

Cor-Dent Dental Centre's

NEIGHBORHOOD NEWS

Dr. Patti Ling, Dr. Sundeep Patel, & Dr. Erin Eyer

Spring 2008

A Special Invitation

Go ahead & ask us!

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 neighborhood, 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&A's 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 neighbor can give.

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

Sincerely,

Drs. Ling, Patel and Eyer



**We Welcome
New Smiles!
Call Today!
(204) 452-7000**

Cor-Dent Dental Centre

Dr. Patti Ling

Dr. Sundeep Patel

Dr. Erin Eyer

929 Corydon Ave

Winnipeg, MB R3M 0W8

Office Hours

Monday 8:00 am – 6:00 pm
Tuesday 8:00 am – 8:00 pm
Wednesday 8:00 am – 7:00 pm
Thursday 8:00 am – 8:00 pm
Friday 8:00 am – 5:00 pm
Saturday 8:00 am – 4:00 pm

Web site www.cor-dent.com

Comprehensive Services Include:

- Family & cosmetic dentistry
- Tooth whitening
- Veneers & bonding
- Crowns & bridges
- Tooth-colored fillings
- Implants (restorative phase)
- Periodontal maintenance & hygiene services
- Nitrous oxide sedation & oral sedation
- **New patients welcome**
- **Evening and Saturday appointments**
- **We accept all dental insurance plans**
- **Emergency patients always welcome**

Practice Features Patient Benefits

At our practice, patient comfort comes first ... always. We appreciate the trust you have placed in us, and work hard to ensure that our services and policies meet your needs.

Grin... Or Grimace?

You tell us!

The average person can exert up to 200 lbs of muscular force on their back teeth... that's a lot of pressure! So much so that for some individuals, stress-related teeth grinding and jaw clenching can cause serious dental damage. Men especially often wait too long and only seek help after tolerating increasing pain and injuring their smiles' function and appearance.

Here are 9 telltale signs that indicate a stressed-out smile...

- 1 Ground-down eye teeth
- 2 Popping, clicking jaw joints, and difficulty biting
- 3 Recurring headaches
- 4 Chipped edges on front teeth
- 5 Feeling stressed and anxious
- 6 Worn cusp tips on premolars and molars
- 7 Loss of tooth enamel and dentin
- 8 Cracked teeth
- 9 Damaged restorations

Recognize yourself?

Don't just grin and bear it. Let dentistry help you.

Think About Links

Connect with
dentistry for
better health



Even if you think your teeth and gums are healthy ... and even if you don't have rheumatoid arthritis ... reading this could help you. According to research, people with rheumatoid arthritis could be more than twice as likely to have gum disease with accompanying jawbone loss and tooth loss. What does this have to do with you? Well, understanding that each of these is an autoimmune disease with chronic inflammation could provide clues to improve treatment – or even prevent – both disorders.

Science hasn't confirmed a cause-and-effect relationship between the mouth and the body, however, scientists theorize that either: (a) Oral bacteria enter the bloodstream and release toxins that affect other parts of the body; (b) Bacteria-fighting blood cells trigger the body's own immune system to actively work against itself.

How can dentistry help you?

- Dentists can simply and effectively monitor the health of your gums over time.
- Because bone loss in your jaw can occur without obvious gum damage, dentists can use safe and effective x-rays to evaluate the health of your gums and bones.
- Dentists can provide professional instruction in home-care routines that, along with cleanings at the dental practice, will help ensure your oral and overall health.

Gum disease may be associated with heart, lung, and kidney diseases, cancers, diabetes, and osteoporosis, as well as rheumatoid arthritis. How can you help yourself? Visit a dentist regularly.



And The Winner Is...

Guava!

Move over blueberries, broccoli, and pomegranates! Red carpet *superfoods* like these will soon be vying for the limelight with ... guava! This exotic yet readily available fruit also boasts a high antioxidant content, so it's good for your immune system and can help lower cholesterol and protect your heart.

For centuries guava leaves have been chewed to relieve toothaches and used as a decoction for gargling to relieve oral ulcers, inflamed gums, and sore throats.

Guava's distinctively aromatic fruit looks much like a small pear or apple, and once ripe, every part is edible. The rind alone contains over five times more gum-protecting vitamin C than an orange, and the fruit is exceptionally high in calcium for healthy teeth and bones. The glamorous guava: good for you and delicious too!

Would You Do It?

Go ahead – wear a crown – and smile again!

Today, self-improvement opportunities abound – from gyms to plastic surgery to spa treatments. Why? Because people like you demand them. Same thing with dentistry. Appearance matters, so patients like you are asking for treatments that will help them look great *and* feel great. Dental crowns, for example, can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile. The crown is the part of the tooth that you can see above the gumline. When even one becomes damaged, it can affect your appearance and your ability to eat, speak, and smile.

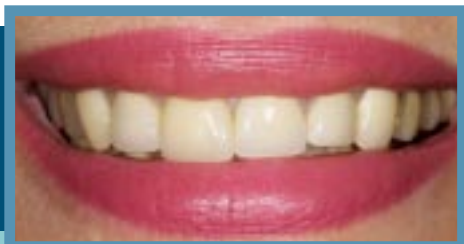
Crown restorations fully cover the damaged tooth to prevent further trauma and provide a seal against bacteria when...

- Too-large fillings have challenged the integrity of tooth structure;
- The tooth has broken or fractured;
- Root canal therapy has left the tooth brittle and weak;
- A gap needs a bridge to prevent shifting teeth and an altered bite.

Dental implant crowns are placed permanently onto an artificial root...

- To replace a single tooth;
- For full-mouth reconstruction;
- To retain an overdenture;
- To retain a fixed bridge.

Today's crowns are the most popular restoration option for people like you who want to improve their oral health *and* their smiles – so add dentistry to your list of terrific things to do *just for you!*



Dental crowns can brighten, recontour, and restore alignment to your teeth for your most healthy and vibrant smile.

**Think
Lunch
Break!**

5 Reasons To Recontour

You've probably heard about one-hour teeth whitening, but did you know that you can also get tooth reshaping or dental recontouring done over your lunch hour? Tooth-colored materials can be used quickly, easily, and comfortably to create a dramatically straighter-looking, more-even smile.

One-visit tooth recontouring is a great choice for minor smile flaws – and it can create virtually instant results.

Re-invent your smile and camouflage teeth that are...

1. Ridged or pitted
2. Chipped or fractured
3. Crooked
4. Uneven in length
5. Crowded or overlapping

Call the dentist for a consultation and find out how dental recontouring can make a dramatic difference in your smile! And if you want to create even more drama – your dental team will be happy to discuss other cosmetic options!



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 both safe and effective, and which is the best fit for your smile.

We 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.

And now there's even more reason to smile! For a limited time, we're offering a Whitening Special!

In Office Whitening

\$100 off

Regular \$500

Now \$400

Offer ends: June 1st, 2008

Bring in this newsletter to receive special.

**Call to book an appointment
(204) 452-7000!**



Make A Difference!

About half the North American population avoids regular dental care, and 30-40 million people never go to the dentist because they don't understand how today's dentistry is different from years past.

Did you know that dentistry can help you smile more? It may...
...improve your smile power ... encourage you to socialize with confidence ... make you look younger ... help you speak more clearly... help you to eat with ease...

Dentistry has something to offer all generations. Did you know that...

- whitening can give you a bright, attractive smile?
- non-surgical cosmetic treatments including whitening, re-contouring, bonding, and veneers are among the most popular choices of your peers?
- healthy gums and fresh breath are attainable with regular dental checkups and proper home care?
- comfortable dental appliances for tooth replacement are a reality? We can tell you how...
- oral health is directly linked to your overall health;
- the three-minute flossing habit may help you live longer,
- regular dental checkups may help you and your family achieve a lifetime of healthy smiles.

Please give us a call at 204-452-7000 for a FREE consultation to discuss what we can do for you!

Thank you!

Drs. Ling, Patel and Eyer

Meet The Dental Team

Getting to know us

It is truly a privilege to practice dentistry. Scientific knowledge has exploded, giving us better technologies to improve your oral health and your self-esteem – all while keeping you comfortable.

We are always very happy to welcome new patients to our practice, and we welcome your call to schedule an introductory appointment with us! Please feel welcomed to visit our web site at www.cor-dent.com; it



offers information about our team, our philosophies, and of course, describes our full range of services. It's been designed with you in mind!



Mixed Sources
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