



Dr. Arun Narang & Associates

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Dr. Arun Narang & Associates Spring Newsletter 2009

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Invisalign Offer @ Our Office!



If you have always thought of improving your smile by straightening your teeth **NOW** is the time to act!

We would like to extend an offer to any of our patients starting an Invisalign treatment between March-June 2009, a special discount of **\$250.00 CAD** off of their treatment cost! **Contact us** for details or make an appointment for a no charge consultation with Dr. Narang.

[Invisalign >](#)

“Ask Us”

Question: Teeth

I have a missing tooth on the upper front of my mouth. Would it be better to get one implant or a bridge that would be permanently fixed?



Answer: Implant vs. Bridge In this day and age with the advances in implant dentistry, the treatment of choice for a single missing tooth is a dental implant. The tremendous advantage of the implant lies in the fact that the teeth on either side of the missing tooth are not touched. A bridge requires cutting down of these teeth, which leads to a higher incidence of root canal therapy and tooth decay. Placement of dental implants also prevents surrounding bone loss. This in turn preserves facial features from collapsing. With a bridge, surrounding bone will continue to collapse and can give the area a “sunken and aging” look.

Implants are impervious to many of the problems and disease that affect natural teeth such as decay, fractures and nerve disease. However, gum problems may still occur and regular check ups and dental cleanings are important.

Implants take longer to complete than a fixed bridge as surrounding bone usually has to heal before a permanent tooth can be placed. Although an implant is somewhat more expensive

NOW at Our Office: Dental Lasers!



Laser dentistry is a precise and effective way to perform many dental procedures. We are presently using soft tissue Diode Lasers in our dental clinic. The Diode Laser can be used by Dentists &

Dental Hygienists for specific procedures and treatment therapies.

The Diode Laser promotes healing for infected and irritated tissues, & eliminates bacteria from the area that the procedure is being performed. The laser could decrease or even eliminate some effects common with surgeries such as bleeding, inflammation and discomfort.

The laser is used by our Dental Hygienists in gum therapy treatments to treat deep gingival pockets that harbor bacteria and cause gum disease. Our Dental Hygienists can incorporate the dental laser as an adjunct to dental cleaning & scaling. The laser would eliminate excess bacteria found in the pockets of patients with periodontal gum disease.

Our Dental Hygienists can also use the laser to reduce the pain and longevity of cold sores and fever blisters.

Other Benefits of laser dentistry:

- Tissues may not require sutures (stitches)
- Some laser procedures do not need anesthesia
- Bacterial infections are minimized because the light beam sterilizes the area
- The tissues can be regenerated faster, faster healing

than a bridge, it is more cost effective over time – this is due to implant durability, retrievability (can redo the crown without changing the implant), and independence of the teeth on either side.

With a bridge, if one part of it fails the entire bridge fails often with the loss of a tooth. Thus the bridge's long term maintenance may be more expensive than for a single tooth implant. With proper planning, one can achieve excellent aesthetic results with dental implants. They are my treatment of choice to replace a missing tooth.

[Before & After >](#)

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 **Roger's 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 >](#)

The ODA's Position on Independent Dental Hygiene Clinics



(Excerpt from October 2008 Editorial by the President of the ODA Larry Levin, DDS)
The Ontario Dental Association (ODA) is a voluntary professional organization that represents the dentists of Ontario. The ODA supports its members and is dedicated to their common goal to providing exemplary oral health care & promoting the attainment of optimal health for the people of Ontario.

The following is an excerpt from the ODA journal by the organization's president. It represents the ODA's views on the opening of dental hygiene clinics.

"When dentists and dental hygienists work together-it's the best of both worlds."

Recent changes in legislation allow dental hygienists to clean patient's teeth without a dentist's involvement. Although there are a few independent dental hygiene clinics being set up to do this, it represents a very small percentage. The vast majority of dental hygienists prefer the team-based dental office model for the delivery of comprehensive oral health care. Dentists respect, appreciate and enjoy working with dental hygienists in a collaborative team environment, working together to serve the patient in the best way possible- with all the tools and expertise at our fingertips to achieve one common goal- optimal oral health care for our patients.

"Having your teeth cleaned at an independent dental hygiene clinic is not comprehensive oral health care."

Dental hygienists are not trained to provide a comprehensive oral health diagnosis nor are they legally allowed to communicate a diagnosis to a patient. In the dental office, a recall

Some specific uses for a dental laser in a dental clinic are:

- **Cosmetically-** to reshape the architecture of the gums by lengthening or reshaping or creating symmetry to enhance a smile (example: crown lengthening, gummy smile)
- **Gum therapies-** used by dental hygienists in adjunct to scaling.
- **Tooth sensitivity-** seals tubules at area of root
- **Removing** fever blisters, ulcers or cold sores
- **Surgical procedures-** such as gingivectomy, abscess removal, biopsies etc...
- **Removal of benign tumors**
- **Sleep apnea or Snoring-** In some cases, a simple laser procedure can be performed to reshape the throat & relieve breathing problems during sleep
- **Temporomandibular (Jaw) Joint Treatment:** Dental lasers may be used to quickly reduce pain and inflammation of the temporomandibular jaw joint

Contact one of our knowledgeable staff or consult with Dr. Narang, Dr. Venerus or Dr. Monga for more information. We are all happy to help!

[Odyssey Diode Laser >](#)

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includes a dentist's examination and diagnosis (including any needed x-rays) of the patient's oral health, and an oral cancer examination.

"Buyer be aware- of what isn't being done for you."

Independent dental hygiene clinics cannot provide ongoing, comprehensive oral care, since they do not have the complete picture. Patients will still need to go to a dental office, to see a dentist for the examination and diagnosis of any oral health problems.

"It is very important for the public to realize that a checkup (recall) in a dental office is much more than just a cleaning. It is part of comprehensive oral health care, delivered by a dentist or through the combined expertise of both a dentist and a dental hygienist."

For more information please call the office at 905-897-1166

[Ontario Dental Association >](#)

Cardiodontics: The Heart-Mouth Connection



Can periodontal disease affect more than just your mouth? Learn the health risks involved and how good oral care can help you avoid the disease.

[Find out more >](#)

How to Handle Your Child's Biting Phase



Babies bite – there's no way around it. But when toddlers and preschoolers bite, it's time to take action. Follow these simple steps for dealing with a young one going through a biting phase.

[No biting allowed >](#)

Imagining Your Life with Invisalign: FAQ



Thinking about joining the quarter of a million people who have chosen Invisalign to straighten their teeth, but not sure how treatment will affect your daily life?

[Look into it >](#)

Email: appointments@oakvilledentalarts.com

Phone: 905-337-3511

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



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