



Dr. Mark A. Baluschak's

Smile File

Cosmetic & Family Dentistry

fromthedentist

Always A Step Ahead...

The amazing benefits are yours!



We've **Digitally Equipped** each Operator Chair and made a serious commitment towards your better dental health. **Riding the Techno Wave**, we've installed **improved intra-oral cameras**, **NEW computer screens**, **digital photographic cameras** and **digital x-ray machines (up to 90% less radiation!)** ...all designed to diagnose earlier, maintaining superior comprehensive records, and enhance communication.

See for yourself!

*We're taking show-and-tell
to a whole new level!*

We believe in staying progressive, and take your dental care seriously.

Technology allows us to illustrate problems and preventative solutions, and ultimately improve your treatment results.

The reward? Easy and effective modern detection minimizes invasive treatment. Marvel at the possibilities of how your treatment options can improve your health and help you smile with more confidence.

We're proud of *our*
state-of-the-art dentistry and
flattered that the word is spreading!

Go Home Smiling!

Calm and cool with nitrous oxide sedation

NEW

If you're nervous about any aspect of dentistry, we can make your next visit a lot more comfortable with nitrous oxide. Commonly referred to as laughing gas, it is an effective anesthetic with many benefits for patients. This type of sedation dentistry is appropriate for those individuals who are dental phobic, people with sensitive gag reflex, and people who require surgery or are scheduled for extended and complex treatments.

Prior to administering any anesthesia, we'll discuss your medical history with you and will ask questions

such as whether you or anyone in your family has had difficulty with anesthetics, if you are pregnant, taking steroids, or if you are on medication for high blood pressure.

If you're apprehensive about dental visits, the first step is to call. We can work with you to eliminate the discomfort and fear that are often barriers to better oral health.

Benefits of nitrous oxide include:

Elimination of fear, reduction of anxiety.

Reduction of anxiety about injections, and may even replace an injection of local anesthesia.

Increases comfort levels throughout treatment. Heightens relaxation.

Decreases gag reflex and saliva flow.

Increases sense of control.

Full awareness/consciousness during treatment.

Ability to adjust sedation requirements throughout treatment.

Effects are completely reversed within five minutes.

Thank you for all your referrals - we appreciate them!



Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
Veneers & Bonding Flossing and brushing with soft or ultra-soft brush Mild, non-abrasive toothpaste Electric toothbrush	Crowns, Bridges, Implants Interdental brush Sulcus brush Oral irrigator Floss & floss threader	Fixed Orthodontics Interdental brush Orthodontic toothbrush Multipurpose floss Oral irrigator Sulcus brush

Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released
in your brain by:
sunshine
exercise
meditation
massage
smiling and laughing!



Discreet Dental Implants

Anyone
You
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

The Secret Is Strength

Crown & bridge can
restore your smile

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



Perio Primer

Defend yourself against gum diseases

The term *periodontal disease* is something of a misnomer. It actually encompasses *several* diseases of the periodontium.

What makes up the periodontium?

- **Gum (gingiva):** a protective barrier that keeps out harmful bacteria. Healthy gums are pink, firm, and securely attached.
- **Sulcus:** the crevice between the gum and the tooth.
- **Cementum:** the surface of the root.
- **Connective tissue and ligaments:** attach gums to teeth and bone.
- **Bone:** support for teeth and connective tissues.

How do periodontal diseases start?

Oral bacteria build up, especially around the **sulcus** to form a soft biofilm called plaque that can harden into cement-like tartar or calculus. Calculus damages the **gingiva** and causes inflammation which can progress.

What are the two most common periodontal diseases?

GINGIVITIS is inflammation that affects the gums. The chronic form affects about 90% of the population and is

characterized by tender, red, swollen gums that bleed easily and can cause bad breath. Early treatment is effective, and without it, gingivitis can worsen.

PERIODONTITIS shares the same symptoms as gingivitis but damages the **bone** and **connective tissue**, leading to tooth loss. It can expose the **cementum**. Chronic periodontitis is most common. Other forms tend to be age-, hormone-, or disease-related. Some may progress unusually quickly.

What about treatment?

Prevention through proper oral hygiene habits at home and regular dental visits is best. In addition, we have many effective interventions to treat periodontal diseases should they develop.



RSVP ... Ask us about oral cancer

Smoking and drinking alcohol are the leading causes of oral cancers. Now there's a new kind of cocktail to die for. Tobacco smoke combined with your own saliva has been called a recipe for cancer of the lip, mouth, tongue, gums, larynx, and pharynx.

Healthy saliva contains antioxidants which afford some protection against cancer. Once exposed to cigarette smoke, saliva loses the antioxidant advantage. Not only that, it transforms itself from a harmless benefactor into a toxic predator that actually aids in the destruction of oral tissue.

Early symptoms are painless. Early detection works. You can fight oral cancer by quitting smoking, reducing alcohol consumption, conducting regular self-examinations, and keeping your regular dental appointments. We are trained to detect the signs and symptoms of oral cancer, and we'll be happy to answer your questions. No invitation required.

officeinformation

Dr. Mark Baluschak

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Office Hours

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

Contact Information

Office (905) 842-1552

Please help us serve you better...

■ Please provide us with any new phone numbers and addresses.

■ Kindly provide a minimum of 2 business days notice of changes to any appointments as it affects many people.

Thank you for your consideration.

This newsletter relies on your input to be successful, so don't be shy about mentioning any topics that you would like to see included in a future issue.



What Does Your Smile Say!

Smiles can communicate who you really are

Sometimes we override our natural impulse to smile because we're ... well ...embarrassed about how it looks.

In surveys, virtually everyone rates the smile as the first thing they notice when they meet someone new. Is it any wonder that cosmetic dentistry is a growing industry? That's because people know that their smiles communicate who they are.

It's also because there are many non-surgical, non-intrusive procedures that can resurrect your smile - many in as little as one visit...

Whitening can lighten discolored teeth.

Tooth-colored composite can replace dark, silver-colored fillings.

Crowns can restore damaged teeth.

Veneers and bonding correct gaps, crooked, stained, or chipped teeth.

Bridges and implants replace missing teeth.

With cosmetic dentistry, you won't have to hide your smile, and you can benefit your health by improving function as well as appearance. But by far, the most transformative effect is bringing back your smile and communicating what you mean.

Giving a smile can feel every bit as good as getting one. We welcome a consultation to discuss your smile with you!

