal disease. The most common ones are gingivitis and chronic periodontitis. Left untreated, both these diseases can lead to tooth loss.

Gingivitis is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain.

Chronic periodontitis is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

Gingivitis is reversible but periodontal disease is not, although in most cases it can be managed with professional treatment and good oral care at home.

COMING SOONour website
www.westgagedental.com

Community Involvement

Our strength is our community and it is our privilege to do for it whatever we can.

Last year our team volunteered at the Waterloo mouthguard clinic held at RIM park. The mouthguard clinic is held biannually and is conducted by the Waterloo-Wellington dental society. Every year the clinic makes hundreds of mouthguards for children at a subsidized rate of \$20 a mouthguard.

We also:

- *Donated dental products worth \$500 toward the annual fundraising event held at Mary Johnston P.S.
- *Make annual contributions to the Kidney Foundation of Canada as well as contributed this year to the Red Cross fund collection for survivors of the earthquake in Haiti.
- *Were the proud sponsors of the KW minor soccer league sky-blue team this summer.
- *Are proud of Lisbeth who volunteered last March in

the Dominican Republic through her church. Her group spread hygiene awareness as well as gave out supplies to the less fortunate kids in schools.

