

### In this issue

- [CEREC-Computer Assisted Dentistry](#)
- [Congratulations to Dr. Narang!](#)
- [A Tid-Bit From Your Dental Hygiene Team](#)
- [Dental Seminar with Dr. Narang](#)
- [Halloween 2010](#)
- [The Team at an "Extreme Make-Over" Seminar](#)
- [Tooth Trivia: You Don't Know PLAQUE](#)

### Congratulations to Dr. Narang!



#### Congratulations Dr. Arun Narang President of the Toronto Academy of Cosmetic Dentists (TACD)

The Toronto Academy of Cosmetic Dentistry is a not-for-profit organization committed to providing dental professionals with excellent cosmetic dental continuing education opportunities.

The TACD is an International Affiliate of the American Academy of Cosmetic Dentistry (AACD).

Prior to his appointment as president of the TACD, Dr. Narang regularly attended AACD Scientific Sessions for over 12 years. He also served as an Executive member of the TACD for the past 6 years.

The TACD organizes seminars & conventions with renowned speakers & educators in the Cosmetic Dental field. These speakers come from all over the world; recently the TACD has had Dr. Bill Dorfman (Extreme Make-Over's dentist), Dr. Frank Spears (known as one of the world's finest restorative dentist) and Dr. John Kois (director & founder of Kois Center for Cosmetic Dentistry).

As president of the TACD, Dr. Narang would be leading a group of Dentists that are dedicated to educating their team and themselves with techniques and knowledge that would increase their skills in the cosmetic aspect of dentistry. Dr. Narang will also be teaching hands-on seminars such as "Bone and Soft Tissue Grafting for Implants".

Congratulations Dr. Narang!

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

### A Tid-Bit From Your Dental Hygiene Team



#### Your Dental Health Affects Your Heart Health

"C-Reactive Protein" (CRP) is a protein released from the liver as a side product when there is any sort of infection (inflammation) in the body (including gum disease). When it enters the vessels around the heart, it can increase clotting, which puts you more at risk for a heart attack.

Recently, while talking to a patient about this connection, it was discovered that she was being treated for high levels of CRP by her doctor, with a prescribed medication. Although her doctor had her on this medication for over a year, her CRP levels had not gone down. After learning about the connection with gum disease, she decided to floss diligently every single day. To her surprise and delight, the next time her doctor tested her CRP levels, they had decreased so much that her doctor took her off the medication.

Although it is impossible to directly link the flossing as the reason her CRP levels went down, there is a recognized

association between gum disease and your heart health. So the next time you pick up your floss, remember you are doing your whole body good!

#### [Health Canada >](#)

### Dental Seminar with Dr. Narang



Dr. Narang & his team, hosted a seminar for the Toronto Academy of Cosmetic Dentists at our Oakville office location. The event was attended by 16 dentists and their staff, who came from all over the GTA.

Dr. Narang & the team presented a live patient demonstration on BONE & SOFT TISSUE GRAFTING FOR AN IMPLANT SITE. The case involved removing a lower tooth and then placing a biocompatible bone substitute to aid in the regeneration of bone for future implant placement. While Dr. Narang & his assistants were working, the dentists and their

### CEREC-Computer Assisted Dentistry



Dr. Narang & Restorative Dental Hygienist, Eileen Villanueva, attended a 5 day comprehensive

hands-on course in Puerto Rico, on CEREC- Computer Assisted Dentistry.

Computer Assisted Dentistry allows us to design and create biocompatible crowns, bridges, veneers, & implant crowns, in the office while you wait. Usually these types of restorations require impressions to be made in the mouth and then sent to the lab to be created, a process which would take approximately 7-10 days. During that time a plastic temporary would be placed in the mouth. With CEREC the restorations can be made and placed in that same day, in some cases, that same hour you are there!

CEREC restorations are biocompatible, meaning they have the same/similar physical properties as your tooth. That means:

- >they have the same reflective properties so they appear more tooth-like & it would mimic the tooth colour
- >they expand & contract similar to the tooth with temperature changes
- >they can be bonded to the tooth so they have better margins and seal
- >the wear rate is similar to the tooth

To find out more about CEREC restorations & how Computer Assisted Dentistry works, contact the office 905-897-1166 or visit our website, [www.smilebydesign.com](http://www.smilebydesign.com).

Dr. Narang & Eileen have been using Computer Assisted Dentistry since 2000, and have created and placed numerous ceramic restorations. The course in Puerto Rico discussed the new updated software and showed new techniques in preparation & design. While at the course, our team completed & graduated with Level I & II Certification.

Congratulations Dr. Narang & Eileen!

### Quick Links

[Visit our web site >>](#)

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

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

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

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

### Affiliations

staff attendees were able to observe the procedure and ask questions.  
The event was a success. Great work Dr. Narang, Neha, Debbi, Cristi & Sandi!

### Halloween 2010



Halloween fun was had at both the Mississauga & Oakville Dental office locations. Treats were given out along with toothbrushes.

It doesn't have to be scary for your teeth to have Halloween treats. Here are a few tricks for having treats:

\*Portion/Ration-don't over do it

\*Avoid candies that stick to your teeth & candies that stay in your mouth, like lollipops & hard candy

\*Last but not least....DON'T FORGET TO BRUSH & FLOSS YOUR TEETH AFTER HAVING SWEETS!

### The Team at an "Extreme Make-Over" Seminar



Once a year we close both of our office locations so that the whole team can attend a group seminar. This is part of our commitment to our profession & our dedication to providing dental treatment to the best of our ability. This year the whole team had the opportunity to learn from the Dentist of the TV show "Extreme Make-Over", Dr. Bill Dorfman.

The seminar was entertaining as well as informative. Dr. Dorfman was filled with Hollywood anecdotes and had years of experience in the dental field to share with us. Being with the whole team for an event outside of the office made for a fun day!

### Tooth Trivia: You Don't Know PLAQUE



Do you know what causes plaque and what to do about it?

Take this quick quiz to test your knowledge of this sticky substance and we'll give you some handy tips for keeping plaque from damaging your teeth.

[Quiz me >](#)



American Academy of Cosmetic  
Dentistry



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