

# Country Hills Dental Centre's Smile Review

Summer 2010

from the dentists



## Accept Our Gratitude... For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we *really* appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

*Yours in good dental health,*  
Drs. Tim Begalke,  
Jamie Wallace & Jeremy Wallace

## Welcome

### Dr. Jeremy Wallace



We are excited to welcome Dr. Jeremy Wallace (Dr. Jeremy) to *Country Hills Dental Centre* and yes, he is Dr. Jamie Wallace's brother.

Dr. Jeremy was born and raised in Calgary Alberta. He received his Doctor of Dental Surgery degree from the *University of Alberta* in 2001.

Dr. Jeremy has participated in the *Kindness in Action* volunteer dental program in Guatemala and Honduras.

In his spare time he enjoys golf, snowboarding, football, and basketball.

## MORE TEN YEAR ANNIVERSARY CELEBRATIONS!

Penny and Janice both celebrated their ten year anniversary with *Country Hills Dental Centre* this year. Penny in January, 2010 and Janice in March, 2010.



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Penny is planning a trip to Europe this summer with her family as part of her celebration. She says that it is hard to believe it has already been ten years. She finds her job rewarding; working with a great bunch of people and patients.  
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Janice, for her celebration, has booked a Caribbean cruise for her family in May 2010. Janice also thanks *Country Hills Dental Centre* for making the past ten years an enjoyable place to work. The staff and patients make it a great place to be.

**Did you know that 25% of the team at Country Hills Dental Centre, have been with us for ten years or more? That is quite an accomplishment!**

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

**And it's getting more complicated...**

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

**How's that?**

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

**How will you know?**

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

**Is there any good news?**

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



## Oral Cancer Bites

**Start early & win!**

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!



# Reality Checks

## We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

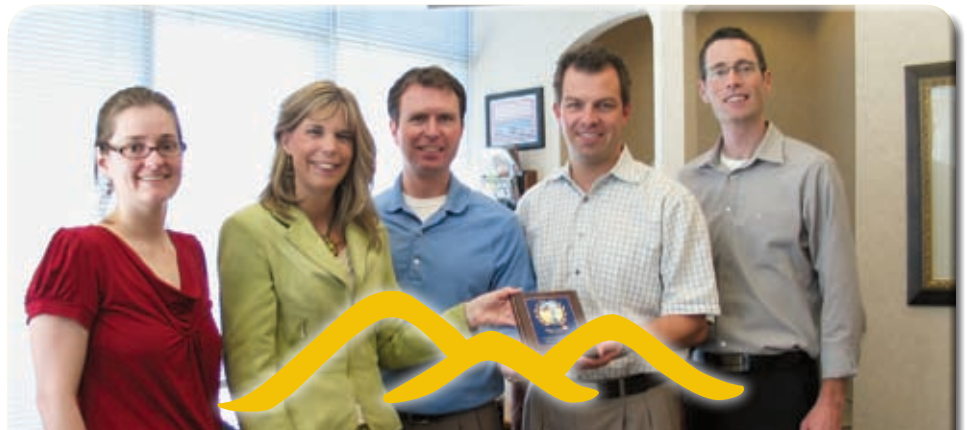
# Extreme Makeover



This spring and summer watch for our own edition of Extreme Makeover. We will be starting a renovation in May. We will be fully operational until the final stages during which our office will be closed from July 22, 2010 to August 16, 2010. If you happen to have a dental emergency during this time, our doctors will be available to treat you at our office.

If you are due for your check up and hygiene appointment this summer or want to schedule any dental treatment, call now to schedule your appointment with us.

We are excited about our new look and upgraded facility and look forward to sharing it with you.



## Country Hills Dental Centre

Welcome Wagon presented Country Hills Dental Centre with a plaque in recognition of their 10 year affiliation.

## PACIFIC DENTAL CONFERENCE

In April 2010, our entire team attended the *Pacific Dental Conference* in Vancouver. It was a great venue to see the latest and greatest in dental equipment, materials, and to gather information on the latest techniques in dental procedures.



There were numerous dental, and health related topics presented by lecturers from all over North America. All proved to be very informative and were very well attended.

Even though we were busy attending lectures and viewing the trade show, as always, we still had time for a little fun with our team!

## officeinformation

### Country Hills Dental Centre

Dr. Tim Begalke

Dr. Jamie Wallace

Dr. Jeremy Wallace

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[www.countryhillsdental.com](http://www.countryhillsdental.com)



### Office Hours

Monday	8:00 am	–	7:00 pm
Tuesday	8:00 am	–	7:00 pm
Wednesday	8:00 am	–	4:00 pm
Thursday	8:00 am	–	4:00 pm
Friday	8:00 am	–	2:30 pm

### Contact Information

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### Office Staff

Colleen..... Office Manager  
Penny, Natasha, Martha..... Receptionists  
Kelly, Roselle, Natalie, Melanie, Whitney, Katherine, Carla..... Dental Hygienists  
Jewel, Karli, Sarah, Helen, Janice, Fony.....Dental Assistants



## Thank You...

### Country Hills Dental Centre

For my ten years of service with *Country Hills Dental Centre*, I received a travel voucher, which I used towards a Caribbean Cruise with

my husband this past February. We visited St. Lucia, St. Martens, St. Kitts, Panama, Costa Rica, and Belize. We thoroughly enjoyed the entire cruise. The highlight was snorkeling off Goff's Caye in Belize.

Thank you again, to the Doctors of Country Hills Dental Centre for a wonderful ten years and a fantastic trip to remember it by.

– Colleen