



McKenzie Dental Centre WORD OF MOUTH

Produced for the Patients of Drs. Park, Patton, and Manzer

Summer 2009

A Word From The Dentist



All of the staff, dentists and I would like to extend our thanks and gratitude to our valued patients as we near the end of our tenth year of operations.

Interior fixturing has begun for our new clinic, *McKenzie Dental Associates*, located adjacent to Sobeys and Good Life Fitness at McKenzie Towne.

We hope to complete construction and open the new office in October, 2009.

Please be assured that the same dedicated staff and dentists will be available at both locations, *McKenzie Dental Centre* and *McKenzie Dental Associates*, for all your dental care.

Sincerely,

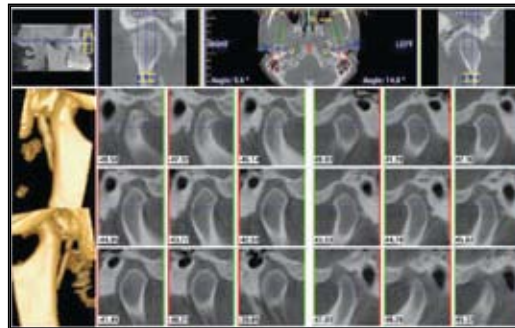
Dr. James Park



Cone Beam 3-D Dental Imaging

When our second location opens in October, we will be offering the new GXCB-500 3-D x-ray technology to our patients. GXCP-500 is the industry leader in new technology designed for dental professionals.

3-D imaging offers cross-sectional slices of desired locations such as the TMJ and implant areas. We are able to identify size and volume of bone and teeth in three dimensions without distortion or magnification. In addition, important structures such as the nerve canal can be easily and accurately identified.



3-D dental imaging is one more advanced dental technology that we wish to provide to our valued patients at *McKenzie Dental Centre* and *McKenzie Dental Associates*.

- Dr. James Park



McKenzie Dental Centre is a proud sponsor of the Calgary Women's Emergency Shelter

Hello everyone!

It's great to be back after 5 wonderful months at home with our newest family member, Jack. Scott and I would like to thank all those who sent warm wishes and thoughtful gifts for our son. We've been very blessed to have a healthy, happy and sleepy first baby. I've been very excited to see all our patients and get back to work with all our great staff. See you soon!



- Dr. Carol Patton

Sedation Dentistry Update:

Many of our patients have already enjoyed the comforts and benefits of "Sedation Dentistry".



Remember "Sedation Dentistry" is extremely safe. You take one small pill one hour before your appointment and you will be totally relaxed. There are no intra-venous tubes or needles and we do not use general anaesthetic.

Because you are completely comfortable, we can do years of dental treatment in one or two visits.

- Dr. Peter Manzer

Joint Vibration Analysis, A New Technology At McKenzie Dental

Joint Vibration Analysis is a quick, non-invasive method for your dentist to examine how your jaw joints function. A headset is placed over your head (like a stereo headset) with the vibration sensors on the skin over the TMJ in front of each ear.

You will be asked to open wide and close all the way 5 or 6 times. That's all there is to it! Now the computer takes over to evaluate your specific vibration signature.

What is Joint Vibration?

When you open your mouth, the various parts of the TMJ rub together. When a well-lubricated, healthy joint works normally, this movement generally produces little friction and hence, little vibration or sound. However, when there is a joint problem, the parts rub together in a different way. This motion creates a sound or vibration you may be able to hear, but some vibrations are outside our audible range.

With Joint Vibration Analysis, the popping, clicking and even grating sounds in the jaw joint during opening and closing movements can be detected and analyzed more thoroughly.

If a TMJ disorder does exist, appropriate treatment can then be determined.

Who should have the test?

Joint Vibration Analysis is recommended, if you have or had symptoms of TMJ disorder. This includes any pain in the TMJ or jaw muscle; a "catch" in jaw movement or a jaw which deviates to the right or left when opening; a joint sound or sensation; or ringing in the ears.

Our office is excited about this procedure and the diagnostic benefits to our patients. If you have questions about Joint Vibration Analysis, please feel free to contact us.

- Dr. Peter Manzer

Pacific Dental Conference 2009

This March, our team attended the Pacific Dental Conference in Vancouver, BC. This conference allowed all members of our team to increase their knowledge in their respective fields. Dr. Park and the administrative team investigated, among other things, different types of software they could use in our office to provide the best service possible. Dr. Manzer, the hygienists, and assistants attended various courses including updates in infection control and implants. This proved to be a bonding experience for our team, and our knowledge has shown us ways we can further excel in providing exceptional care to our patients.

- Meena



\$50 Off
Take-Home
Whitening

\$100 Off
Zoom2®
Whitening

Bring this newsletter to your appointment to redeem special offers.



Dental Mouth Guards (Sports Guards)

Mouth guards are plastic coverings worn over your teeth and are used to protect your mouth during sporting activities. Because accidents can happen at any time during physical activity, mouth guards can prevent damage to the hard (teeth & jaw) and soft tissues (gums, tongue & cheeks) in your mouth. There are three types of mouth guards available:

Stock Sports Guards – these are inexpensive and can be bought at most sporting goods stores or drug stores. They come preformed. Unfortunately, very little can be done to adjust their fit, they offer poor protection, and many people find them uncomfortable and bulky. These are not recommended by dentists.

Boil & Bite Sports Guards – these can also be bought at most sporting goods stores. The idea is to immerse the guard in hot water until it is pliable, and then shape it around the teeth using finger pressure. These offer a much better fit than the stock sports guards, but are much less comfortable than the custom guards.

Custom Made Sports Guards – these are made at the dental office or at a dental laboratory. We start by taking an impression of your upper teeth. Using this impression, a model can be made of the teeth and soft tissues that the guard will need to cover. From there we use a special material and mould it over the model of your teeth. These mouth guards provide the best comfort, fit and protection. We also offer PPM mouth guards; please refer to our website for more information.

Mouth guards should be worn by any child or adult participating in sports or any activity that might pose a risk of injury to the mouth. Contact sports, such as hockey, football, boxing, soccer, and lacrosse, often require participants to wear a sports guard. However, people involved in non-contact activities, such as gymnastics, mountain biking, skateboarding, etc., would also benefit from having protection over their teeth. Mouth guards can even be made to accommodate patients with braces.

Don't forget to ask your dental professional the next time you are in if a custom sports guard is right for you!

For more information please check out this website:
www.webmd.com/oral-health/mouth-guards

– Ellyssa

Hygiene Corner Q&A

Q: There has been a lot of controversy in the media lately about adding fluoride to our drinking water. Is it safe & effective?

A: After much debate, Calgary city council has recently ruled to continue to add fluoride to our drinking water.

Fluoride is a mineral that helps prevent decay by making the outer layer of teeth (enamel) stronger, and therefore less likely to get cavities. Nature puts some fluoride into all of the world's drinking water. Calgary's natural fluoride level is too low to help prevent cavities. It ranges between 0.15 - 0.3 parts per million. Since 1991 the drinking water in Calgary, Airdrie, Okotoks & Chestermere has been fluoridated & the level is kept at about 0.7 parts per million.

According to the Calgary Health Region;

Research conducted over more than 50 years indicates that water fluoridation is a safe & economical way to reduce tooth decay (it costs Calgary about 60 cents per person, per year).

The most common source of too much fluoride is from swallowing toothpaste & not from water or foods.

By itself, fluoride in the water may reduce cavities in children up to 20-30%. Studies also show that adults have less decay & seniors have up to 35% less root decay.

If you have questions about water fluoridation, the CHR asks that you contact:

fluoride.info@calgaryhealthregion.ca

Fluoridation, however, is just one factor in the prevention of cavities & doesn't do the job alone. People also need to eat healthier foods & snacks & keep their teeth clean with regular brushing, flossing & dental visits.

– Noelle

Fluoridation is widely endorsed by many respected organizations including:

The Alberta Dental Association	The Canadian Dental Association
The World Health Organization	Health Canada
The Canadian Medical Association	The Calgary Health Region
The Canadian Public Health Organization	The Calgary District Dental Society
The Alberta Dental Hygienists' Association	Capital Health

Building A Green Office

At McKenzie Dental Centre, we have been conscious of our environmental footprint from the moment we opened our doors in 2000. Our office has been recycling paper, cardboard, plastic bottles and cans for years. We use Energy Star appliances and computers. We use LCD instead of CRT computer screens and energy efficient lighting where possible.

Digital radiography instead of traditional film based x-rays not only reduce the amount of radiation exposure to staff and patients, there are also no chemicals or lead foil to dispose of.

The amalgam (silver) that we remove from your teeth is separated from the vacuums so that it won't enter our waste water. Our dentists have never used mercury as a filling material, choosing instead to use composite resins, porcelain or gold. We also recycle old gold fillings and crowns.

Any products in our office that have expired or are no longer in use are donated to a local dental assisting school.

Our goal is to be aware of our environment at work and make it a safe and sustainable practice. Reuse, recycle or reduce is always the eco-friendly solution.

– Karen M



1460-57656 INSIDE

Welcome!



We are happy to welcome our newest staff members, Karen & Kim!

Karen has joined our hygiene program! She has been a hygienist for 26 years and just recently moved from Red Deer!

Kim has joined us as an Office Administrator. Some of you may remember Kim from *Dr. Park's* previous office in Shawnessy.

Toothbook?

You've probably heard of Facebook. Your kids are using it, friends are sending you those emails inviting you to try it, and co-workers are viewing it at their desks. And, believe it or not, if you are 30 or more, you're in the fastest growing group of Facebook users.

What does this have to do with a dental office? Particularly, what does this have to do with your dental office?

McKenzie Dental Centre is proud to be the first dental office in Calgary to create a Facebook group, McKenzie Dental Centre and Associates. Our Facebook group is a unique and easy way to keep in touch with our patients. With the upcoming changes to our office, it's simple to log into our group and find information, such as our new office location, review articles about sedation dentistry and dental implants, or start a discussion with other members of the group.

As a member, you can post items of interest to our wall, start discussions, attach links, and add photos or videos to our site. McKenzie Dental Centre and Associates is an open group, and anyone can join. Best of all, Facebook is free to use, and won't cost a cent to sign up.

Sign up for McKenzie Dental's Facebook group today, we look forward to having you a part of our office.

- Stacie



It's A Boy!

Sheri and husband Stan are happy to announce the arrival of their newest family member, baby boy Kaya! He was born on May 19th and weighed 8.4lbs! Big brother Cayman is thrilled to have a baby brother and is an enthusiastic helper! Sheri is doing well and is enjoying her summer with her family and friends. We sure do miss her at the office and wish her a great year!

officeinformation

McKenzie Dental Centre

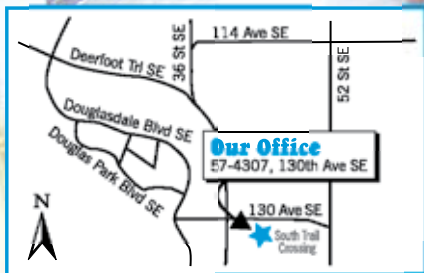
Dr. James Park
Dr. Carol Patton
Dr. Peter Manzer
57-4307, 130th Avenue SE
Calgary, Alberta T2Z 3V8

Contact Information

Office (403) 720-2778
Fax (403) 257-4685
Email mckenziedental@shaw.ca

Office Hours

Mon/Tue/Thu 8:30 am - 6:00 pm
Wed & Fri 8:30 am - 4:30 pm



Office Staff

Karin, Stacie, Sheri, Kim.....
.....Dental Administrators
Lenur..... Hygiene Coordinator
Moira, Noelle, Shannon, Jana, Karen ...
Dental Hygienists
Gayle, Karen, Ellyssa, Meena, Shaunna,
KJ.....Dental Assistants

Visit us on-line at
www.mckenziedental.com

McKenzie Dental Centre
Accepts Insurance Assignment



McKenzie Dental Centre is a proud sponsor of the Calgary Women's Emergency Shelter

Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

Mixed Sources
Cert no. SW-COC-002303
© 1996 FSC

Contents may not be reproduced without permission from the publisher.
© PATIENT NEWS PUBLISHING (800) 667-0268
1460-57656 CUSTOM