

# Dr. Hugh Coleman & Dr. Calvin Chu's DENTISTRY on West

## DENTAL NEWSLETTER

Produced for the Patients of Dr. Hugh Coleman and Dr. Calvin Chu

Summer 2010

### fromthestaff

**BABY NEWS!** We are thrilled to congratulate Dr. and Mrs. Coleman on the birth of their first grandchild. *Jackson Thomas Trace Coleman* arrived on February 27th. New parents Jeff & Danielle are adjusting well. Also adding a new family member in July, Kim and her husband Jeff will welcome their second child.



This past year we raised funds for the *Cancer Society, Special Olympics, Salvation Army toy drive, Heart and Stroke Society* and the *Haiti Relief Fund* through our casual dress down Thursdays and patient donations. Thank you everyone for your support.

Last fall the office participated in a fun filled outing at Horseshoe Resort as we experienced tree top trekking. Then it was off to sunny Mexico for a week of R&R thoroughly enjoyed by all!



# MEXICO



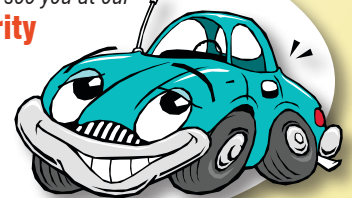
In May we attended our annual dental conference in Toronto for professional development, it was a great opportunity to update our education and check out the latest technology on the market.

Welcome, to Chris and Karen, who are working with Dr. Chu while Anne recovers from her car accident.

Finally, congratulations to our many contest winners who enjoyed movie passes and dinner gift certificates.

*Have a safe and relaxing summer!*

We hope to see you at our  
**Annual Charity  
Car Wash!**  
Saturday June 5th,  
from 9am-12pm.



*Thank you for all your referrals. We appreciate them!*

# Something To Chew On

## The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

## Here are five fruit-friendly tips...

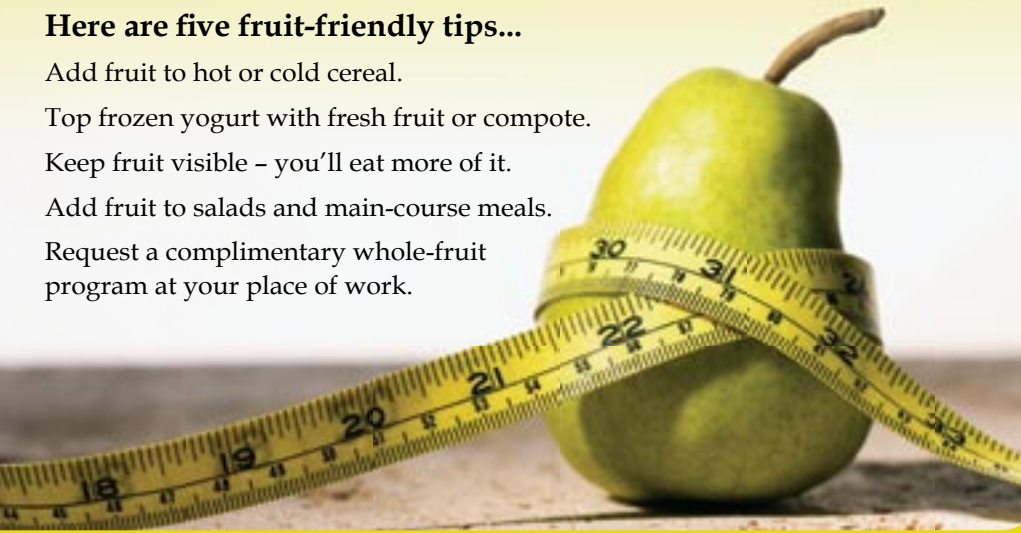
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



## Strategies From H To O

### You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO<sub>2</sub> than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

# What's Precious To You?

**Tell the world... every day!**

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



# What Do You Expect?

## Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

**About The Mouth-Body Link** - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

**About Progressive Discomfort** - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

**About Appearance** - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



## Secure & Versatile

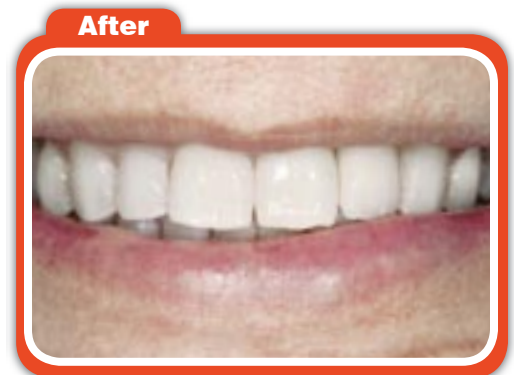
### Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

#### As if safeguarding your oral health and appearance weren't astonishing enough...

- 1 Implants require only normal brushing and flossing - no special home-care routines.
- 2 There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3 There is no metal visible above your gumline.
- 4 Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



# Importance Of Three Month Recare Appointments

Patients with a history of gum disease need to be monitored every three months. This helps to slow the disease process. Periodontal disease cannot be cured it can only be controlled.

## Symptoms:

- Persistent bad breath
- Bleeding gums
- Swollen, red tender gums
- Gums pulling away from teeth
- Bone loss
- Loose teeth
- Tooth loss

Visiting your Dental Hygienist every three months for removal of plaque, bacteria, and calculus will minimize the recurrence and destructive process.

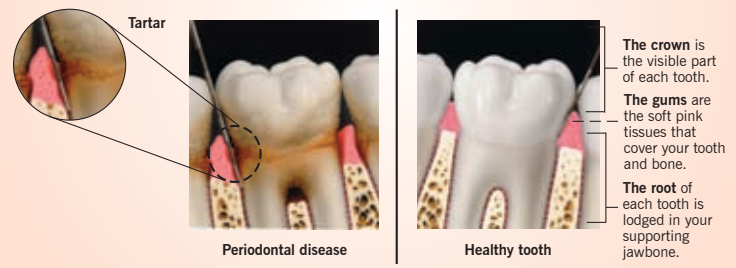
Effective home care customized to your specific needs and commitment to three month recare appointments will help to break down the strong hold of bacteria in your mouth.

If you have any questions or concerns, please be sure to ask your dental professionals.

**We care!**

## Periodontal Disease vs Healthy Tooth & Gums

**Gingival pockets** are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



## officeinformation

### Dentistry On West

Dr. Hugh Coleman  
Dr. Calvin Chu  
Massimo Palummieri (Denturist)  
369 West Street North  
Orillia, Ontario L3V 5E5

### Phone Numbers

Appointments (705) 326-4351  
New Patients (705) 326-3623  
Denturist (705) 327-0366  
Fax (705) 326-6122

### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 8:00 pm  
Wednesday 8:00 am – 9:00 pm  
Thursday 8:00 am – 6:00 pm  
Friday 8:00 am – 5:00 pm

**Saturday appointments available.**  
**Please inquire.**

*We Welcome New Smiles!*



## Dental Trivia I

### Did you know...

- Teeth in a growing fetus begin to develop only six weeks after conception.
- If you start smoking at age 18 and smoke one pack a day, you may lose 4-5 teeth by age 35.
- Today's Tooth Fairy needs a lot more silver than she did in 1900 when she left an average of twelve cents.
- Athletes are sixty times more likely to damage their teeth when not wearing a protective mouthguard during athletic activities.
- If you don't floss, you miss cleaning 35% of your teeth!
- The average American consumes 120 lbs of sugar each year. Try to choose sugar-free snacks!

*Remember to flash your pearly whites because unlike pet rocks, eight-tracks, and mood rings, a healthy smile is always in style!*

## fromthedentists

After a rather mild winter, spring came to Orillia early this year. Hopefully this is a sign of a great summer to come. On that note, May 29th is our last Saturday (we open one Saturday each month) before summer. Saturday appointments will resume in September.

As the weather becomes pleasant, we can become distracted with outdoor activities, and forget prior engagements. Please remember that your appointments are times especially reserved for you. If something important comes up, please try to give us 48 hours notice so that we can adjust our schedule to help others who may need appointments. Thank you to all of those who are already doing this.

Once again, we would like to thank all of our wonderful patients for putting your trust in us. The highest compliment you can give us is the referral of your family and friends.

Sincerely,

Dr. Hugh Coleman and  
Dr. Calvin Chu