



fromthedentists

Committed To You Now and always

Have you ever wondered why we are so committed to continuing education and to leading-edge technology, procedures, and materials? You are the reason.

Your enthusiasm and commitment to our team and our practice is contagious and encourages your friends and family to come and see us. In turn, our healthy, bustling practice is the engine that generates our ongoing ability to invest time and money in excellence.

Please accept our gratitude for your support and commitment to our practice family ... and yours. It's been our privilege and pleasure to provide the highest standard of preventative dental and oral health care to you, our patient, your families, and your generous referrals.

Yours in good dental health,

*Drs. Tim Begalke, Ed Kim
& Jamie Wallace*

turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

Kindness In Action

Karli's mission to Ecuador

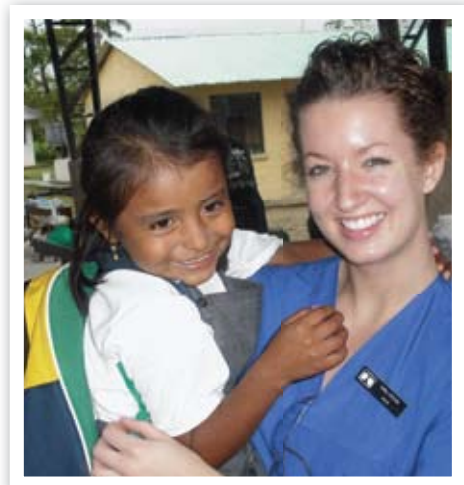
As many of you may know some employees at *Country Hills Dental* have volunteered with an organization called Kindness in Action for a number of years.

Kindness in Action is a volunteer organization that provides free dental care to people in third world countries who do not have access to or cannot afford proper dental treatment.

This January, I had the privilege of participating on a Kindness in Action trip to Ecuador. Being my first trip outside of Canada, Ecuador was quite a shock for me. We traveled to the outskirts of the Amazon Rainforest in valleys and along the cliffs of the Andes mountains to Tena, Ecuador. Having only stayed in hotels, the jungle huts scattered along the hillside in the lush Amazon vegetation were an experience alone. Along with the tarantula that paid us a visit on our doorframe and the monkeys that tried to steal our food, we were definitely reminded that we were no longer in Canada.

We set up our dental "office" every day outside a rural school on a concrete soccer field. The dental unit was very limited, with one single outdoor power outlet which provided power to the suction and handpieces used to do restorative work. The hygiene section consisted of benches for the patients to lie on and a garbage bag to spit in.

With most of us knowing minimal Spanish, it was sometimes difficult to communicate with the patients. Luckily, with our translators, and the amazing tolerance of the patients, we were able



to get a lot of work done. We mainly worked on children who desperately needed dental help. The ages ranged from about three years old to around 16 years old. Our group strived towards getting the children out of pain and educating them on preventative dental health. With busy days full of treating over 400 children, we felt that we had a very successful trip. The children and their parents were so grateful for our help and were incredibly gracious towards us, making our trip a great experience. I will never forget the bond that developed between everyone in the group and the children that we were so fortunate to meet and help.

Overall, it was an amazing trip and I feel lucky to have had the chance to be a part of it. It really makes me appreciate all that I have taken for granted here in Canada and the quality of dental and health care that we receive. I look forward to the next opportunity to go to a new country, gain a new experience, and lend a helping hand.

4 STEPS ... *In 3 minutes!*

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

Periodontal disease is progressive...

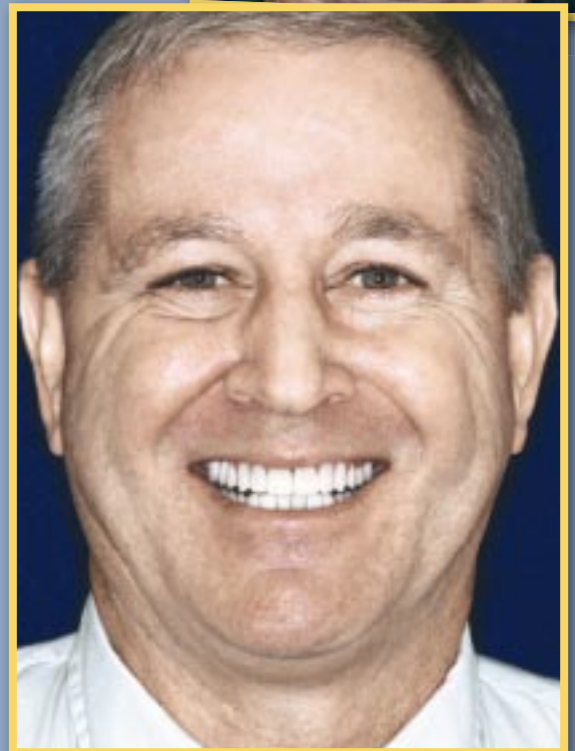
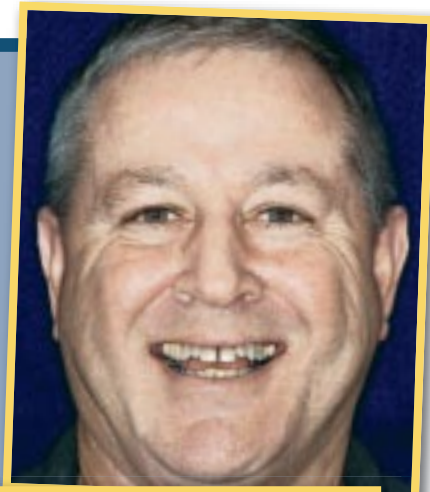
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

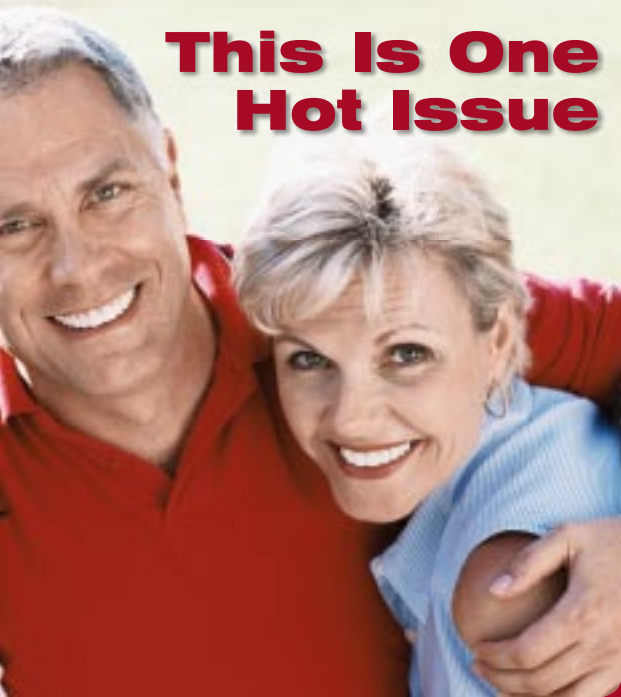
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.





Ireland Was Great!

A note from Kelly

Thank you to the dentists at Country Hills Dental Centre for sending me on an Irish adventure as part of my 10 year celebration gift.

I had such a wonderful time hiking the beautiful terrain. I saw a hundred shades of green and several Irish rainbows!

I found Dublin city to be unique and vibrant with lots to see! The people were friendly, the food was delicious and the scenery amazing. Thank you for such a special and thoughtful gift. I truly appreciated being there enjoying the beauty of Ireland.

There's Something in the Air!

It must be love! Two of our dental assistants are now engaged to be married.

Sarah's boyfriend Matt, proposed on February 28th, 2009 and they are busy planning an outdoor wedding in Airdrie on August 7th, 2010.

Dr. Kim's assistant, Jewel, accepted Wayne's proposal on May 24th, 2009. They are also looking for an outdoor location to exchange vows before their reception in Chestermere on July 24th, 2010.



We extend our warmest wishes to both of them!

office information

Country Hills Dental Centre

Dr. Tim Begalke

Dr. Jamie Wallace

Dr. Ed Kim

707-500 Country Hills Blvd NE
Calgary, Alberta T3K 4Y7

www.countryhillsdental.com

Office Hours

Monday 8:00 am – 7:00 pm

Tuesday 8:00 am – 7:00 pm

Wednesday 8:00 am – 4:00 pm

Thursday 8:00 am – 4:00 pm

Friday 8:00 am – 2:30 pm

Contact Information

Office (403) 226-1809

Fax (403) 226-5487

Email countryhillsdental@shaw.ca

Office Staff

Colleen Office Manager

Penny, Natasha, Khadija Receptionists

Kelly, Roselle, Natalie, Melanie, Whitney, Katherine, Carla Dental Hygienists

Jewel, Karli, Sarah, Helen, Janice, Fony

.....Dental Assistants



Happy 40th Dr. Tim!

We decided to have a little fun at Dr. Begalke's expense. Tim had his 40th birthday this year and was a good sport about wearing a shirt the office had made to celebrate the occasion.

Another 10 Year Anniversary!

Colleen, our office manager, celebrated her 10 year anniversary with Country Hills Dental Centre in August of this year.



She says the last 10 years have just flown by but that happens when you enjoy what you are doing. The best part of coming to work each day is the wonderful people at CHD. Colleen says she feels like they are all part of her family.