



Lake Dental News!

Produced for our patients

Fall 2005

FROM
DR. RACHEL LAWLESS

We dedicate our combined knowledge and experience to providing excellence in dental health care.

We strive to maintain an atmosphere of friendliness, empathy and trust.

We take pride in our high standards of professionalism and our unique spirit of teamwork.

A patient referral is the highest compliment you can pay us. A personal recommendation from a friend is the most credible form of advertising. If you are thinking of telling someone about our office, pick up a couple of our business cards or magnets to pass out or to keep for yourself.



Mercury-Free Dental Office

Most dental offices in North America have chosen to use white fillings as opposed to mercury amalgam fillings. As a result of the ongoing health controversy surrounding its use, our office policy will be to use white fillings only. These composite resin restorations not only replace those old, unsightly silver fillings, they actually bond mechanically and chemically to the tooth structure allowing for a stronger and more cosmetically pleasing filling.

When the time comes and you need to restore an existing filling or repair a decayed tooth this is what we will be using as we feel it is the best choice for your comfort and safety. If you have any questions, please give us a call or talk to us at your next appointment.

Not Worth The Gamble

Many of our patients are diligent about their dental care but there are still some who steer clear of our office until it really hurts.

Studies show that despite years of dental health education, millions of people simply don't show up for needed cleaning or treatment. This translates into millions of lost work days as these people take time off for more extensive dental treatments later on.

The fact is, without regular, professional, preventive care, dental disease is almost inevitable!

Treating these diseases is always more complex and costly than preventing them in the first place.

Here's another alarming statistic - this year thousands of people will contract oral cancer, a disease for which we routinely screen during each checkup.

It's just common sense! When it comes to dental health, a little prevention goes a long way in keeping your smile healthy and happy.

Don't gamble on your dental health-it doesn't pay!

Keep flossing, brushing and make sure you see us regularly

Word Of Mouth

Breastfeeding and Tooth Decay



Have you been misinformed?

"Breast milk has been presumed to be protective against cavities," said study coauthor Dr. Ruth A Lawrence. Current findings suggest this is not the case and could be a potential problem when allowing older babies to breastfeed throughout the night. However, researchers stress, breast milk appears no more likely to contribute to cavities than commonly used infant formulas - and should not be seen as a strike against breastfeeding. There are many health benefits for promoting breastfeeding in infants.

Cavities can form when certain decay-causing bacteria in the mouth turn sugar into acids that damage the protective enamel on the teeth. Parents are advised not to put babies and toddlers to bed with a bottle, in order to protect their teeth from prolonged contact with the sugars in formula or any other liquids, including breast milk as it may obstruct or decrease the flow of saliva, which is a natural cavity fighter.

DENTAL INSURANCE,

Many benefit plans are changing rapidly and this can cause misunderstandings about your coverage. Please make yourself familiar with your coverage and aware of any limitations. Your plan may not cover the full cost of the specific treatment you require.

Common Antibiotic linked to tooth defects



The most commonly prescribed antibiotic for babies and children appears to double the risk of tooth defects in permanent teeth, new research shows. The defects range from barely noticeable white flecks to, in the most severe cases, pits and brown stains. Research shows that children are twice as likely to have stained teeth if they had been given amoxicillin between three and six months of age.

"The findings suggest that amoxicillin use in infancy could carry some heretofore undocumented risk to the developing teeth" says the study, published in the journal *Archives of Pediatrics and Adolescent Medicine*.

So far, no biological explanation exists for how the drug might be harming tooth enamel, said one of the investigators, Dr. Steven Levy, stressing the importance of not over-drawing conclusions on this.

Canadian Dental Association president Dr. Jack Cottrell added that dentists in Canada have not seen anything in their practices supporting a link. Tetracycline, an older antibiotic, has been known to discolor teeth and Fluorosis can also be caused by exposure to too much fluoride - from water, food and toothpastes - during a child's first few years of life.

INFORMATION

Lake Dental Health Centre

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We are always accepting new patients, happy to see your friends and greatly appreciate your referrals.

Best wishes to Karli, who has left our office after many years. She is now working *closer to home*.

We would like to welcome newcomers to the practice - Tika, our new hygienist and Jackie who works behind the scenes in sterilization.

<http://www.lakedentalhealth.com/>