



**APRIL IS DENTAL HEALTH MONTH**

**YOUR MOUTH can reveal a lot about YOUR HEALTH**



**Improve your dental health, consult your dentist!**

April is Dental Health Month. It's a good time to look at preventing oral diseases. This year, the Canadian Dental Association wants to emphasize to link between gum disease and certain other diseases.

Numerous studies have shown a link between periodontal diseases and heart attacks. In fact, a seven-year study involving 214 people has confirmed that oral disease is an important predictor in cases of fatal coronary diseases.



Fortunately, gum disease is both preventable and treatable. The Heart and Stroke Foundation recommends the practice of good oral hygiene and the prompt treatment of all oral infections to help reduce the risk of developing heart and cerebral vascular problems. Your dentist will be happy to show you how to improve your oral and dental health!

## Argyll

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**Orthodontics to improve self-esteem**

For many years now, numerous people have benefited from the services of an orthodontist to correct certain imperfections of their teeth. Dental Health Month is an excellent time for you to seriously consider this option. Orthodontic treatment will not only change your appearance, it will also improve the way you look at life.



In fact, the art and science of orthodontics have greatly improved the quality of life for many people of all ages. Patients say that they no longer feel the need to consciously cover their mouth when they smile. There are plenty of success stories: youngsters whose friends no longer make fun of them; parents who seek treatment for themselves after seeing the improvement in their children's self-esteem; and adults who choose orthodontics over having to wear a dental prosthesis.

Consult an orthodontist and get a new smile. It will serve you all of your life!

**Don't lose face! Consult your denturist!**

An expert in the design and fabrication of dental prosthetics, your denturist will know the best way to replace the natural teeth you have lost. You should also consult this professional once a year to adjust and repair your prosthesis... if you don't want to lose face!

In fact, wearing the same prosthesis for many years without having it adjusted regularly can change your facial appearance. Over the years, receding gums combined with wear on the dentures can actually cause the base of the nose to sink, the contours of the lips to shrink, and accentuate the closing motion of the mouth. As a result, the prominence of the chin can give the appearance of premature aging to the face. Don't wait too long to consult a denturist!



**Orthodontics for Georgetown and Mississauga 1997**



**Dr. J. Eric Selnes**

BA, BPHE, DDS, MSc, D. Ortho, FRCD (C)



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Alexander Trenton, DD, F.C.A.D. (A)  
Denturist



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