

## Stressed Out?

### Call us!

Did you ever think that a dental visit could help you to deal with symptoms of stress? People who are under a lot of pressure grind their teeth, bite their cheeks, and neglect their usual oral health routines like home care and dental visits. Research shows that stress weakens your body's immune system, creating a gateway for an oral bacterial infection that can lead to inflammation of the gums, bleeding gums, and eventually, even to loss of teeth and supporting bone.

There is no single, all-purpose solution to handling tension, but besides booking a dental appointment, here are a few suggestions that could help...

- Don't rely on your memory... write it down.
- Break large tasks into bite size portions.
- Set priorities in your life.
- Get enough sleep.
- SMILE!

## Call Today!

**(613) 599-5076**

## A Special Invitation

### Dear Neighbour,

The need to feel comfortable with – and confident in – your dentist is very important. We always encourage our new patients to ask questions about our practice. Because we have so many wonderful patients in the neighbourhood, we encourage you to consider our practice and to anticipate that our relationship with you would be just as wonderful.

Here are just three Q&As we discuss with new patients every day:

#### (1) Will you schedule appointments that are convenient to me?

Yes. We offer patient-friendly office hours and have an established, successful plan for emergencies.

#### (2) Will you explain all of my treatment options, and help me make the decision that's best for me?

Yes. We pride ourselves in building trusting honest relationships in a supportive atmosphere. The best patient is an informed patient.

#### (3) Will you explain home care techniques?

Yes. We are committed to preventive care. We want your smile to last a lifetime!

We care a lot about our community and are extremely proud of our reputation. All of our patients have access to preventive, restorative, and cosmetic dentistry, and receive the kind of attention only a neighbour can give.

We look forward to meeting you ... and hopefully developing a long, mutually beneficial relationship.

Sincerely,

Dr. Yamen Ghamian

Dr. Habib Khoury

P.S. If you currently have a dental problem or concern, please schedule an introductory consultation. Simply call (613) 599-5076!

## Getting It Done!

### Fall's the time

There's a saying that if you want something done, ask a busy person... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care

is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment. Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

# TOOTH TALK

*Centrum Dental Centre*

Fall 2006

## A Smile Is Never Trivial

### But here's some implant trivia

In 1952, a Swedish Professor Per-Ingvar Brånemark had a lucky accident. He discovered that titanium bonded irreversibly to living bone tissue. The first practical application of *osseointegration* was the implantation of new titanium roots in 1965. Here are some more dental implant facts...

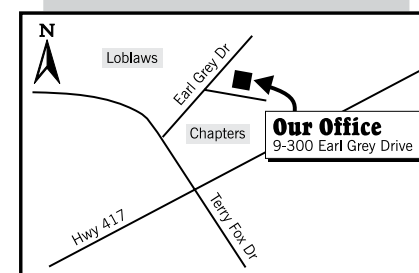
- A dental implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it.
- Dental implants can anchor dentures or replace the form and function of only one tooth up to an entire jaw of teeth.
- The oldest known implant patient is 93; the youngest 15.
- Implant-supported dentures behave more like natural teeth, overcoming problems associated with bone loss, gum soreness, and difficulty with

chewing and speaking.

- 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!
- Dental implants are minimally invasive:
  - Dental implants require only normal brushing and flossing to maintain oral health.
  - 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. This avoids the bone loss which is otherwise inevitable with tooth loss.
  - There is no need to shape or reduce healthy teeth enamel from adjacent teeth.



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**(613) 599-5076**

**Centrum Dental Centre**  
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Dr. Habib Khoury  
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### Office Hours

Monday 8:00 am – 5:00 pm  
Tue-Thu 8:00 am – 8:00 pm  
Friday 8:00 am – 3:00 pm  
Saturday 9:00 am – 3:00 pm

Email [centrumdental@bellnet.ca](mailto:centrumdental@bellnet.ca)  
Web site [www.centrumdental.ca](http://www.centrumdental.ca)

### Our Services Include:

- ❖ Cosmetic dentistry
- ❖ Zoom!® whitening
- ❖ Crowns & bridges
- ❖ Dental implants (*restorative phase*)
- ❖ Root canal treatment
- ❖ Children of all ages welcome
- ❖ Relaxing & friendly environment
- ❖ Committed to excellence
- ❖ Intraoral camera
- ❖ TVs, videos, & music in treatment rooms
- ❖ Free parking
- ❖ Visa, and MasterCard welcome

*Because YOU are our neighbour...*

*We'd like to extend to you a very SPECIAL OFFER & INVITATION.*

*See the letter on Page 4 for details...*