

Dr. Emil Jansen's Word Of Mouth



Produced to improve your dental health and awareness

SPRING 2012

from the dentist

Tell Us...

What do you think?

When it comes to oral health, your teeth can tell us a lot about what's right and what wants more attention. But patient needs often have to do with matters that we can't detect on radiographs or during examinations.

What do you think about our staff, office environment, treatment, pricing, educational information, referrals, and scheduling? What would you like us to change?

We're constantly trying to upgrade care and improve our services. Please let us know how we are doing. Next time you come in for a checkup and we ask you to open wide ... tell us what you think. When it comes to your mouth, we're all ears!

Yours in good dental health

Dr. Emil Jansen

Whiten your teeth in one and a half hour!
Simple, fast, easy ... and now at R1495.00! Call to reserve your appointment!

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Offer expires December 31st, 2012

Take Years Off!

Rejuvenate your smile

Make no mistake - crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.

Type of Crown: All-Metal

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type of Crown: Porcelain Fused to Metal

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type of Crown: All-Ceramic or All-Porcelain

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Tune In To Tunes

It's ease-y!

Calming soothing music can help lower your heartbeat and blood pressure by reducing stress hormones. Pumped-up music you can dance to or sing to can release endorphins that revitalise you and lighten your mood.

Perhaps part of music's ability to soothe or inspire is that listening to it allows you to let go of rational thought processes. It engages the right side of your brain which thinks creatively in images rather than words or numbers.

Experiment! Whether you want nature sounds or classical while you meditate, or you just want to crank up the tunes on your radio, you'll feel better by the end. And you'll be reducing your risk for heart disease, the number-one killer of both men and women!



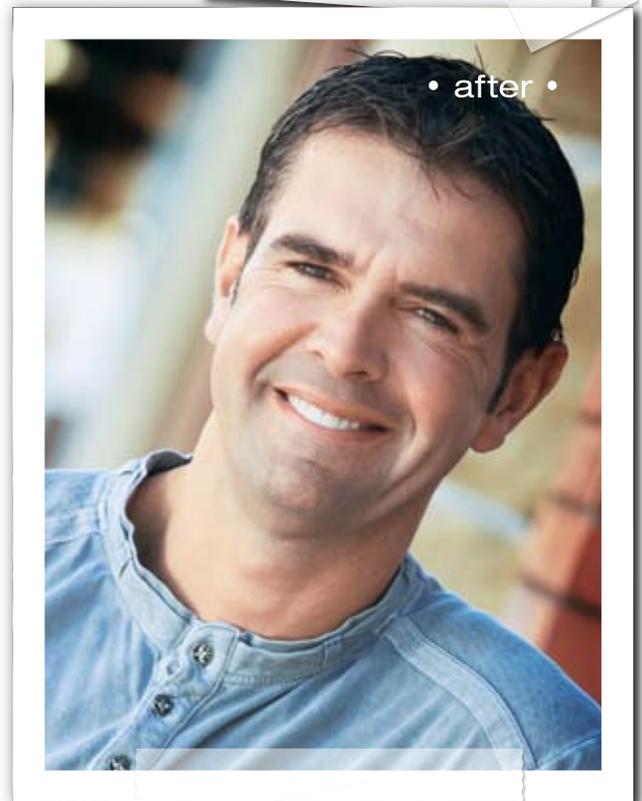
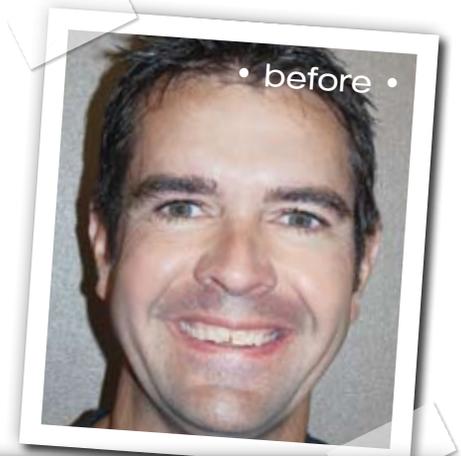
Top 5 Makeover Picks

When losing your illusions is a good thing!

If you want brighter teeth in photos – no doubt there are apps for that, but you'd have to fix *every* picture. And what about those candid cell phone shots that you have no access to? Here are 5 ways you can get the real deal and never worry about retouching again.

- 1 If your teeth are a little dingy, or a lot, get them **whitened** and say goodbye to stains from food, beverages, nicotine, root canal treatments... and age!
- 2 If your smile is looking a little dated from stained or silver fillings, consider virtually invisible **white fillings** and tooth-coloured porcelain **inlays**.
- 3 If your teeth are chipped, cracked, or have slight spaces, consider tooth-coloured **bonding** materials to cover up these flaws.
- 4 Porcelain **veneers** which are ultra-thin, hand-sculpted shells that cover the front surface of teeth are another excellent, natural-looking option.
- 5 If your teeth have been weakened by clenching, grinding, decay, or root canal therapy, natural-looking **crowns** will restore appearance and function.

Many of these techniques take only a visit or two ... so let's rescue even those teeth you may forget about – at the back of your mouth, and your lower arch!



veneers • natural looking • made specially for you •



Don't Unravel! Get help for TMD

Language can be soooo telling. For instance, the word "stress" is derived from the Latin *stringere* which means to draw tight. That's exactly how your face looks: pinched, tight, and strained when you leave Temporomandibular Joint Disorder (TMD) problems untreated. TMD can impersonate migraines, tension headaches, neuritis, and neuralgia. The pain can lead to fatigue, insomnia, and the symptoms of depression.

The most common cause of jaw-related problems is an uneven bite or jaw position – something you may have been born with, or which you developed through grinding, tooth loss, clenching, and wearing down teeth and restorations.

If you can't open your mouth fully, hear clicking noises or experience pain and tenderness in and around your jaw, face, ear, and head, a simple effective dental solution may be all you need to loosen up and put a smile on your face!

Lovin' The Limelight & keeping your balance!

Is it a coincidence that even the ordinary people on reality shows have great smiles? Seems unlikely ... just ask the casting directors! True, looking good can thrust you into the limelight, yet it takes more than white even straight teeth to give you your best smile. Consider proportion, balance, and symmetry. If these are missing from your smile, it might be that your gums need some attention.

Here are some problems we see all the time, along with time-tested solutions that provide beautiful and predictable results...

Too much gum tissue & too-small teeth

Removing excess gum tissue to reveal more tooth can make a great difference! This is called gum contouring, gum recontouring, a gum lift, or crown lengthening.

Teeth that look different lengths

Recontouring can also even out an irregular gumline that makes teeth appear to be different lengths.

Gum recession, exposed roots, & too-long teeth

Root-coverage procedures or natural-looking veneers can restore proportion and help prevent root caries.

Distracting red puffy gums

Gum disease is treatable, so you can prevent the prematurely ageing look of tooth loss and jawbone loss and consider cosmetic treatment options.

Give us a call if you avoid smiling for any of these reasons. We will help you.

CHEER UP!



Try tropical

Comfort foods can really bring you down! Doughnuts and the like make us feel better for a while – and then comes the crash. Scientists believe that trans-fatty acids cause inflammation that interferes with feel-good neurotransmitters like serotonin. In the long-term, this may lead to depression. Instead, try a tropical powerhouse like papaya that can energise you, boost your immune system, and help prevent inflammation, heart disease, and cancer.

Papaya is readily available – look for one that's soft with red-orange skin like the fruit inside. Sweet yet refreshing, it's loaded with vitamins, minerals, antioxidants, and fibre, as well as enzymes that aid in digestion. You can eat the fruit and peppery seeds as is, or use them to jazz up your salads.

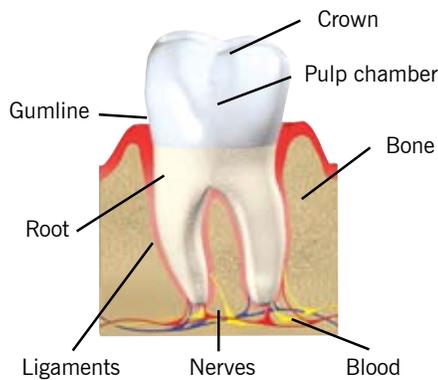
Feel good *and* power up with papaya!

The Science Of Saving Teeth

Root canal therapy is a tooth saver!

You may not be able to see it, but structures inside your tooth could be inflamed or abscessed. You might experience some symptoms like sensitivity to cold or heat, a constant throbbing ache or pain when you chew ... or you may feel nothing at all. Whether you know about it or not, internal damage will worsen over time. Eventually it could mean lost teeth and gaps in your smile.

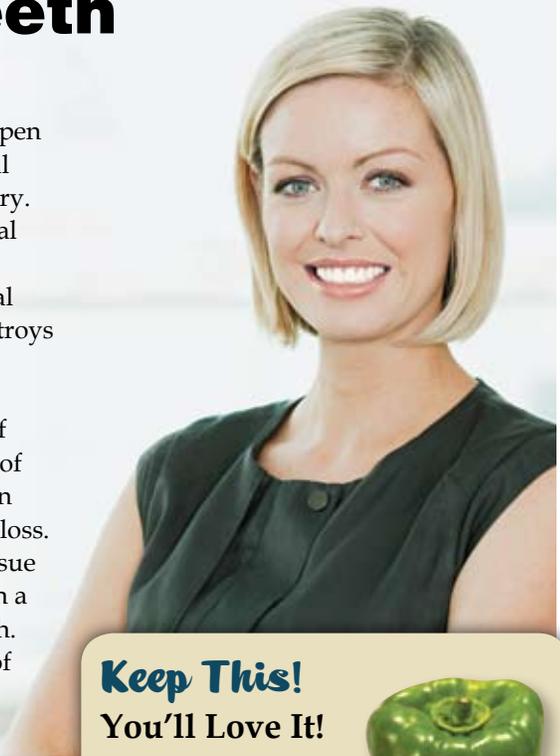
Tooth Anatomy



At least that's what would happen without our help. Treating internal damage is a special area of dentistry. It's called endodontics or root canal therapy. Using special tests and radiographs, we can detect internal damage and repair it before it destroys your tooth from the inside out.

Root canal therapy is a way of stopping an infection in the root of a tooth from spreading to the rest of the tooth and jawbone where it can cause painful abscesses and tooth loss. During treatment, infected soft tissue inside the root is removed through a tiny opening in the top of the tooth. The hole is filled and the outside of the tooth is restored to its normal appearance and function.

Like most problems, the sooner infections are treated the better. That's why we insist on regular checkups even if you don't feel any pain. If you're due for an examination, don't wait, call us today.



Keep This! You'll Love It!



A balanced variety of food is good for your oral and overall health. When you eat cheese, for example, you can slow the cavity-making process. Unsung mushrooms are loaded with nutrients that keep your immune system healthy, are the only natural fresh vegetable or fruit with vitamin D.

This *Mushroom Council* recipe creates a winning combination.

- 280 to 450 grams Italian bread shell
- 230 grams white button mushrooms, sliced and divided into 2 equal portions
- 230 grams shredded fontina or mozzarella cheese
- 120 grams thinly sliced green bell pepper
- 60 grams drained and chopped oil-packed sundried tomatoes
- 80 grams thinly sliced sweet onion
- 120 grams grated Parmesan cheese

Preheat oven to 215°C. On a 30cm pizza pan, place bread shell. Arrange half of the mushrooms in a single layer. Sprinkle with fontina. Top with green pepper, tomatoes, onion, and remaining mushrooms. Sprinkle with Parmesan. Bake until hot and cheese is melted – about 10 minutes.

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



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In our practice family, you make the difference, and we'll keep rolling up our sleeves to earn your ongoing loyalty and trust. Every time you refer us to the important people in your life, you help our practice grow and progress – *making all the difference!*

Your trust and confidence are so important to us that we're introducing our new *Referral Reward Program*. We've included two referral cards that you can give to friends. Thank you, sincerely, for the favor of your referral!