

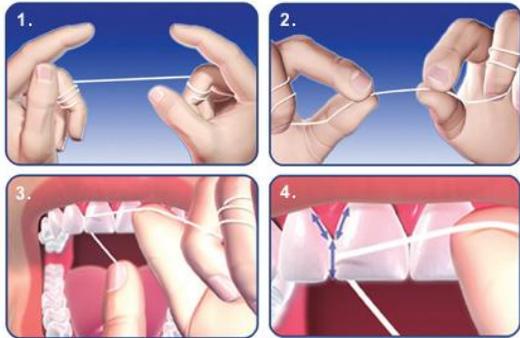


## WELCOME!

Welcome to our first ever Pringle Creek Dental Newsletter! Here you will find information on various dental health issues and dental procedures. Each issue, there will be a section dedicated to a specific dental service that we offer, so that you can have a deeper understanding of the procedure.

Here at Pringle Creek Dental, we strive to keep our patients satisfied at all times. We are constantly upgrading ourselves and our office so that we can provide the most current treatments to our patients.

New issues of this newsletter will come out each season so be sure to look out for our next copy. The newsletter is for you, so let us know if there is something particular you would like to read about!

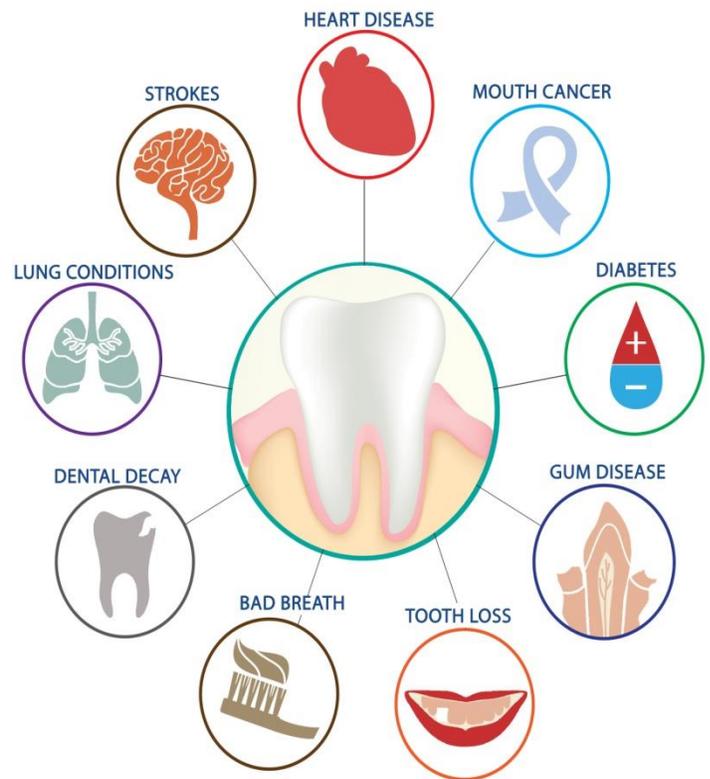


Flossing is a very important part of oral hygiene and is essential for having healthy gums and teeth. Flossing is the only way you can clean between your teeth and as a result prevent interdental decay from occurring. Flossing also promotes healthy gums and significantly decreases bleeding, which is a sign of gingival inflammation. So the next time you brush your teeth don't forget to **FLOSS!**



### Did You Know?

## WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



## DENTAL HEALTH = OVERALL HEALTH

Did you know that your oral health can offer clues about your overall health — or that problems in your mouth can affect the rest of your body? It is important to understand the intimate connection between oral health and overall health and what you can do to protect yourself. Cavities and gum disease may contribute to many serious conditions, such as diabetes and respiratory diseases. Untreated cavities can also be painful and lead to serious infections. Studies are also currently examining whether there is a link between poor oral health and heart disease and between poor oral health and women delivering pre-term, low birth rate (PLBW) babies.<sup>1</sup>

# GET A HEAD START

The foundation for healthy permanent teeth in children and teenagers is laid during the first years of life. Poor nutrition and inadequate tooth brushing during the first 2 years of life have been shown to be related to tooth decay in children. The development of caries in baby teeth further increases the risk of developing cavities in permanent teeth.



It is essential to establish a proper oral hygiene routine early in life to help ensure the development of strong and healthy teeth. Tooth brushing should be presented as a habit and an integral part of the daily hygiene routine. Children are very sensitive to social stimuli such as praise and affection, and learn best by imitating their parents.<sup>2</sup>



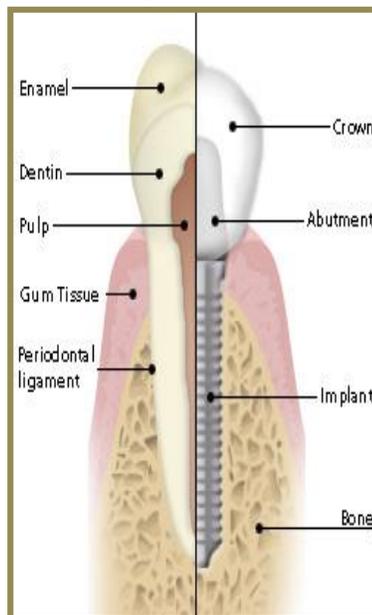
The doctors and staff of **Pringle Creek Dental** would like to take this opportunity to congratulate

## Mrs. Judy Vale

on her **25<sup>th</sup> Anniversary** as a key member of the practice. Judy has been a genuine asset to Pringle Creek Dental since its inception and she has enthusiastically contributed her time, knowledge, skills and loyalty to everyone she encounters.

Judy, your dedication is most appreciated by all and we are looking forward to having you with us for many more years to come.

***Congratulations Judy!***



## Dental Implants

If one or more of your teeth are missing, an implant is the best way to replace them.

A dental implant is an artificial root made of titanium metal. It is inserted into the jawbone to replace the root of the natural tooth. The implant acts as an anchor to hold the replacement tooth in place.

### Who can get Dental Implants?

If you are in good general health, have healthy gums and have enough bone in the jaw to hold an implant, dental implants might be right for you. If your jawbone has shrunk or if it has not developed normally, you may be able to have a bone graft to increase bone support for the implant.

### Stages of Surgery:

**First stage of surgery** - dental implant is placed into your jawbone beneath the gum tissue. As the tissue heals, the implant will bond with the bone and attach to the gum.

**Second stage of surgery** - an abutment is attached to the implant. In some cases, the first and second stage of implant surgery may be done in one single stage.

**Final stage** - an artificial replacement crown is made by the lab and Dr. Rahim then attaches it to the abutment.

Implants look and act much like natural teeth. Like natural teeth, implants need to be kept clean using a toothbrush and floss.

Implants can cost more than other options such as bridges and dentures and might not be covered by your dental plan. But in most cases this is a one-time cost, unlike other kinds of tooth replacement procedures, which may need frequent replacements over time.<sup>3</sup>

## Visit us on Social Media!



**Dr. Rahim Damji and Dr. Zahra Damji**  
**Pringle Creek Dental**  
4-728 Anderson Street  
Whitby, ON  
L1N 3V6  
Phone: (905) 668-5538  
Fax: (905) 668-7079  
Email: judy@pringlecreekdental.com

2. <http://www.colgateprofessional.com/patient-education/articles/childhood-oral-hygiene-and-the-role-of-parents>

3. [http://www.cda-adc.ca/en/oral\\_health/procedures/dental\\_implants](http://www.cda-adc.ca/en/oral_health/procedures/dental_implants)