



# APPLEBY DENTAL

## Dr. Sherri Hill & Associates

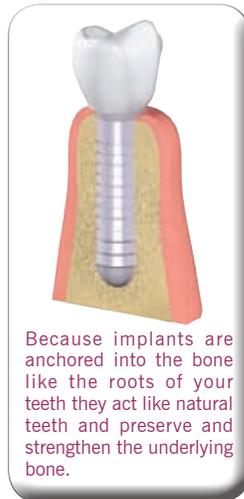
September 2010

### Smiling With Implants

**They won't know if you don't tell!**

Who wouldn't want to look better, speak better, eat better ... and smile more? Dental implants are now the treatment of choice for many people who need to replace missing teeth.

Interestingly, implants are considered by many dentists to be a more conservative intervention than traditional bridges or fixed partial dentures. They require only normal brushing and flossing to maintain oral health, unlike bridges that may make cleaning awkward. Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. There is no need to shape adjacent healthy teeth, and there are no plates to affect comfort and fit.



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An implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it. Most implants are made of titanium, an inert metal proven effective at fusing with living bone.

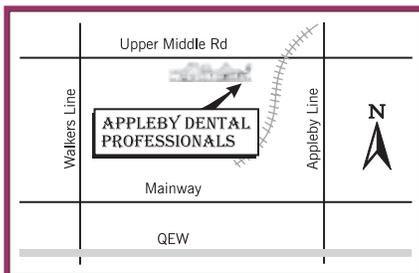
In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten – second only to natural teeth, and far above the two out of ten for their prosthetics! If you're worrying about your age ...

*don't!* The oldest known implant patient is 88; the youngest 15.

Call us for a consultation. With implants, your friends won't know how you're looking so good – but you'll feel so great, you might just want to tell them!



### Our Welcome Mat Is Out!



### Dr. Sherri Hill & Associates

Visit us at [www.applebydental.ca](http://www.applebydental.ca)

### Appleby Dental

Millcroft Professional Park  
4300 Upper Middle Road  
Burlington, Ontario L7M 4P6

### Office Hours

Monday	7:00 am – 8:00 pm
Tuesday	7:00 am – 8:00 pm
Wednesday	7:00 am – 5:00 pm
Thursday	7:00 am – 5:00 pm
Friday	8:00 am – 2:00 pm

Email [reception@applebydental.ca](mailto:reception@applebydental.ca)  
Web site [www.applebydental.ca](http://www.applebydental.ca)

**For A Brighter, Healthier Smile Call Today!**

**(905) 331-7654 or (800) 561-1311**

### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening
- ❖ Cosmetic veneers
- ❖ Tooth-coloured fillings
- ❖ Mercury-free fillings
- ❖ Crowns & bridges
- ❖ Bonding & veneers
- ❖ Orthodontic treatment
- ❖ Dental implants
- ❖ Porcelain & composite onlays
- ❖ Visa, MasterCard, American Express and Interac welcome



## How Susceptible Are You?

### Get to the root of the matter

There's a type of decay you may not have heard about. It can occur when the roots of your teeth have been left exposed by receding gums which are often caused by progressive gum disease. But recession is more frequently the outcome of brushing too hard. So root decay is associated not only with older adults, but with younger people who are susceptible too.

Once exposed, the soft roots of your teeth are even more defenseless against the acids formed by sugars than vulnerable teeth enamel. Yet believe it or not, root decay can be easier to treat. Why? Softer tissues can absorb healing fluoride more easily than tougher enamel.

Adequate fluoride, choosing alternatives to sweets, plus brushing and flossing and regular dental visits can help with *all* types of cavities.

## From The Inside Out

### Radiate confidence & personal power

There's a well-known, extremely well-documented scientific phenomenon called *the attractiveness effect*. You know – attractive kids get higher grades, and attractive adults get paid more. Now research shows that personality and grooming can boost high school grade point averages even more than beauty. This makes sense. When you look good you feel good, and just acting outgoing even if you don't feel it makes you happier, more optimistic, energetic, and confident.

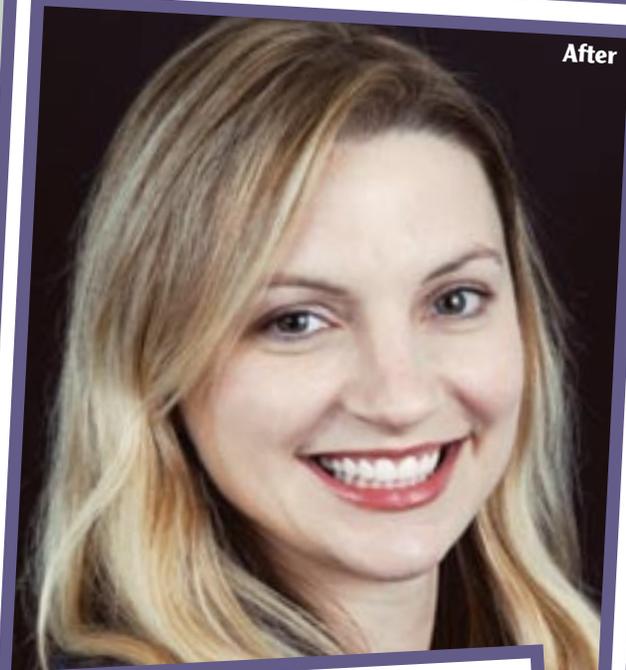
### Here's how cosmetic dentistry can light up your smile – and your charm quotient!

**If you try to hide your stained, discolored, or dull-looking teeth** ... you might only need a safe and effective dentist-supervised **whitening** treatment to get rid of stains.

**If your teeth are worn, chipped, cracked, or poorly positioned** ... dentistry can restore, reshape, and strengthen your teeth with natural-looking **crowns** or **bonding** techniques that are cosmetically pleasing. They'll make your smile brighter too!

**If you have gaps between teeth** ... bridge them with beautiful **enamel-colored crowns** or permanent **implants**. Camouflaging smaller gaps with **veneers** will enhance and re-proportion your smile.

There is nothing more charismatic than a genuine smile straight from the heart. If you're ready to match up the natural charm and potential you carry within with your warmest most-appealing smile, cosmetic dentistry can help. Please phone for a consultation and we'll show you how.



# Don't Lose Out

## Sometimes there's more than one price to pay

Can you really afford future lost workdays because you keep delaying necessary dental treatment you know you need? According to research, more than 80% of North American adults are fearful of dentistry, and more than half say it could keep them from going to see the dentist. Millions won't show up even for simple cleanings or preventive treatment that can keep their smiles healthy. Yet dental problems can often be taken care of quickly and easily if dealt with early enough. Don't let oral health problems like these keep you down.

### ■ Gum disease is progressive and can lead to...

- wobbly teeth
- bleeding gums
- sensitivity to hot or cold
- worn-down teeth
- toothache
- jaw joint discomfort
- receding gums
- lost teeth
- bad breath
- uncomfortable bridges and dentures
- misaligned teeth

Our dental team can help you avoid or treat any of these potentially serious problems by...

■ **Explaining** how many non-surgical techniques can improve jaw alignment, restore facial symmetry, correct bite problems, and replace missing teeth.

■ **Screening** for tooth decay and gum disease, and showing you home-care techniques that will keep your smile healthy and bright.

Please replace anxiety with action. Treatment can help you to feel more comfortable, look better, and socialize with greater assurance.



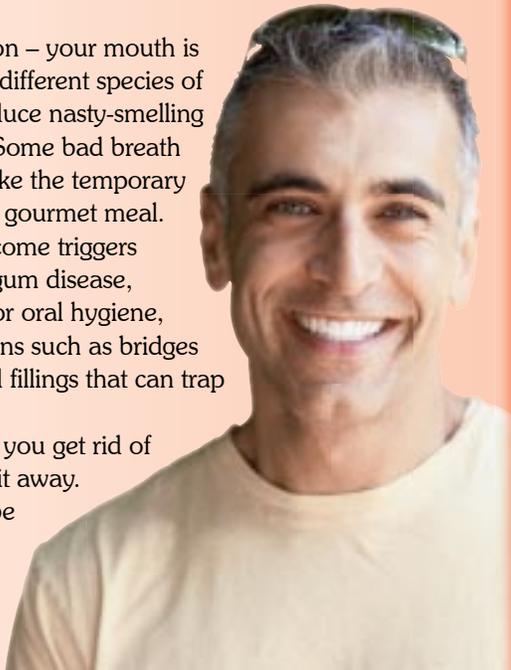
## Halitosis Stole Your Harmony?

### Take a breather

Like laughter, belting out a show tune is a super way to reduce the damaging effects of stress hormones on your body. But if the rest of the choir is moving up wind – look out – you may have bad breath!

Halitosis is common – your mouth is home to hundreds of different species of bacteria that can produce nasty-smelling volatile compounds. Some bad breath is to be expected ... like the temporary sacrifice for a garlicky gourmet meal. Longer-lasting unwelcome triggers include tooth decay, gum disease, insufficient saliva, poor oral hygiene, badly fitting restorations such as bridges and dentures, and old fillings that can trap bacteria.

Dentistry can help you get rid of bad breath and keep it away. Then you can relax, be proud, and sing out loud!



## Spa-licious Tea Baths

### You'll feel delectable

Herbal bath bags or bath tea bags are mixtures of aromatic herbs that can benefit your skin, relax you, and soothe aches and pains after a hard day.

### Here's a super-simple recipe using teas you have on hand...

- Take 4-6 favorite herbal tea bags such as
  - soothing lavender
  - reviving peppermint
  - comforting chamomile
  - restoring lemon verbena.
- Tie in cheesecloth or very fine netting in case of a tear.
- Hang the sachet on your tap, making sure the hot water runs through it until the tub is filled.
- Lay back and let the bag float in the tub with you.

You'll enjoy it so much, you'll want to make pretty organza or muslin drawstring gift bags, and share them with your friends!

## It's Your Choice Toothpaste FAQ

Toothpaste is probably the most common toiletry product there is. Hardly anyone would dream of brushing their teeth without it. Large corporations spend millions upon millions each year in product development and marketing in a never-ending search to find the best formula to keep your teeth clean and healthy.

Toothpaste has been with us since the 4th century AD, and its purpose is simple. Mixed with the natural saliva in your mouth and moved around by your toothbrush, it helps to cleanse your teeth and gums of bacteria and food particles, reduces plaque, and leaves your mouth feeling and looking fresh, and your teeth white and sparkling.

Which paste is right for you? Check for the Canadian Dental Association's Seal of Approval, and of course, ask us if you need help!

**AD**

**Call Today!**

**(905) 331-7654 or  
(800) 561-1311**



## The Best Investment?

### Prevention!

Our goal is to help you have the best possible oral health for a lifetime. For some people, only the high cost of repair is a motivator to adopt preventive habits. They know that the longer they wait, the more dental repairs will cost.

Decay in one tooth, if left untreated, will spread. Instead of one filling, you'll likely need a crown, increasing the cost by more than six times. Further delays could result in root canal treatment – even more expense!

The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, it can result in tooth loss.

It is never too late to start a preventive oral health program. Remember ... prevention is the best investment!



Healthy Gums



Periodontitis

It's an exciting time of year for your children – a fresh start, new expectations and even a little trepidation. The summer nights get just a bit cooler and before you know it, your young scholars are back in school! This year, remember to schedule your child's back-to-school dental exam before the end of summer.

We'll take this opportunity to give your child's teeth a thorough cleaning and we'll closely inspect their teeth for decay, discolouration, chips, cracks, and periodontal and orthodontic problems.

Your teens may be more concerned with the look of their teeth and with the freshness of their breath. Some treatments may be as simple as a reminder of the importance of good dental hygiene while others may be slightly more involved. Whatever the concern, we can help your teens to feel their most confident.

If your child is going to be involved in sports, we can fit them with a sports mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We hope you enjoy the remainder of these glorious summer days. We look forward to seeing your teens and little ones before the back-to-school rush!

# BACK TO SCHOOL?

*It's recare time!*

