



Bugle

Produced to improve your dental health and awareness

Winter 2008/2009

fromthedentist

Season's Greetings

With thanks, too

As the year comes to a close, I would like to take this opportunity to thank all of you for your loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate each and every one of you.

We enjoy your visits and sharing your news about family events and activities. It's important to me and to the staff that you enjoy those visits to our office too. Your oral health is our first priority and we are committed to providing a comfortable and friendly atmosphere so that you, our patients, enjoy a relaxed, positive experience.

As the busy holiday season approaches, I would like to extend sincere wishes from all of us for happy celebrations with your family.

Happy holidays,

Dr. Christina Binert & Associates

Use-It-Or-Lose-It!

Your dental insurance

The first cool winds of winter should be a cue to make a dental appointment as your dental insurance has seasons too. If you do not use the benefits you are entitled to, they are gone as of December 31st.

It's important to come in for a visit to get things on the go... asap ... **before** your 2008 dental insurance expires. Call us today!

To Our Patients And Friends



Cooking Class 2008

**We Wish To Extend Our Best Wishes
For A Very Happy Holiday Season
And A Prosperous New Year!**



More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers

Reproportion

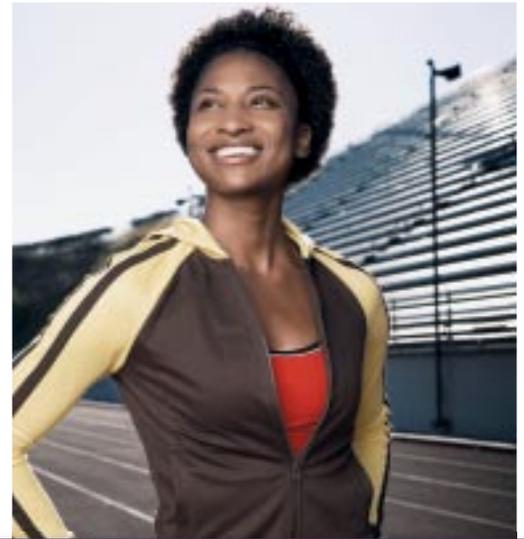


orthodontics & veneers

Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!

Wellness Tips

 **Snack on dried fruits, but remember their disadvantages as well as the advantages.** Dried fruits are concentrated sources of minerals (iron, copper, and potassium), beta carotene, and fiber, also sugar and thus calories. The sugar, combined with the sticky texture, makes dried fruit bad for teeth.

 **Don't underestimate the effect of lack of sleep on your driving skills.** Sleeping only four hours a night for five nights, on average, or five hours a night for a week can impair you as much as being awake for 24 hours - or being legally drunk. Don't drive if you're sleep deprived.

 **Another good reason to keep your blood pressure under control:** This may help prevent or at least limit, age-related cognitive decline, suggests a recent study. Lowering high blood pressure is probably as good for the brain as for the heart. Prevention studies have found that lowering it with medication significantly reduced the risk of Alzheimer's disease, while another study found that controlling blood pressure helped younger people maintain mental function.

 **Oats improve blood cholesterol levels,** a new review of research has confirmed. Since the FDA approved a heart-healthy claim for oats in 1997, studies have consistently found that they reduce LDL (bad) cholesterol without lowering HDL (good) cholesterol. Oats are rich in a cholesterol-lowering soluble fiber called beta glucan. Still it takes several servings of oats a day to get a significant effect.



officeinformation

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Office Hours

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*We have extended office hours
 for your convenience*

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Office Staff

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 Jennie Certified Dental Assistant

CareCredit



Congratulations!



Congratulations to Lisa R. who won our Name the Male & Female (species of animals) contest. Lisa won a \$100 gift certificate to Swiss Chalet.



Congratulations to our Halloween winner 5 year old Caleb.

Caleb



Our next draw will be December 15th for Christmas.