



Aponia Dental

Happy Holidays from Aponia Dental!



Dear Community,

Welcome to a new year and a time to re-define!

I have been very fortunate to have my administrative team, Krista, Sheila, Candace and Corinne, help me shape the patient experience through their consistent questions. How do we make the experience for busy, working parents more comfortable? What are the key factors that could help in decreasing the stress of our patients? How can we use advanced technology to help patients manage their schedules so that they could have the best dental care available?

This year, we will be redesigning the office so that we can achieve a new level of patient convenience. Our hope is to use technology so that we can connect with our patients and improve their dental experience.

I encourage you to explore our clinic at www.aponiadental.ca.

We look forward to helping you achieve the brightest, healthiest smile possible!

Dr. Brandon Wong & Team

DENTAL HEALTH: THE MOUTH/BODY CONNECTION

The American Academy of Periodontology has evidence that infections in the mouth can lead to a host of other, seemingly unrelated, medical problems in some people. The rationale behind this is the body's reaction to the inflammatory process in the mouth due to periodontal disease. This inflammatory response is a definite factor in heart disease.

While more research continues to be conducted, findings to-date link periodontal disease with a higher risk of heart disease, stroke, uncontrolled diabetes and preterm births. People with respiratory diseases or osteoporosis may also be threatened by existing periodontal disease.

Stay on top of your dental health. It's a critical component of total health and one that you do have a great degree of control over. In fact, a good oral hygiene program and regular, professional cleanings in our office can go a long way towards preventing periodontal problems, and all its associated medical issues.

If you're a smoker, you should be aware that smokers are at higher risk for developing periodontal disease, and once they get it, they usually suffer more severe forms of it and have a harder time battling it than non-smokers.

Even if your mouth and teeth feel fine to you, we, as dentists, cannot stress strongly enough the importance of regular dental checkups. Gum disease is something that is often hard to detect without a formal examination, which is why your dental visits should be a regular part of your health schedule.

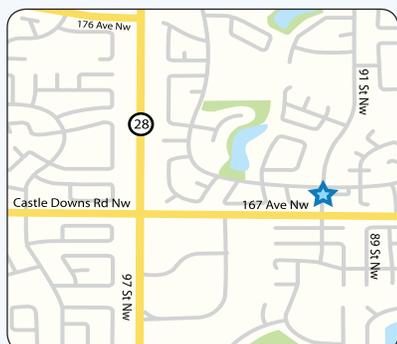
We urge you to be diligent with your dental appointments especially if you already have heart or lung disease, diabetes or osteoporosis and low bone mass, if you are thinking of becoming pregnant, or if you have a family member with periodontal disease. Routine oral examinations can also uncover symptoms of oral cancer, eating disorders, substance abuse and HIV.

Stay on top of your dental health. It's a critical component of total health and one that you do have a great degree of control over. In fact, a good oral hygiene program and regular, professional cleanings in our office can go a long way towards preventing periodontal problems, and all its associated medical issues.

If you have any questions on the recommended frequency of oral examinations in your particular situation, please call us and we'll be pleased to discuss it with you.



JANUARY 2013



16751 91 St. NW, Edmonton, AB T5Z 2X4
(Located behind the Mac's and Esso in the Lakeview complex)

APONIA FAMILY DENTAL

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Edmonton, AB T5Z 2X4

Phone: 780-944-1999
Fax: 780-473-4856
Web: www.aponiadental.ca

Office Hours:
Mon., Thurs.: 7 a.m. - 5 p.m.
Tues.: 7 a.m. - 4 p.m.
Wed.: 7 a.m. - 3 p.m.
Fri.: 8 a.m. - 2 p.m.

Want to Join our Team? Apply Online at www.AponiaDental.ca!

Our Services Include:

- General Dentistry
- Tooth Removals
- White Fillings
- Crowns • Bridges
- Braces • Invisalign®
- Implants
- **Now Offering Nitrous Sedation!**

**New Patients Welcome!
Emergency Treatment Available!**



TOOTHBRUSH HYGIENE

You floss your teeth then brush them until they're squeaky-clean, satisfied that your mouth is as clean and fresh as it can be. While you may have done the best job possible, have you ever stopped to think of how clean your actual toothbrush is?

First of all, when you brush, the plaque, bacteria and oral debris on your teeth are captured on your toothbrush. The next time you brush, some of those germs are reintroduced into your mouth. For this reason we highly recommend you replace your toothbrush if you have just battled a cold or flu.

Look at the space around your toothbrush too. Toothbrushes knocking together or being in close vicinity to other toothbrushes allow airborne bacteria to travel from toothbrush to toothbrush, opening up the possibility of infections such as periodontal (gum) disease and even the common cold being passed from one person to another.

Here's another thought that can turn even the most unconcerned of us into a germophobiac: Studies show that when you flush

the toilet, polluted water vapor erupts out of the flushing toilet bowl and settles on nearby surfaces, which may include your toothbrush! Take a second to put the lid down on the toilet before you flush it next time, to help contain these germs.

The Academy of General Dentistry suggests that the best way to protect your toothbrush is to, after rinsing the bristles thoroughly and then shaking the excess moisture off the toothbrush, place a toothbrush cover over the toothbrush head. This will help cut down on the potential spread of bacteria from one toothbrush to another.

Finally, make a habit of greeting each new season with a new, soft-bristled toothbrush. If you need recommendations on the best type of toothbrush for your individual needs, please ask us the next time you're in.



THE WINTER COLD IS HERE!

The arrival of winter is often accompanied by the cold and flu season. While cough drops and cough syrup may provide some comfort and help ease some of your symptoms, be aware they could create a secondary problem... dental decay!

Many cough drops, liquid medications, antacid tablets and even vitamins contain sugar. The sugar in the lozenges and liquids can react with the sticky plaque found on your teeth, creating an acid that starts to eat into your tooth enamel – potentially leading to dental caries (usually referred to as cavities).

Talk to your doctor and pharmacist about sugar-free alternatives to any prescription or off-the-shelf medications you may be taking. Here are some simple habits to mitigate the potential effects of the "teaspoon of sugar" that helps your medicine go down:

- Rinse your mouth thoroughly with water after consuming any lozenge or liquid medication.
- Take liquid medication with food (if permitted).
- Talk to your dentist about protecting your teeth with sealants and fluoride treatments.

Be aware it's not just cold medications that can affect your dental health – be sure to share your medication history with your dentist so you can learn how to prevent any potential problems relating to your oral health.



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JANUARY 2013

Aponia Family Dental

Phone: 780-944-1999

**Complimentary
Orthodontic
Assessment - Are
you an Aponia
Candidate?
Simply call
for your
appointment
today.**



Like to make people smile? Join Our Team at Aponia Dental!



Aponia Dental is looking for talented people to join our team and help provide Edmonton with outstanding dental care.



**Aponia Dental Hosts
Tooth Fairy Day 2012!**

Whether you're a dental hygienist, a dental assistant or someone who has great client care skills and is interested in working with people in a front office position, we'd like to talk to you!

Ready for a career that will challenge, excite and inspire you?
Please email your resume and cover letter to:
officemanager@aponiadental.ca

We look forward to meeting you soon!

Not to be combined with any other discount offer or insurance plan. Minimum fee only. Fees may vary with complexity of case. ADDITIONAL CHARGES MAY BE INCURRED FOR RELATED SERVICES THAT MAY BE REQUIRED IN INDIVIDUAL CASES.