

CEREC 3D Restorations

Today, cosmetic and restorative procedures that formerly required many uncomfortable hours "in the chair" and weeks of waiting for restorations to arrive can be completed in about one hour in our practice! CEREC 3D™ allows us to repair damaged teeth using colour-matched ceramic materials in just one appointment. The CEREC 3D system harnesses the power of the computer to create perfect porcelain crowns, inlays, and onlays. Let us explain ceramic inlays and onlays to illustrate how CEREC 3D works.

An inlay is used when repairing the chewing surface of a tooth. We excavate the damaged material, leaving an irregular shaped hole in the tooth's surface. The prepared tooth is scanned with a digital camera that records the exact size and shape of the excavation. Computer software generates a virtual model, and then automatically mills a restoration from a solid ceramic block that can be immediately fitted and bonded into place.

A ceramic onlay involves a restoration that flows from the tooth chewing surface over and down the side(s). Similarly, the tooth is prepared and scanned, and a colour-matched ceramic restoration is permanently bonded to your tooth.



BEFORE

AFTER

Come See Us



DENTISTRY IN WATERLOO

Dr. Holman Yu
Dr. Don Edwards
301-55 Erb Street East
Waterloo, ON N2J 4K8

Office Hours

Monday 10:00 am – 7:00 pm
Tuesday 8:30 am – 4:30 pm
Wednesday 8:00 am – 5:00 pm
Thursday 8:00 am – 1:00 pm

OUR SERVICES INCLUDE:

- Cosmetic & family dentistry
- Tooth whitening
- Mercury-free fillings
- Bonding & veneers
- Invisible braces
- Dental implants
- Children of all ages welcome
- Digital X-rays
- CEREC™ (one time visit crowns)
- Dental Implants (from start to finish)

Email: info@dentistryinwaterloo.com • Website: www.dentistryinwaterloo.com

Call Today!

(866) 349-4704

We Welcome New Smiles!

If you presently have a dentist you are happy with, please consider this information helpful. If you are looking for a dentist, please think of us.

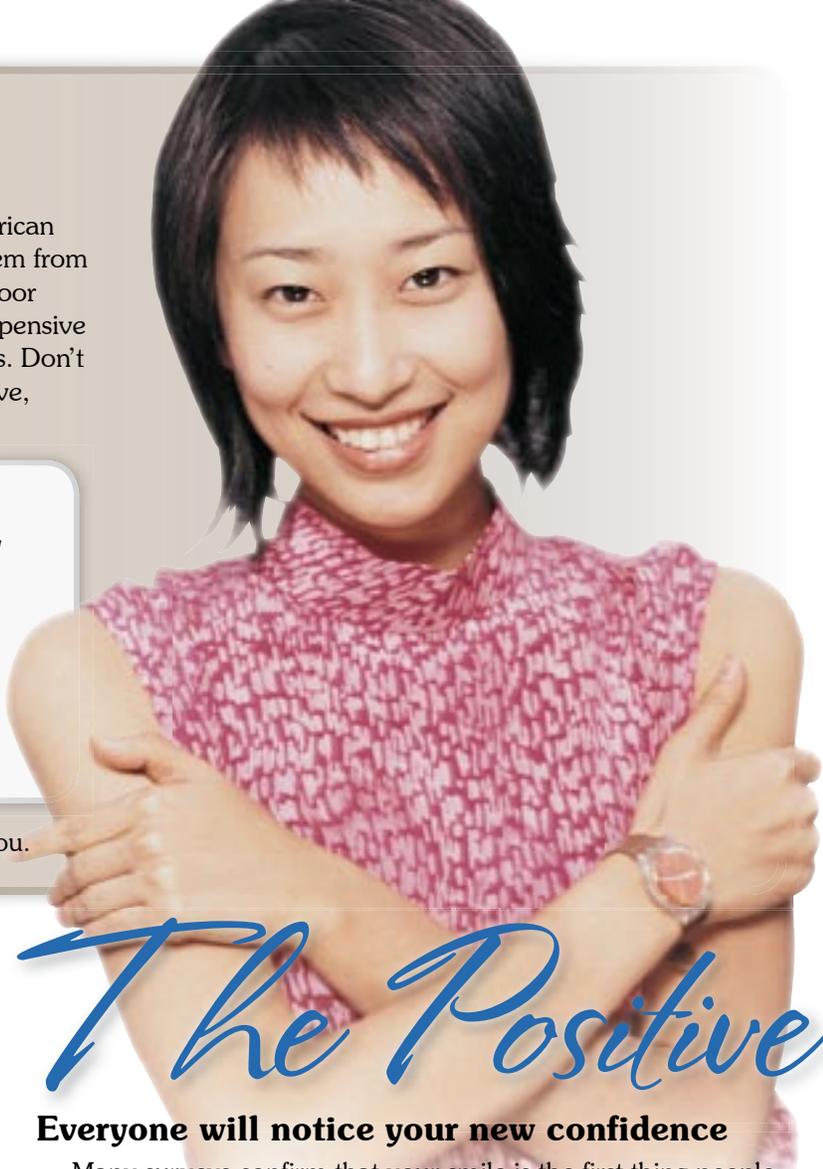
It's All Good Tips for the fearful

Fear of the dentist afflicts more than 80% of North American adults. That's sad. More than half say fear may keep them from going to see the dentist. That's bad, and unnecessary. Poor oral health can lead to more serious and increasingly expensive problems that can affect more than your teeth and gums. Don't let your anxiety keep you from benefiting from preventive, restorative, or cosmetic dentistry.

Here are some tips we know can work...

- Make that first appointment – then keep it. Delaying may complicate treatment.
- Share your fears with us.
- Ask questions. You'll feel more in control.
- Avoid pre-visit stimulants like caffeine and sugar that may promote anxiety.

This is really important. Please let our dental team help you.



Accentuate The Positive

Everyone will notice your new confidence

Many surveys confirm that your smile is the first thing people notice about you and that people make instant judgments about you based on its appearance. You may already have been on the receiving end of some non-verbal assessments. So why wouldn't your smile play a significant role in how you feel about yourself?

Here are some more questions for you. Do you find yourself pursing your lips ... or covering your mouth to hide your smile? Do you run for cover when the camera comes out?

If you're self-conscious, your best first step is to discuss your concerns with us. Try to keep an open mind no matter how unattainable you think your dream smile is. You might be surprised at some of the simple procedures that can make a big difference very quickly...

- **Brighten teeth that are stained or discoloured**
- **Replace dark and unsightly fillings**
- **Straighten the appearance of teeth that are crowded or crooked**
- **Camouflage embarrassing flaws like spaces, or repair chips and cracks**
- **Fill gaps**

Call today for an appointment to discuss smile solutions to accentuate *your* positive! You could be feeling more confident and outgoing before you know it!



Put Down That Donut!

Our reasons why might surprise you

Did you know that gum disease can develop within days of upping your sugar intake? It also improves within weeks if you cut out starchy foods that break down into sugars in the mouth. Gum disease may be linked to systemic diseases like heart disease and diabetes, which in turn have also been linked to the consumption of sugars and starchy foods. So really, gum disease and tooth decay could be alarm bells that signal risk of chronic health problems. What to do? Monitor your oral *and* general health.

For example, take a moment to go through this checklist. Do you have any of these 10 symptoms of gum disease?

- 1 Red, swollen, or tender gums, or other pain in your mouth
- 2 Bleeding while brushing, flossing, or eating hard food
- 3 Gums that are receding or pulling away from the teeth, causing the teeth to look longer than before
- 4 Loose teeth
- 5 Teeth that are drifting apart
- 6 Pus between your gums and teeth
- 7 Sores in your mouth
- 8 Persistent bad breath
- 9 A change in the way your teeth fit together when you bite
- 10 A change in the fit of partial dentures

Gum disease often appears silently without noticeable signs, so even if you don't experience these symptoms, be sure to visit us regularly. Early diagnosis and proper home care routines are essential to good oral health.



Keep It Clean

The big kiss off

Hand washing is one of the most recommended ways to avoid getting infectious diseases including the common cold and flu. However, the *Centers for Disease Control* has taken its campaign one step further. To halt the spread of flu-related illness, they advised college students to refrain from kissing or, believe it or not, to at least wear a surgical mask while doing so. Yikes – cavities and gum disease can also be transferred by kissing!

In fact, tasting your family's food, or just blowing on it, can transmit oral bacteria that over time may lead to destructive gum disease. Sharing eating utensils or toothbrushes are other no-no's.

Don't worry, we won't tell you to stop kissing with or without a mask! But please practice a good daily oral health routine and have regular checkups.

Through Thick Or Thin

Friendly fruit salad

Got a *thin* friend who eats a lot? According to research, that may lead you to eat more. So can spending time with *overweight* friends. Bewildered by these contradictory findings? Don't worry – you can rely on yourself to eat right and eat smart. Here are some wholesome **low-cal, low-sodium, high-fiber,** and **high-antioxidant** fruits you can eat on their own or add to your favorite greens for a terrific salad.

Sometimes sour ... sometimes sweet... Enjoy these good-for-you flavors!

- **Grapes** – a good source of iron;
- **Cranberries** – may inhibit oral bacteria that cause dental caries and gum disease;
- **Cherries** – particularly tart ones, may reduce inflammation;
- **Figs** – provide potassium and bone-building calcium;
- **Pears and apples** – rich in vitamin C.

Bonus: These “super fruits” grow in North America, and because 80% of North Americans are purchasing locally, more than 90% want to know that!



Whitening Savvy

We can help!

Does the number of in-store teeth whitening products provide genuine consumer choice? In reality, many patients experience a bewildering jumble of products that don't necessarily address your specific need – your unique smile. We can provide you with a whitening treatment that is the best fit for your smile.

Whitening treatments can...

- Whiten accumulated surface stains created by everyday eating and drinking.
- Meet the challenge of stains trapped in microcracks in tooth surfaces.
- Remove stains in tooth structure caused by illness or medication – something only a dentist can do.

We will assess your smile to determine which of the various whitening options will work best to suit your individual needs. And now there's even more reason to smile!

For a limited time, we're offering a special on our take-home whitening treatment!

Tooth Whitening Special!

NOW
\$145

TAKE-HOME
WHITENING KIT

Regularly \$295

Offer ends: Dec. 31, 2010

**With completion of new patient exam.*

Child Dental Care

Brushing: When they can walk, they can try brushing. Use a pea-sized amount of fluoride-free toothpaste for at least two minutes. Try making it a game.

First visit: Start between ages two and three. You can play dentist ahead of time, and examine each other's teeth. Communicate fun!

Sealants: Plastic tooth-coloured material will protect molar surfaces from cavities, without discomfort, for up to fifteen years.

Emergencies: Some 14% of children will experience a toothache, a chipped or broken tooth, or a knocked out tooth – so prepare an action plan. It is crucial that your child gets to a dentist as quickly as possible for evaluation and treatment. Please keep our phone number handy!



DIGITAL RADIOGRAPHS

We learn a lot about your oral health through a visual examination of your teeth and gums. But even with 20/20 vision, there are things that can't be seen with the naked eye. Technological tools are invaluable in helping us detect potential trouble, and by far the most effective of these is the dental radiograph, or x-ray. It enables the dentist to detect, diagnose, and plan treatment long before problems become visible to the naked eye.

Digital x-rays, which use less radiation than traditional x-rays, use a sensor that is about the size and shape of a domino to send signals to a computer which translates them into large, crisp, electronic pictures of your teeth, supporting bones, and gums. The pictures can be enlarged, coloured, and stored for future reference.

Call (866) 349-4704 to book your consultation and find out how digital x-rays can guard your smile today!

Yours in good dental health,

Drs. Yu & Edwards



Visit our website for more information at:

www.dentistryinwaterloo.com

**Call us today at
(866) 349-4704**

 **Mixed Sources**
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