



IT'S A
NEW YEAR
SO...

Smile

WITH DR. EMIL JANSEN

Produced to improve your dental health and awareness

SUMMER 2012

Greetings From The Dentist



This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

Best wishes for 2012!

Dr. Emil Jansen

Congratulations Alinda & Welcome Back!

Some of you may recall that two years ago Alinda Bekker, one of our Assistants, left us to further her studies at the *University of Pretoria*. Well, she finished at the end of November and is back in our practice family – this time as a professional Oral Hygienist. We're pleased and proud to tell you that she got distinctions in Preventive Dentistry, Ethics, and Oral Facial Surgery. Please say hello to Alinda next time you're in – she's really looking forward to seeing you!



WISHING YOU A HAPPY

2012

*from
Dr. Emil Jansen
and team*

Tick Tock

Forget the clock!

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know – as you wait ... and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



Look Younger Without Surgery!

Ask us about your dental facelift options



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

*Cosmetic Dentistry:
The non-surgical alternative to a facelift!*

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

Smiles That Go Miles

Home and pro care

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your “attractive quotient.” Isn’t it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don’t smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

VIVACIOUS VENEERS

Once we’ve decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we’ll take into consideration your face shape and the proportions and symmetry of your face and smile.

We’ll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- colour of your teeth enamel
- contours of your gumline.

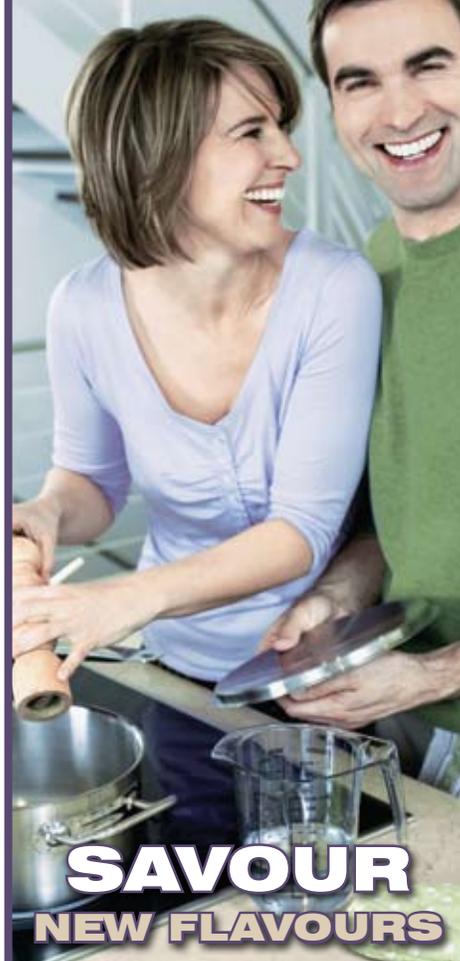
Based on these dimensions, your occlusion (bite), and your preferred smile colour, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

A new smile in just a little while

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications
 - gaps that trap food and make you feel self-conscious about smiling
 - overlaps and crowding that create an accordion appearance, especially in profile
 - unsightly chips or cracks that catch on dental floss and attract stains like magnets.
- ### Reproportioning
- an uneven or too-gummy gumline
 - teeth that appear too long due to receding gums
 - poorly shaped or sized teeth that don’t suit the proportions of your smile
 - worn down teeth from clenching and grinding or enamel erosion.



Train your taste buds

Ever since you were a kid, you’ve known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

- Experimenting with aroma, texture, shape, and colour can all improve anyone’s dining experience.
- Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means “savory” in Japanese. You can mix ‘n’ match foods and seasonings that are more healthful and yet appeal to your palate.
- Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!

Myths & Your Mouth

The truth is revealed!

Most adults have plenty of opinions about oral health care. A surprising number of them are based on myths and outdated facts that have been disproved!

Myth: *It doesn't matter what type of brush you use.*

Soft brushes are better. Hard bristles can damage both teeth and gums. Always use a light touch with a rolling or circular motion so that you won't hurt the gum tissue and damage the tooth structure.

Myth: *If you brush, you don't need to floss.*

Brushing only removes plaque from the surface of the tooth. To prevent decay and gum disease, bacteria must be removed from between the teeth and below the gumline, something only floss can do.

Myth: *If you bleed when you floss, you have gum disease.*

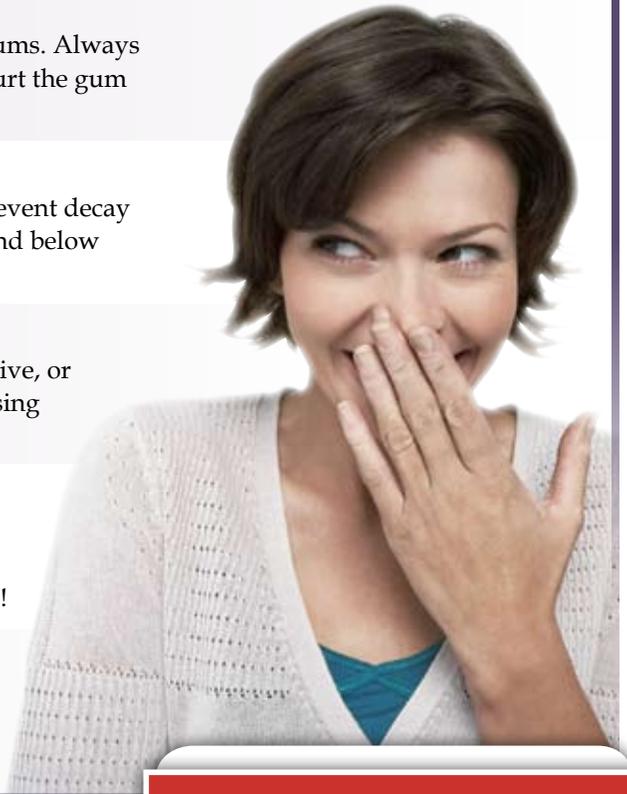
If you floss regularly, bleeding may mean you're being too aggressive, or have skipped a few days. Bleeding that continues despite regular flossing may indicate gum disease, and should be checked.

Myth: *Cosmetic dentistry is only for the rich and famous.*

Modern cosmetic dentistry is more accessible and more effective than ever before. Teeth whitening is the most popular procedure across the generations. The results can bring amazing transformations!

Myth: *Only go to the dentist if you have a problem.*

Damage to your oral and overall health can escalate as simple problems become more complex. Regular checkups and preventive dentistry are the best strategy.



**NOW IS THE RIGHT TIME
To make referrals**

practice information

Dr. EW Jansen Incorporated
Practice Number: 5444713

Dr. Emil Jansen
Dr. Adel Whitby-Viljoen
46 Estcourt Drive, Wierda Park
Centurion, Gauteng 0157

Office Hours

Mon-Thu 7:45 am – 5:15 pm
Friday 8:00 am – 2:00 pm

Appointments available after hours.

Contact Information

Office +27 12 653 4119

Emergencies:

Dr. Jansen +27 83 325 4200
Dr. Whitby-Viljoen +27 72 292 1469

Email emil@emiljansen.com
Web site www.emiljansen.com

Office Staff

Coreen..... Accounts Manager
Wilma, Anita..... Dental Assistants
Alinda..... Oral Hygienist

*Dr. Whitby-Viljoen can smooth
away frown lines with Botox!*



Not Just A Pretty Face

A beautiful smile



Today's tooth-coloured invisible fillings can give you more than just a pretty face – they can strengthen your teeth, seal out bacteria, and decrease tooth sensitivity to hot and cold.

After all, besides wanting to look great, there are many reasons for replacing older fillings. Chewing can eventually wear down restorations (allowing bacteria into the tooth) and can create cracks that may require further restoration.

Attractive, invisible fillings called inlays can be made from porcelain, cast glass or composite resin. Comparable to the strength and beauty of natural teeth, these can be coloured and formed to fit so well that you can hardly detect them. In fact, with new self-confidence, you'll be laughing out loud again – and not showing those fillings off!

Making and keeping a dental appointment, especially at this time of year, is very important and makes complete sense. Competitive sports are ramping up and to play it safe, mouthguards are a requirement. People also want to look their best for the new year, or are realizing that their benefits renew with the new year.

We have appointments available and we ask you to ensure your regular checkups are on track, and if not, invite you to schedule one.

Also, please refer your friends, colleagues, and family members to us. When you refer, it's an excellent reminder to others that preventive care is a top priority. We hope you know how much we value your referrals – they are high praise, and for that we are grateful to you!