

# Dr. Emil Jansen's Word Of Mouth



Produced to improve your dental health and awareness

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## fromthedentist

*Don't Worry!  
Be Happy!*

Easier said than done, but it's so important. We want you, and all of our patients, to feel great when you're at our practice. We do not want you to feel anxious or stressed, and keeping our appointment commitments is a big part of that.

But we all get busy, and sometimes a patient will run late, and sometimes we will run late, but what I want you to know is that my team is committed to doing their best to keep everyone on schedule. I also want you to know that we really appreciate it when you arrive on schedule.

We can't wait to see you soon, and as always, if you have any concerns or are experiencing any discomfort, definitely call us immediately. And if you have any questions about improving your smile (like what your options might be for whitening your teeth), call and we'll schedule a consultation.

*Take care,*

*Dr. Emil Jansen*

## A New Reason To

# Smile

Dr. Jansen offers implants



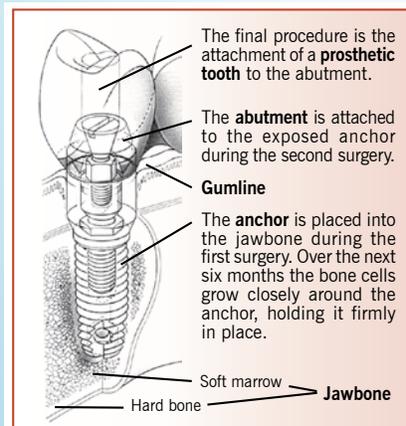
When we lose teeth as adults, our primary concern is the annoyance of having to contend with a gap in our bite. We do not realize that there are far greater concerns than difficulties biting and chewing. Bone, like all living tissue, must work to remain healthy and strong. When teeth are removed the bone that held them in becomes weak and begins to erode away. Bridges and dentures do fill the gaps, but they do nothing to stop

bone erosion. Once again science has provided the answer - dental implants.

A dental implant is a tiny threaded post made from titanium alloy, a strong, biocompatible metal. Through a tiny incision the implant is threaded into the jaw or mandible becoming actually fused with the bone. Once fused, this durable, permanent post is ready to receive your ceramic replacement tooth. Not only is the restored tooth stable and ready for use, the bone below the gum is regularly exercised, stopping bone erosion in its tracks!

We are excited to announce that Dr. Jansen is eager to offer this breakthrough procedure to you. Whether you require a single implant or a full-mouth restoration, we are available at your convenience.

Please let family and friends know that they have a whole new reason to smile. They can book their implant consultation with Dr. Jansen today.



We welcome new smiles! • <http://www.youtube.com/watch?v=6NEbtVEDanM>

## The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- |   |  |
|---|--|
| <input type="checkbox"/> Garden           | <input type="checkbox"/> Play tennis     |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim            |
| <input type="checkbox"/> Canoe or sail    | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk             | <input type="checkbox"/> Run             |
| <input type="checkbox"/> Bike             | <input type="checkbox"/> Hike            |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



## Whitening & Veneers



## Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dental practitioner-supervised teeth whitening.

- **Brighten your smile** with enamel-coloured fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

# Pregnancy Perio Risk

## Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

*No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.*

*We screen for gum disease at every visit ...because we like to see you smiling.*



# 5

Just Lose Five  
Drop these now...

### Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

### Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

### Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

### Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, sweets, and other sugary treats are well-known culprits.

### Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.



## Easy On You

### Easy on your wallet

*Here are some budget-friendly ways to de-stress:*

**Picnic in the park.** Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

**Dine at home.** Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

**Step back.** Back in the day, a leisurely car ride to the countryside or a long meandering walk through the community were simple and affordable ways to stay tuned to nature, community, and family.

**Create a home spa.** Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

# The Brighter Whiter Smile

## Tooth whiteners

There's new hope for stained or discoloured teeth – and we can now put the sparkle back into your smile! Teeth that have lost their brightness to smoking, fluorosis, root canal treatments, tetracycline, age, or just wear and tear can now often be lightened by a special cosmetic tooth-whitening process.

Here's how it works. There are two types of cosmetic whitening:

Non-vital whitening works best for teeth that have turned dark during or after a root canal treatment. Non-vital whitening lightens the tooth from the inside after the root canal treatment is finished.

Vital whitening is used for discolouration on teeth that have not had a root canal. There are a variety of different vital whitening techniques and products. They are safe, effective, and painless. Some of the treatments can be done at home under our supervision.

■ We may apply a whitening solution to your teeth, and then activate it with heat or light.

■ You may be asked to wear a comfortable custom-fitted mouthguard filled with some whitening solution for a few hours each day for a couple of weeks while you shower, drive to work, or read the evening paper, or perhaps overnight while you sleep.

We will help you choose which whitening technique is the best for you based on the degree of discolouration and stain on your teeth. Ask us for more information about cosmetic whitening. Within just a couple of weeks, your smile could be dazzling, white, and bright!

<http://www.youtube.com/watch?v=6NEbtVEDanM>



## Treat Yourself To a healthy smile!

Dr. Shimazaki and his team of researchers at Japan's Kyushu University have made a significant discovery that may provide a tasty way to healthier gums. In a study of men and women between the ages of 40 and 79, researchers found a significant improvement in gum health in those who consumed 55 grams a day of lactic acid foods like yogurt. The study also found that people with more advanced periodontal disease had a lower intake of lactic acid foods.

"The beneficial effect on periodontal disease might be based on the probiotic effect of lactic acid foods," Shimazaki explains.

We should also note that insufficient dietary calcium is associated with periodontal disease, so while foods like milk and cheese do not offer the probiotic effect, they do provide necessary calcium. Bon appetit!

## practiceinformation

**Dr. EW Jansen Incorporated**  
**Practice Number: 5444713**

**Dr. Emil Jansen**  
46 Estcourt Drive, Wierda Park  
Centurion, Gauteng  
0157

### Office Hours

Mon-Thu 7:45 am – 5:15 pm  
Friday 8:00 am – 2:00 pm  
*Appointments available after hours.*

### Contact Information

Office +27 12 653 4119

### Emergencies:

Dr. Jansen +27 83 325 4200

Email [emil@emiljansen.com](mailto:emil@emiljansen.com)

Web site [www.emiljansen.com](http://www.emiljansen.com)

### Office Staff

Coreen ..... Accounts Manager

Wilma, Martie ..... Dental Assistants



## First Financing Option

### For your health

You are important to us, and as smile experts, our goal is to make sure your smile is bright and healthy! That's why we encourage you to come in for your exams, follow through with treatment plans, and investigate *First Health Finance (FHF)* for your high-cost procedures.

You can complete your dental implants, veneers, bridges, orthodontics, and other costly dental treatments with FHF's flexible payment schemes – meeting your dental needs *and* your budget. Enjoy:

- no pre-payment penalties,
- complete confidentiality,
- payment terms from six to thirty months,
- no down payment,
- and no payments until the first or second month following treatment.

Let First Health Finance pay for your high-cost dental procedures upfront ... then you can enjoy good dental health that meets your budget. Visit [www.fhf.co.za](http://www.fhf.co.za) to apply today!