

Country Hills Dental Centre's Smile Review

Spring/Summer 2009



fromthedentists

Welcomed! Appreciated!

Some of our patients assume that our dental practice is closed to new patients. The truth is that we always accept new patients, particularly if they come to us as referrals from you.

If you are delighted with the treatment you receive at our practice, then you might consider sharing the news with friends, family, and coworkers. You know they will experience the same commitment, compassion, and concern to which you have become accustomed. But you will earn more than the gratitude of those whom you refer.

For each adult patient that you send our way, you will receive a gift certificate from one of our favourite businesses, for example: Starbucks®, Tim Hortons®, or Amici's Italian Restaurant, etc. This is just a small token of our appreciation for placing your trust and belief in us.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing patient referrals.

Yours in good dental health,

Drs. Tim Begalke, Ed Kim
& Jamie Wallace



Royal Victoria Marathon

On October 12th, 2008 Drs. Tim Begalke and Jamie Wallace completed the Royal Victoria Marathon. It was Dr. Wallace's first marathon and Dr. Begalke's second marathon. In October of 1998 Dr. Begalke had completed the New York Marathon.

The weather was more cooperative than their tired legs, however, they were able to complete the 42 km. They plan on taking some time to recover and may attempt more marathons in the future. The race started in Downtown Victoria, at the British Columbia Legislature Buildings, and passed by the harbour and continued along the ocean. Both Doctors were hoping to take advantage of a race at sea level, so chose this very scenic and relatively flat course.

Birth Announcement!

Congratulations to Dr. Ed Kim and his wife Jamie on the birth of their precious daughter! Holly arrived fashionably late by five days, on Friday March 20th, 2009, weighing in at 7 lbs, 4 oz. Proud parents Dr. Kim and Jamie are enjoying parenthood for the first time. Their dog, Rockford, will have to get used to sharing.

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Not For Women Only

6 perio facts

- 1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.
- 2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.
- 3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.
- 4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.
- 5 Tobacco and alcohol should be avoided, especially in combination.
- 6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

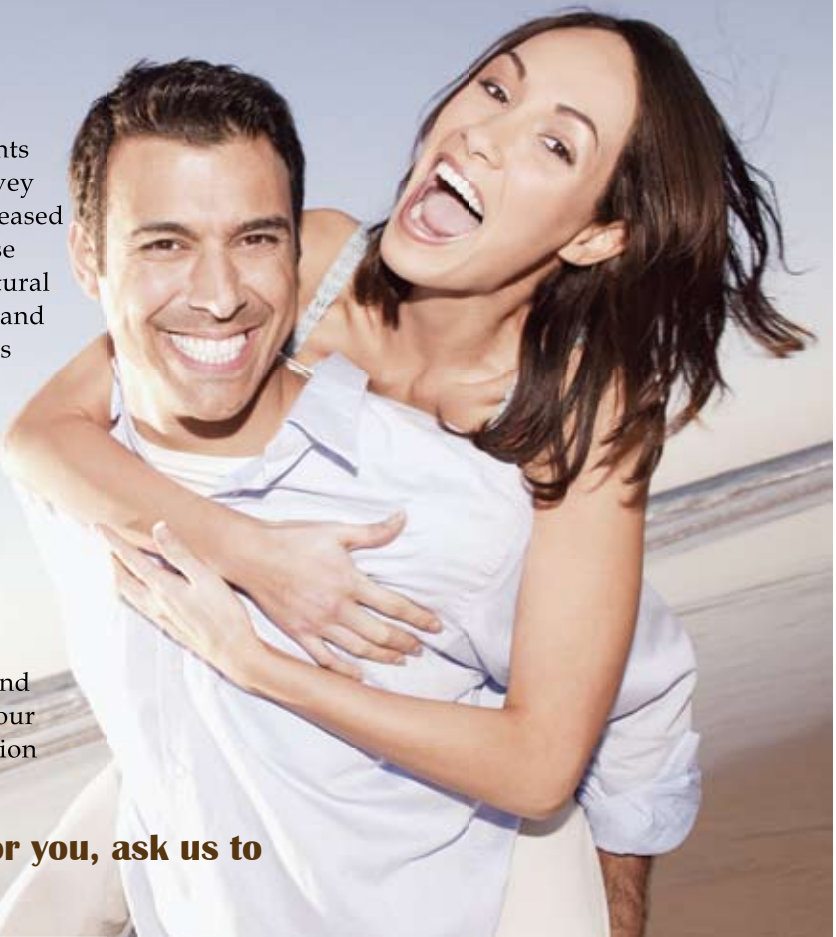
Dental Implants

Smile therapy!

Increasingly, people are choosing dental implants as the preferred tooth replacement therapy. A survey revealed that dental implant procedures have increased by almost 50% in the past five years. That's because people are discovering that implants look very natural and feel secure, allowing patients to speak clearly and eat easily. As they help prevent bone loss, implants can help maintain a more youthful appearance.

Implants have improved since their invention in 1952. A titanium post is placed into the bone to support a single replacement tooth, or a frame for several. The post will become biologically fused to the jawbone, and the replacement tooth will be secured to this post, resulting in a natural-looking fully functional smile.

Drs. Begalke, Wallace, and Kim are continually updating their knowledge and expertise in these and other state-of-the-art procedures. Depending on your particular case, implants may provide the best option for you.



If you think implants may be right for you, ask us to schedule your consultation.

office information

Country Hills Dental Centre

Dr. Tim Begalke

Dr. Jamie Wallace

Dr. Ed Kim

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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

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 Dental Assistants



Zoom!®
Your Smile!



We are pleased and proud to offer our patients the world's leading whitening system! Zoom!® is the fastest, most comfortable, and most effective in-office whitening system ever. In just two hours, your teeth will be dramatically whiter: ideal for anyone looking for immediate results, and its convenience makes it the perfect choice for the busy individual!

The Zoom! procedure is simple. We apply the special Zoom! gel which is activated by the Precision Light Guide System. Teeth typically become at least six to eight shades whiter, and sometimes even more! A five-minute fluoride treatment completes the procedure. You will be amazed with the results!

Many of you will be familiar with Zoom! because of the ABC reality show Extreme Makeover.

And now there's even more reason to smile! For a limited time, we're offering a Zoom Whitening Special! This amazing procedure regular \$595 is now only \$495. Don't delay, call to set up a no charge consultation.