



Happy Holidays 2021

Dear Dental Family,

This year marks the 41st anniversary of practicing dentistry at 1950 Yonge St. I am so fortunate to have long term relationships with so many of our clients, that have become friends of our practice. Thank you.

I distinctly remember my first day. The entire practice was on the main floor. I know that some of you can remember the stucco walls, the orange and purple painted walls, the wine-coloured carpet and the drapes that separated the rooms. My chair was positioned so that I could see who came into the office at the front desk. No masks or gloves in the early 1980's!

Three years later after creating a long-term strategic plan with respect to how I would like to practice with a wellness-based focus, renovations allowed a two-floor dental practice and the following year we modified the lower level creating a total of nine-operators in an open-air concept.

Fast forward to 2020, COVID, came and we tented the office with Hepa and UV filters and isolated rooms to ensure safety. Personal protection equipment has become a mainstay 18-months later.

We are so appreciative of the adaptability of our clients that visit us and your individual feedback to us about feeling safe.

AROUND THE OFFICE

Whenever I meet new patients, I always want them to understand that I believe everyone should have a safe dental home where they can speak up and share their feelings with us and know that we care.

One of my patients said to me, "Don't we have a brave society!" This statement touched me deeply and I so agree. COVID has changed each of us in so many ways. Time with our family and friends has changed. Workplace environments and structure have been dramatically altered. How we spend our downtime is totally different. Travel for work and holiday has been modified.

Indeed, we all have a story of brave coping with change. Such strength!

COVID altered our worlds and influenced our life and the choices we now make to move forward. We have learned to go within and ask questions of our values, beliefs and how we choose to navigate this pandemic.

There have definitely been positive opportunities for many and also many sacrifices. I am grateful that we had technology in place to help us all make our way in an unfamiliar world with so many restrictions, while trying to avoid being totally isolated. Indeed we are a brave society.

I continue to teach through Webinars and engage in continuing education.

I also participated with four other dentists worldwide in a study of near infrared technology (NIRI) to determine the accuracy of detection of decalcification of teeth and its clinical significance and application. The study was published at the end of October in the Journal of Dentistry.

Invisalign is a wonderful method to aid changes. I created for 454 healthcare providers across Canada a webinar called Holistic Treatment Planning in 2020, and then rerecorded it for my patients, it can be viewed at allsmiles.ca. Please review the first 45 minutes. It will explain why and how I look at teeth and our intraoral foundation so that we can prepare for our future when we become 90+ years and may be challenged in our lifetime.

Late June I was awarded a Fellowship (FACCA) from the ACCA, American Academy of Clear Aligners. Out of 80 applicants only 25 Fellowships were awarded. I received this Fellowship on behalf of the team here at home, with thanks.

Dr. Leyla is providing wonderful calming for our younger patients allowing them to be happy to visit us at our clinic. Dr. Naz is using new Zirconia implants within our practice and ozone with PRF (Protein Rich Fibrin) with extractions. Both dentists do PST (pinhole surgical technique) when the gum architecture permits to correct gum recession. Ozone and the Waterlase laser is used with restorative, periodontal and endodontic (root canal) treatment for sterilization into the dentinal tubules.

Within the office, my team are all well and we celebrate a grandson, Sonny, for Patricia and Hy.

We welcome recent team members, Angelika, Michelle, Alina and Juliana into our practice. As you are aware Abraham and Paulina are our greeters and COVID intake administrators. Our entire team continues to serve with energy and empathy; I am very proud of them.

Many of you know Bernie who worked with me for 20 years. He gave up his dental license to help Joy, his amazing wife of over 50 years with ALS. Sadly, she passed away in August. Bernie also lost his brother due to COVID this past year. Our deepest condolences. True to Bernie's personality he vowed that he would come out stronger through all of the adversity. He is doing well and is grateful for his wonderful years with Joy.

We are sad to have received the news of some of our patients with illness. We wish you a healthy recovery, and we send heartfelt sympathy to those who have had personal loss of loved ones.

We love seeing you. Your visits give us so much happiness to connect. Thank you for looking after yourselves and being so understanding in these challenging days. We all look forward to a fulfilling year ahead.

With gratitude and love,
Dana and Team

THE GIFTS OF LEARNING WE LOVE TO SHARE...

The practice focus is intrinsic with my belief systems, minimally invasive dentistry, and wellness-based principles with leading edge technology. Education is always key, especially for teeth that have had challenges. Please remember the basics for good posture: lips together, teeth apart, and tongue in place (placing the tongue behind the upper front teeth).

Teeth are our best friends for smiling, talking and eating food. Teeth together is not in your best interest. I use the analogy that if two vertebrae were touching would you be in pain? The answer of course is yes. I respond by saying we were given teeth that are six times stronger than our bone. However, they were not made for us to grind and clench.

Even if we are chewing our food there is something between our teeth so the teeth cannot fully connect as there is food there, and then we swallow. Please be mindful and if you are a clencher, repeat to yourself the mantra a hundred times a day saying lips together, teeth apart and tongue in place.

If you have worn your teeth or are aware of grinding or clenching, a nightguard is mandatory. We never know when we will damage our teeth through stress at night by grinding and clenching... we can keep healthy and beautiful teeth, minimize receding gum tissue and eliminate tension headaches until we are 120-years old. There are a variety of nightguards that can be worn comfortably. Please ask and we will advise and give you choices so that you will love your nightguard to maintain your teeth and dental work.

Another important reminder is to remember that while dehydrated fruits are delicious, they are sticky and love to hide in the crevices between our teeth. This causes multiple areas of decay. I request for my patients that they eat whole foods, never dehydrated. This includes prunes, figs and dates, dried mangos and apples, raisins and cranraisins, desiccated coconut and also health food or energy bars and crunchy granola with additive dried fruit. Please rehydrate fruit by adding water to the dehydrated fruit prior to eating. Please eat whole fruit rather than dried fruits.

Safe choices are salted snacks rather than sweet snacks, vegetables with dips, cheese and crackers and 70% pure dark chocolate. These foods have less chance to cause decay in your teeth.

We are advocating the use of small pics or bristles like a toothpick between your teeth after meals and snacks. The water pic is also a wonderful device along with the electric sonic brushes to keep your teeth and gum tissues healthy.

Please remember to brush your teeth first prior to drinking lemon water in the morning. The acid from the lemon erodes your teeth if taken prior to brushing.

We continue to distribute premium Curaprox toothbrushes with over 5460 soft bristles made in Switzerland after hygiene appointments.

We continue to discuss the importance of one's airway by breathing through our nose rather than mouth breathing. It is essential for good health and healthy mouths. There is a useful book called Breathe by James Nestor. It is also available by audio. If you are a mouth breather, I encourage you to read or listen to this book.

We are more than happy to discuss these and other topics in office when we see you. Wide and broad smiles are fundamentally important for our well-being for tongue posturing, swallowing and breathing through our nose. We strive to create healthy foundations for airway and minimally invasive dentistry.

~HAPPY HOLIDAYS~