

SouthWest Wellness Centre

The new home of



Produced for the patients of Drs. David Rawson, Kiran Grover, Felicia So & Stanley Goldman

Spring 2010

from the dentists

Our Sincere Thanks...

For your trust & loyalty

We'd like to take this opportunity to thank you for your many years of continued support for our dental practice. It's been a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

We try to treat our patients with the utmost dignity, respect, and compassion. And it's very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to our practice. We are truly grateful for your trust.

Please continue to refer any friends or colleagues to us, and accept our genuine "thank you" for your future referrals.

Yours in good dental health,

Dr. David Rawson and Staff

Spring Is Here!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home - the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a free consultation.



**WE
DESERVE
IT!**



Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

**At Southwest
Wellness Centre...**

**Your whole body benefits! Tell your friends family and
colleagues and join us...**

See page 4 - Free Wellness Lectures.

Thank you for all your referrals. We appreciate them!



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

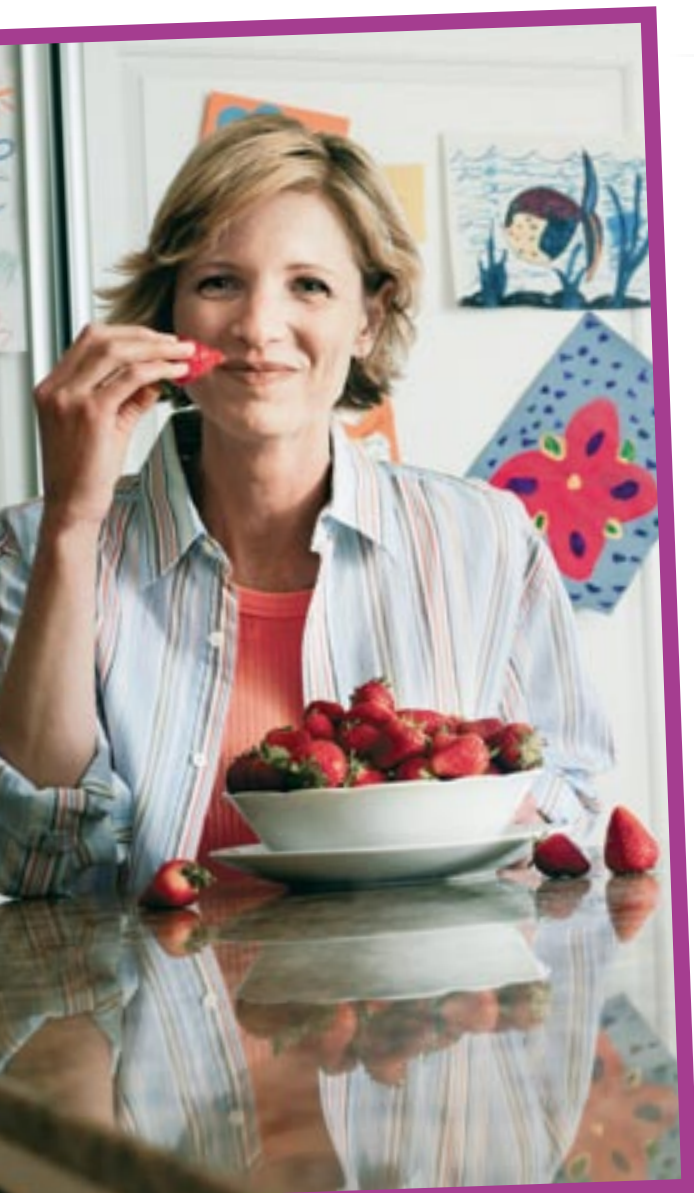
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

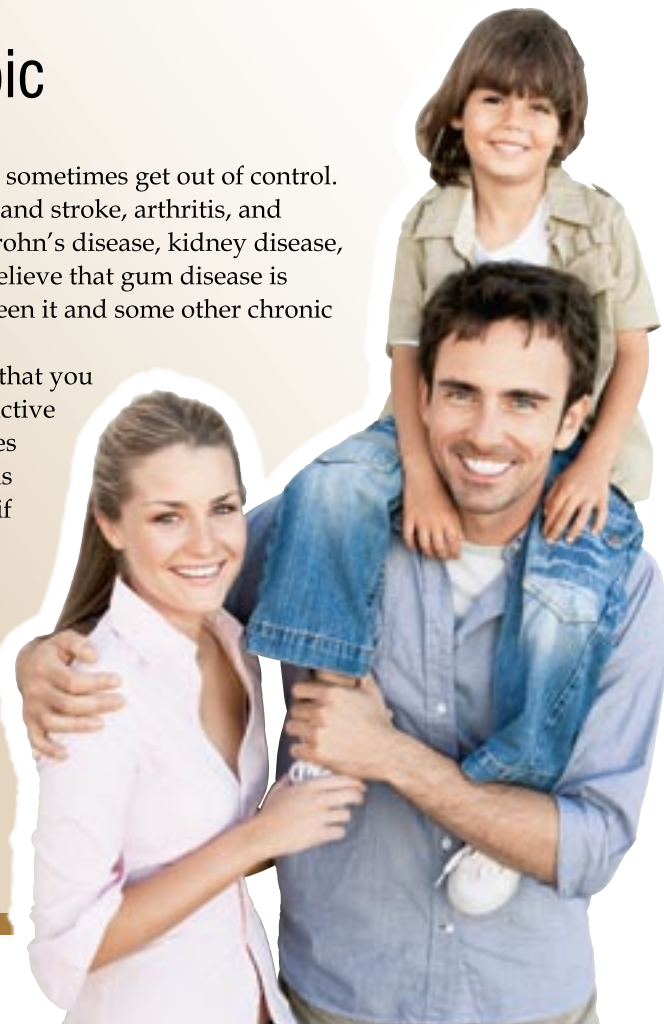
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



FREE - Wellness Lectures!

We are pleased to announce our continuing series of monthly public education lectures by John Somerton, H.D. a London Homeopathic Physician. John Somerton believes in working with the body to provide it with a natural remedy to stay healthy and fight disease, rather than rely on drugs and surgery.

We invite anyone with an interest in this natural approach to attend these public information lectures in our Board Room at the *SouthWest Wellness Centre*. There is no cost to attend and you will not be expected to buy any products or join any organization. The dates and subjects for the next few months are as listed below:

Tuesday 25 May 2010, Arthritis

Tuesday 15 June 2010, Anxiety

Tuesday 20 July 2010, Pre-Menstrual Syndrome

Tuesday 24 August 2010, Menopause

Tuesday 21 September 2010, Attention Deficit and Hyperactivity

Tuesday 19 October 2010, Insomnia

Tuesday 23 November, Sadness/Depression

At Southwest Wellness Centre...
Your whole body benefits...

Join us!

*All meetings are on Tuesdays
at 7:30 PM. We will need an RSVP, as
places fill up fast! Call our Reception Desk,
(519) 652-1067 so we can save
a seat for you!*

Think Positive!

Benefit from a whole new point of view!

Can't you just see yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy - you just might make yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help...modern dental technology that maximizes their comfort...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

■ We can help replace outdated fears and imagery with positive experiences.

■ Have you booked your recare appointment?

officeinformation

SOUTHWEST WELLNESS CENTRE
Forest City Dental &
The TMJ & Sleep Therapy Centre

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Call for evening appointments

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Director of Operations

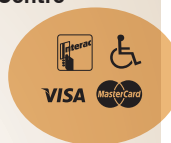
Karen Try

Admin. Team

Sherry, Paulina & Heidi

Clinical Team

Marina, Connie, Ruth, Michelle L, Nicole,
Michelle M, Vanessa, & Karen H.



Our New And Improved Websites

Take a look!

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem more anxious about illness. Could it be to the ease of access to information? Approximately 80% of Internet users have looked online for health information on various topics, but self-directed research on the Internet can be very confusing and even contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data?

You can rely on us - your personal smile-consulting team. We will be happy to answer your questions and discuss your oral care options with you...accurately and concisely.

So go ahead...
"Google us"
www.forestcitydental.ca and
www.tmjandsleepcentre.ca.
Take a look at our new,
improved and updated
websites.

