



Dr. Arun Narang & Associates

4-3038 Hurontario Street, Mississauga, Ontario, Canada
400-1344 Cornwall Road, Oakville, Ontario, Canada

Dr Arun Narang & Associates Newsletter

December 22, 2009

In This Issue

- [CLEANING YOUR TOOTHBRUSH EVERY DAY COULD KEEP H1N1 AWAY?](#)
- [HAPPY HOLIDAYS!](#)
- [DR. ED VENERUS](#)
- [Orthodontics in Puerto Vallarta](#)
- [Dr. Arun Narang on Rogers TV](#)
- [12 Early Signs of Orthodontic Problems in Children \[CA\]](#)
- [Cavity Quiz: Do You Know What It Takes to Avoid Cavities?](#)
- [Open Wide: Tooth School Inside](#)
- [The Clear Choice: The 5 C's of Invisalign](#)

HAPPY HOLIDAYS!



Our team would like to wish you and your family a Merry Christmas & a Happy New Year!

DR. ED VENERUS



Dr. Venerus received his Doctor of Dental Surgeon degree from the faculty of Dentistry at the University of Toronto in 1992. Prior to this he earned his Honours Bachelor of Science in Pharmacology, with a major in Physiology. Since graduation he has been practicing general and cosmetic dentistry as well as teaching part-time at the Faculty of Dentistry at the University of Toronto in both the Restorative and Oral Medicine departments. Dr. Venerus has been practicing dentistry with Dr. Narang & Associates since 1993. He enjoys all aspects of dentistry including root canal therapy, crowns and bridges, and cosmetic cases, along with general dentistry. Dr. Venerus is currently a member of the Ontario Dental Association, the Toronto Academy of Cosmetic Dentists, and the Toronto Crown and Bridge Study Club. He continually takes courses covering a wide range of dental topics.

Dr. Venerus participates in many sports, especially tennis, skiing, rock climbing and hockey. He enjoys traveling and spending time with family and friends.

CLEANING YOUR TOOTHBRUSH EVERY DAY COULD KEEP H1N1 AWAY?



We have all been overwhelmed on the tips to avoid catching H1N1

Influenza the last few months.

There is the hand washing and sneezing in the crook of your arm instead of your hands.

What about the germs found on your toothbrush?

If the germs found on your hands could wind up entering your system, then germs on your toothbrush have an even bigger chance of landing in your throat.

Depending on how humid and dirty your bathroom, cold germs can flourish on your toothbrush. Germs can live outside of the body from a few seconds to 48 hours, depending on the virus and the surface.

Flu viruses usually survive longer on surfaces than cold viruses do. Both kinds of viruses probably live longer on nonporous surfaces such as plastic, metal and wood, than on porous ones, including fabrics, your skin or paper.

Toothbrushes can harbor bacteria, viruses and fungus. Every time you brush, you remove plaque and particles, often tainting the brush with bacteria, blood, saliva and other debris. The pollution can come back to infect you.

Keeping your toothbrush clean:

- 1- If you have had a cold, flu or infection you should throw out your toothbrush and get a new one.
- 2- Disinfect your toothbrush daily in mouthwash for 30 seconds.
- 3- Deep clean your tooth brush or electric toothbrush head by running it through your dishwasher.
- 4- Avoid side by side toothbrush storage. Families who keep toothbrushes close to each other may have bacteria bouncing from

[Smile By Design >](#)

Orthodontics in Puerto Vallarta



As part of our dedication to our profession, Dr. Narang & Associates team, attend many continuing educational events throughout the year.

The latest event was an Orthodontics Symposium held in Puerto Vallarta, Mexico. The annual three day symposium attracts dental professionals from all over the world. Our team met and exchanged valuable information on Orthodontic treatment with dental teams from Spain, Germany, Holland, and the USA; even fellow Canadians from Alberta and BC.

The team attended seminars on new developments in self-ligating brackets, learned new theories and applications regarding tooth movement, and saw how the use of implants can help with the orthodontic process.

one brush to another.
5- Keep your toothbrush as far away as possible from the toilet to cut down on airborne bacteria from waste reaching your toothbrush and always flush with the lid closed.
6- Use toothpaste from a pump dispenser to avoid contact between the germs that might lurk on the toothpaste tube and the toothbrush.

[Sunstar Butler Oral Health Care >](#)

Quick Links

[Visit our web site >>](#)

[Royal College of Dental Surgeons of Ontario >>](#)

[Toronto Academy of Cosmetic Dentistry >>](#)

[College of Dental Hygienists of Ontario >>](#)

[Toronto Crown and Bridge Study Club >>](#)

Dr. Arun Narang on Rogers TV



Dr. Arun Narang with over 24 years experience is regularly approached by members of the media as a source for dental health information.

In past interviews and appearances Dr. Narang has discussed topics from Pregnancy & Oral Health, Link of Heart Disease & Oral Health, Spa Dentistry, and Smile Enhancement, to name a few.

Most recently, Dr. Narang can be seen regularly on *Rogers TV* (Peel) show "*daytime*" recorded live once a month and showing **Mon-Fri @ 5 & 11 pm &/or the first Tuesday of every month.**

"*daytime*" is a local talk show that touches on issues about "*life matters*" including topics such as fashion, fitness, cooking, lifestyles, health and more. Weekly guests help reveal the richness and diversity of the community, while regular appearances by professionals, such as Dr. Narang, on the show offer their expert advice.

Dr. Narang has also recorded 12 Smile File Tips that will appear at various times on Rogers Cable 10. The "tips" will deal with subjects of dental interest.

See what Dr. Narang has to say on Rogers TV or check out our website (www.smilebydesign.com or www.oakvilledentalarts.com) for past appearances on *Global TV* and articles from *ELEVATE & FASHION* magazines!

[Rogers TV Peel Daytime >](#)

12 Early Signs of Orthodontic Problems in Children [CA]



The Canadian Association of Orthodontists recommends that children have their first visit to the orthodontist at age 7. Find out why, and 12 signs to watch for at home that may indicate a problem.

[12 signs >](#)

Cavity Quiz: Do You Know What It Takes to Avoid

Affiliations



[ADA](#)



[American Academy of Cosmetic Dentistry](#)



[BriteSmile®](#)

Cavities?



Take this quiz and test your knowledge of what causes cavities and how you can avoid decay.

[Cavity quiz >](#)



[Canadian Dental Association](#)

Open Wide: Tooth School Inside

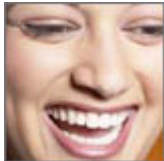


Share this whimsically illustrated book with your children to teach them about teeth and oral health. Chock full of entertainment and good oral health information, it's fun for kids and parents alike.

[Go to tooth school >](#)

C E R E C
[CEREC](#)

The Clear Choice: The 5 C's of Invisalign



Do you know the 5 C's of Invisalign? Click to find out all the benefits of straightening your teeth with invisible aligners.

[Get the 5 C's >](#)

[Invisalign® Premier Provider™](#)

Email: appointments@oakvilledentalarts.com

Phone: 905-337-3511

Web: <http://www.oakvilledentalarts.com>