

**A publication of Dr. M. Tanen, BSc, DDS**  
**Uplands Dental Centre**  
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## **Congratulations to our Hygienists!**

Congratulations to our hygienist, Amela and her family on the birth of beautiful triplets, Mirella, Dalia, Melia.

Congratulations to our hygienist, Kristen, on her recent marriage to Phillipe. We wish Kristen and Phillipe many happy years together.

Congratulations as well to our past hygienist, Sue, on the birth of Jessica Danielle.

## **Receive a Gift for Referring New Patients**

Would you like to receive a \$20 gift certificate while doing a favour for a friend? Refer a friend or relative to our dental office and choose your gift certificate from the GAP, Shoppers Drug Mart, or Canadian Tire as a token of appreciation from us.

Our practice continues to grow by referrals from our patients. We welcome new patients and we always make time for your friends and family. We greatly appreciate your confidence and patronage.

## **Show a Bright Smile!**

Whitening of teeth is a cosmetic service we provide for our patients. Bleaching is a popular way to whiten teeth and can dramatically change a person's physical appearance and self-image. While at home the patient wears a custom-made bleaching tray that holds the bleaching gel against the teeth. Usually bleaching procedures are less invasive and less expensive than other aesthetic procedures such as crowns and veneers.

The at home bleaching system we recommend has been very successful and popular with our patients. The cost of \$350 for

the starter kit is not covered by most insurance plans since it is a cosmetic procedure.

Touch up kits for subsequent home bleaching continue to be available at our cost.

Please speak to one of our dental team members to determine if bleaching is appropriate for you.

## **No More Cavities!**

Tiny pits and fissures in your child's teeth can harbour bacteria and are a main cause of cavities. These pits and fissures can be easily sealed to help prevent certain types of cavities. Your child's tooth is thoroughly cleaned and a white composite resin, similar to that used in tooth-colored fillings, is flowed into the crevices in the biting surfaces of the teeth where cavities often start. This protection is often a wise investment in the health of your child's teeth to help prevent tooth decay.

## **Cover Up Problems**

Porcelain veneers are thin porcelain facings permanently bonded to your teeth. Veneers are a cosmetic alternative for a variety of dental conditions of the front teeth including broken or chipped teeth and stained or discolored teeth. Veneers can also mask crooked and rotated teeth. Veneers are stronger than bonding and are more resistant to stains and chipping. Veneers are a simple way to enhance your smile and can make a significant difference in the way you look and feel.

## **Have You Had Joint Replacement?**

Joint replacement is a very common surgery in Ontario, particularly knee and hip replacements. Patients with joint replacements should be aware that they will likely require prophylactic antibiotic coverage for many types of dental treatments including routine cleanings. These antibiotics help prevent bacterial infection of the artificial joints resulting from oral bacteria in the blood stream. Most patients take amoxicillin (a type of penicillin) an hour before their appointment, or clindamycin if they are allergic to penicillin. This is done in consultation with their physician.

If you have had a joint replacement or will be having one, please make sure to let your dental team be aware so the treatment protocol that is appropriate for you and your health can be followed.

**Extend the Life of Your Dentures**

Our mouths change over time. This means that dentures require regular maintenance. Since these changes often occur slowly over time, sometimes we are not aware of the need for denture adjustments or relines.

Denture relines restore the dentures to a proper fit so the contours of the denture matches the contours of the constantly changing mouth. Relines are usually performed every few years although people who have lost weight or who have had other changes to the shape or function of their mouths may require a reline sooner than others. A reline can extend the life of your denture.

To ensure optimal function, a checkup for your denture can be made with our denture therapist, Dr. Albert Esses who has extended his hours with us for denture treatment.

**Are You Missing Teeth?**

There are generally two ways to replace missing teeth to restore function and esthetics and either may be appropriate given the situation. Missing teeth can be replaced with a removable appliance, such as a removable denture and missing teeth can be replaced with a fixed bridge or dental implants.

A **fixed bridge** is usually porcelain or ceramic and is bonded to the teeth adjacent to the space. The bridge is matched in color and

form to your natural teeth and typically nobody can tell it's not a natural tooth.

Many more people are now replacing missing teeth with **dental implants**, a very successful and advanced way of replacing missing teeth. A titanium post or series of posts are surgically inserted and held firmly and permanently by your bone and a crown, bridge, or denture can then be attached to the implants. Implants allow you to have the look, feel, and function of natural teeth and offer several important advantages compared to other treatment options. We use a number of different systems, in conjunction with close consultation with dental specialists, to find the right solutions for our patients. Implants are being increasingly considered among the treatment options available to our patients. Please speak to one of our dental team members to determine if dental implants are appropriate for you or if you have any questions about this procedure. Dental implants may be the solution you were looking for to replace your missing teeth.

**Dr. Tanen's Family Update**

Some of our longer term patients may remember the birth of Dr. Tanen's oldest child, Atara who is now attending the Ontario College of Art and Design. Ezra and Adina are in tenth and ninth grades and are doing well; Benjamin is in fourth grade. Time flies. Dr. Tanen's wife, Heather, is an interior designer for commercial spaces.

**Your Oral Health Team**

- Dr. Mel Tanen ..... *Dentist*
- Dr. David Zins ..... *Dentist*
- Dr. Albert Esses ..... *Denturist*
- Kristen Jenkinson ..... *Hygienist*
- Amela Bjelic ..... *Hygienist*
- Lissette Reines ..... *Hygienist*
- Jennifer Resnick ..... *Hygienist*
- Sue Peck ..... *Office Manager*
- Shawna Boileau ..... *Dental Assistant*
- Elaine Tanenzapf ..... *Receptionist*

**Hours**

- Monday ..... 10:00-7:00
- Tuesday-Thursday ..... 8:30-6:00
- Friday ..... 8:30-1:00
- Sunday ..... one Sunday every month 9:00-1:00