

October 2011

# Impressions News



## A Message From Dr. Warren

*At Impressions Dental we maintain our commitment to 'Transform Smiles and Create Lasting Impressions'*

At Impressions Dental we are always in the process of continual refinement and development of our services. It is therefore with great pleasure that I present to you the first edition of our quarterly newsletter. It is my desire that these newsletters become a valuable educational resource for your dental needs. I believe that an educated patient is empowered with the confidence and knowledge to make the decisions that promote great dental health. In addition to providing educational information, you will be advised of

the latest office developments, as well as special promotions on products and procedures. As my team and I consider our patients to be an integral part of the Impressions Dental family, we would also like to use this forum as an opportunity to share the special events that have taken place in the lives of our staff members during the course of the year. I thank you for your continued trust and confidence in the quality of services we provide. At Impressions Dental, every smile we transform, creates a lasting impression!

*Dr. Annette Warren*

## Impressions Dental Gives Back! Ride For Hope 2011

Impressions Dental had the privilege of taking part in the Ride For Hope Bahamas' bike-a-thon this year on April 9th in Eleuthera, Bahamas. The Ride For Hope is a registered Bahamian charity, co-founded in 2009 by Stephen Holowesko and his sister Susan Holowesko Larson. It was established to raise funds to support projects relating to health, wellness and human development in the Bahamas, with a specific focus on cancer care, treatment and research. The bike-a-thon is the organization's flagship event and to date, over 1,000 cyclists have logged more than 30,000 miles, raising more than one million dollars for cancer. The efforts and vision of this charity have been so inspiring that it was our sincere desire to participate this year. The fight against cancer has always been a particular

focus for Dr. Warren and this event was a perfect opportunity to make a difference. The entire staff flew to Eleuthera for the bike-a-thon to support our very own registered dental hygienist, Shirlene Pierre and Dr. Warren's dental assistants Felicia Knowles and Odessa Black who took part in the event. It was truly a great experience to come together and join forces with so many others of all ages, working towards a common goal of impacting the lives of cancer patients and their families throughout the Bahamas. In total, thanks to the generosity and support of our patients and friends, we were able to raise approximately \$6,840 for the charity. We truly appreciate each and every one of you for making this contribution possible. Thank you for partnering with us to bring hope and change lives!

*Pictured from right to left: Odessa Black (dental assistant) and Shirlene Pierre (dental hygienist).*

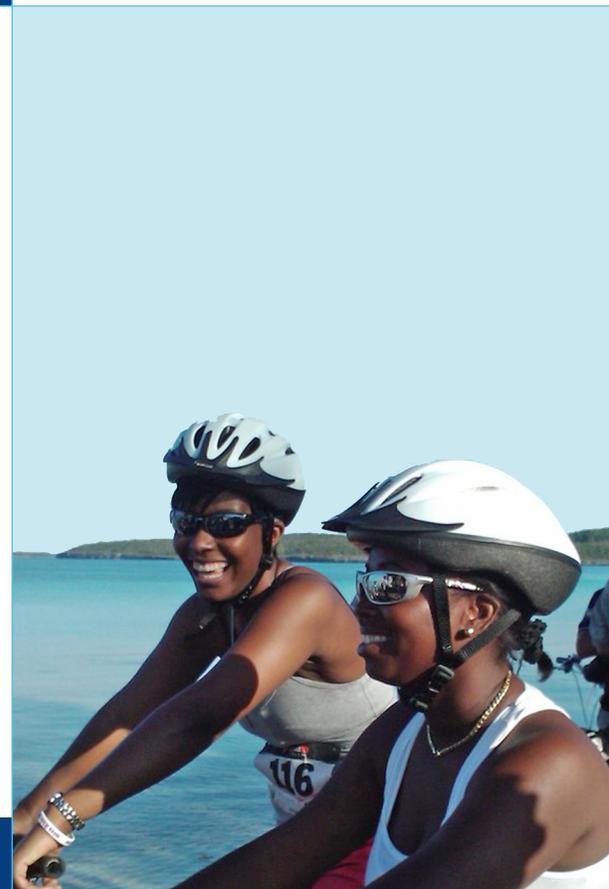
INSIDE THIS ISSUE

- Invisalign 2
- New Associate 3
- Digital X-Rays 3
- Dental Sealants 4
- Special Promotions 4

### FEATURED PRODUCT:

#### INVISALIGN

A revolutionary product that straightens teeth and protects against periodontal disease, all at the same time! Find out more inside.



# Reducing the Risk of Periodontal Disease with Invisalign: Straight Teeth Create Healthier Gums

The greatest misconception about creating a straightened smile is that it is purely for the cosmetic benefits. Many people are unaware, however, that having straight teeth can actually reduce your risk of Periodontal Disease.

## What is Malocclusion?

'Malocclusion' is what dentists refer to when teeth are not properly aligned in the mouth. There are many different types of malocclusion of varying degrees of severity. This may include teeth that are either crowded in the mouth, those that have uneven spacing between them or a person can have a deep bite,

whereby the upper front teeth overlap the lower front teeth more than the ideal 2 mm. In essence, every type of malocclusion presents its own risks for developing either periodontal disease, contributing to tooth or bone loss, creating premature wear, chipping of the teeth or trauma to the teeth.



Invisalign is the invisible alternative to the conventional system for straightening crooked teeth

## How do Crooked Teeth cause Periodontal Disease?

### • Misaligned teeth are harder to clean

When plaque is allowed to build up in areas that trap food residue, it causes bacteria to multiply in these neglected areas and heightens the risk of developing cavities and bad breath. Plaque deposits can infect the gums causing them to become swollen, red and bleed easily. If left untreated, gum inflammation can become worse, leading to soft tissue damage, receding gums, the formation of pockets between teeth and gums, bone loss and eventually tooth loss.

### • Misaligned teeth cause wear and trauma

Dental misalignment can cause disproportionate pressure on certain teeth. This can often lead to premature deterioration of the affected teeth which compromises the integrity of the tooth structure and supporting bone and can even lead to tooth loss. For some, the unnatural stress and pressure on teeth and jaws can even cause symptoms such as facial pains and headaches.

## How Do Straight Teeth Promote Oral Health?

- Gums fit tighter around the teeth and reduces the risk of harmful bacteria build-up.
- Brushing and flossing becomes easier and helps to remove acids and protect the enamel.
- A correct bite is created whereby there is a proper alignment of the upper and lower jaws which relieves pressure and improves both speech and chewing functions. When food is chewed properly, digestion is enhanced and the entire body benefits.



## What is Invisalign?

Invisalign is a series of clear, removable aligners that straightens your teeth and provides a great alternative to the often uncomfortable and lengthy process of metal braces.

## How Does Invisalign Work?

A computer is used to take a 3-D map of your teeth. This map, along with a mold of your teeth, is used to create the clear, customized plastic aligners. The aligners fit tightly over your teeth and gradually move them into correct alignment. As your teeth move, new aligners are required, approximately every two weeks. A total of 18-30 aligners are typically required but this can vary.

## What are the Advantages of Invisalign over Braces?

The aligners are more hygienic as they can be removed to eat, drink, brush and floss. There are typically less emergency trips to the office as there are no metal wires or brackets that can break. The customized aligners provide total comfort and are even suitable for athletes as they can also function as a mouth-guard.

Visit our website at [www.impressions-bahamas.com](http://www.impressions-bahamas.com) to learn more about this incredible product.



## Impressions Dental is all about Progress: We invest in great People, Procedures & Products

### We've Converted to Digital X-Rays

Digital X-Rays are the wave of the future and Impressions Dental is riding that wave! X-ray images are the primary tool that a dentist uses to keep a patient's mouth and teeth healthy and the process of obtaining these x-rays is an integral part of every dental practice.

#### Impressions Dental Welcomes: Dr. Nordia Bedward

Dr. Bedward graduated from the University of the West Indies, class of 2007. As a clinician, she is unwavering in her commitment to create a less intimidating dental experience and ensure that she provides exceptional care and attention to each and every patient. She especially enjoys working with children, with a particular interest in those with special needs. In 2000 she graduated from The University of the West Indies with a BSC in Chemistry and Food Chemistry. She worked briefly in this discipline but her undying love for health-care redirected her steps towards a pursuit in the profession of Dentistry. After completing her DDS (Doctor of Dental Surgery) degree in Trinidad and Tobago she returned home to Jamaica to complete a year-long internship program. She relocated to the Bahamas in 2008 to further pursue her dental career and we are now excited to welcome her as a part of the Impressions Dental team. She brings not only her qualifications and experience but a compassionate and gentle approach to dentistry.

In her personal time, Dr. Bedward enjoys spending quality time with her husband, Bahamian Veterinarian, Dr. Winston Davis (DVM) and her son, who is her pride and joy.

The traditional x-ray system presented many drawbacks including patient exposure to radiation and data storage challenges. We have now invested in a revolutionary technology that will enable us to provide a safer, more convenient and efficient service.

#### Advantages of Digital Radiography vs Traditional Radiography



##### • Better Image Quality

The images are clearer and more detailed than film images and can be manipulated to enhance problem areas. This provides an excellent opportunity for patient education and also enables patients to provide valuable, instantaneous feedback.



##### • Convenient Data Storage

The collected data can be conveniently stored in a patient's database allowing them to be easily retrieved and emailed to insurance companies or shared with other dental providers. This feature is particularly important in emergency cases as it eliminates the delay incurred by time consuming, traditional methods of transportation.

##### • Faster Process

Traditional x-rays required five to seven minutes to develop, with a potential for increased processing times if retakes were needed. In contrast, digital radiography allows both the dentist and patient to view images on the computer screen within seconds after the device is inserted into the patient's mouth.

##### • Safer

Digital radiography reduces the patient and clinician's exposure to radiation by up to 90% and also eliminates the need for toxic x-ray development chemicals and film. This has a benefit of creating a more environmentally friendly office space and reducing the toxic impact on the environment.

Digital Radiography simultaneously benefits both the dental provider and the patient.



### We're committed to our patients' needs

Due to the cost and logistics involved in converting to digital radiography, there are many dental providers who are still operating under the conventional system. At Impressions Dental, however, our transition is a direct reflection of our commitment to embrace technological advances that support our unwavering dedication to service excellence.

# Dental Sealants: Protect Your Child's Teeth

## What are Dental Sealants?

A dental sealant is a plastic coating applied to the chewing surfaces of back teeth (premolars and molars) where decay in children and teens most often occurs. Grooves in these teeth are so narrow that toothbrush bristles cannot fit into the space to extract food particles and plaque.



## Why are sealants important?

Sealants can provide 100% protection from dental decay or 'cavities' on the chewing surface. Research has even shown that placing sealants over very minimal dental decay will prevent this decay from progressing any further.



## How are sealants applied?

- The teeth that will be sealed are cleaned.
- The chewing surfaces are roughened with a mild acid to help the sealant adhere to the tooth.
- The liquid sealant is painted into the grooves of the tooth allowing it to bond and harden.
- A high intensity light may be used to activate the hardening process.



It only takes a minute for the sealant to form a protective shield. The process is simple, painless and requires no drilling or removal of tooth structure. Completely child friendly!

## When are sealants applied?

Children should receive sealants on permanent molars as soon as they erupt, estimated between 6 and 12 years of age. If a tooth already has a filling then a sealant would not be required.



## How long will sealants last?

They may last as long as 10 years but it is important that they are continuously monitored by the dentist at regular check-ups to ensure that they are functioning and still intact.

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HOW IT WORKS

When your referred friend comes into our office for their appointment, both of you will receive a \$20 credit on your accounts. We value each and every referral and consider it a privilege to be able to serve your friends with excellent dental care. Thank you for your continued commitment to our office.

THANK YOU

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WE'RE ON FACEBOOK AND YOUTUBE!

## Preventive Dental Program

Sealants are only one part of a child's total preventive care. A complete preventive dental program also includes the use of fluoride, mouth rinses or fluorinated water, twice daily brushing and flossing, wise food choices (limited amount of sugary foods) and regular dental care.

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