

# Dr. Emil Jansen's Word Of Mouth



Produced to improve your dental health and awareness

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from the dentist

## Smile Talk

*Colour has a lot to say!*

Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the colour spectrum.

**Yellow?** The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.

**Gray?** It's likely that you have experienced tetracycline damage – probably sometime during your youth.

**Blue?** Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!

**Beige?** Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.

**White?** You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.

*Yours in good dental health*

*Dr. Emil Jansen*

Oral cancer screening is FREE with your recall appointment. Call today to confirm or reserve your appointment!

**012 653 4119**

## Choose Perio Health

### An informed decision is a power decision

Today's consumers are sophisticated and informed, and know that a healthy, attractive mouth is more than vanity. You are aware that oral health is an important part of overall health.

**Did you know that science has linked these disorders with gum disease?** Heart disease ... Alzheimer's ... Stroke ... Respiratory diseases... Hypertension ... Cancer ... Diabetes... and Arthritis.

#### How are they linked?

There are two favoured theories:

(a) Bacteria enter the bloodstream from the mouth and release toxins. Periodontal plaque has been found on artery walls.

(b) Bacteria-fighting blood cells give off proteins that could have harmful

effects on the body, and may trigger an inflammatory autoimmune response.

**How can you protect yourself?** *Brush and floss at home.* An invisible bacterial film called plaque builds up on your teeth every day. Without management, it will alter the bacterial balance in your mouth and allow harmful bacteria to proliferate.

*Visit a dentist regularly.* Professional cleaning in the dental office is the only way to remove hard deposits of tartar from your teeth. Tartar is formed when plaque builds up and hardens. If it stays put, chances are it will lead to gum disease.

We're committed to sharing information regarding medication, diet, and cosmetic restorative options. Let us help you to make choices that will keep you healthy and happy.



# 5

## Smile-Saving Strategies

### Delightful dental implants

You know that sunken look around the mouth and cheeks that you associate with ageing? That isn't inevitable, and often, it isn't even necessary. When teeth are lost, there is also a loss of jawbone so that surrounding teeth shift, resulting in a lack of support to the cheeks and lips. This can create lines around the mouth. Dental implants can save your bone structure which helps you to avoid premature facial changes.

**What a dental implant is...** A dental implant has two parts: a root made of biocompatible metal and a custom-made tooth crown which is attached to it.

### How it works...

- 1 The root is anchored permanently in your jawbone, preventing future bone loss.
- 2 The crown does not rely on other teeth for support & doesn't affect surrounding healthy teeth.
- 3 An implant can replace one tooth or two, or the teeth in an entire jaw.
- 4 Implants can anchor dentures to prevent shifting & can replace partial dentures & bridgework.
- 5 Multiple implants & implant-supported dentures require no plates that cover the roof of your mouth.



## LEMON Aid

### A word to the wise

You'd think that acidic food would digest meals faster, but weirdly, the opposite is true. Citric acid in lemons, for example, slows down gastric emptying, holding food in your stomach longer so you feel full longer and avoid snacking.

That's great if you're watching your weight! Lemon juice tastes terrific on poultry, fish, or salads and when combined with oil and herbs for salad dressing. But just a note - you can get too much of a good thing. Lemons, like many foods that contain acids naturally, can cause enamel erosion if consumed excessively.

Still, go ahead and release your inner gourmand! Wise choices and a little moderation will let you enjoy great meals, your best weight, and a fabulous smile!

### What you can do...

**Consider safe reliable easy-care and natural-looking dental implants, and call us for a consultation.**

## Lose Weight...

### And keep your smile

Here's a dental perspective that could help you reach your weight loss goals and add to your motivation. Don't overlook the liquids you're consuming! You may know that many beverages can stain your teeth, and that sodas and juices can erode teeth enamel and cause cavities, but here's more...

- A *Harvard* study found that drinking only one diet or regular soft drink a day increased the risk of obesity by 31%.
- Evidence suggests that diet drinks may actually promote weight gain, although the mechanism is unclear.
- Compared to real fruit and vegetables, the lack of fibre in soda can leave you feeling hungry - and heading back to the fridge.

Here's another dental angle... Experts suggest you create cues to signal it's time to stop eating 2-3 hours before bed time. Brushing and flossing is highly recommended!



# Veneers Q&A

Here's what you want to know

## Q: What are the benefits of veneers?

A: An improved smile can increase your self-confidence which improves your work and social life. Veneers are an effective cosmetic technique used to cover flaws and strengthen your teeth with beautiful results.

## Q: How do I know if I'm a good candidate?

A. If your teeth are stained, chipped, or have other minor irregularities like small spaces, uneven lengths, or exposed roots, veneers can work for you. For slightly crooked teeth, veneers can give your teeth a straighter appearance without braces.

## Q: Will my veneers stain?

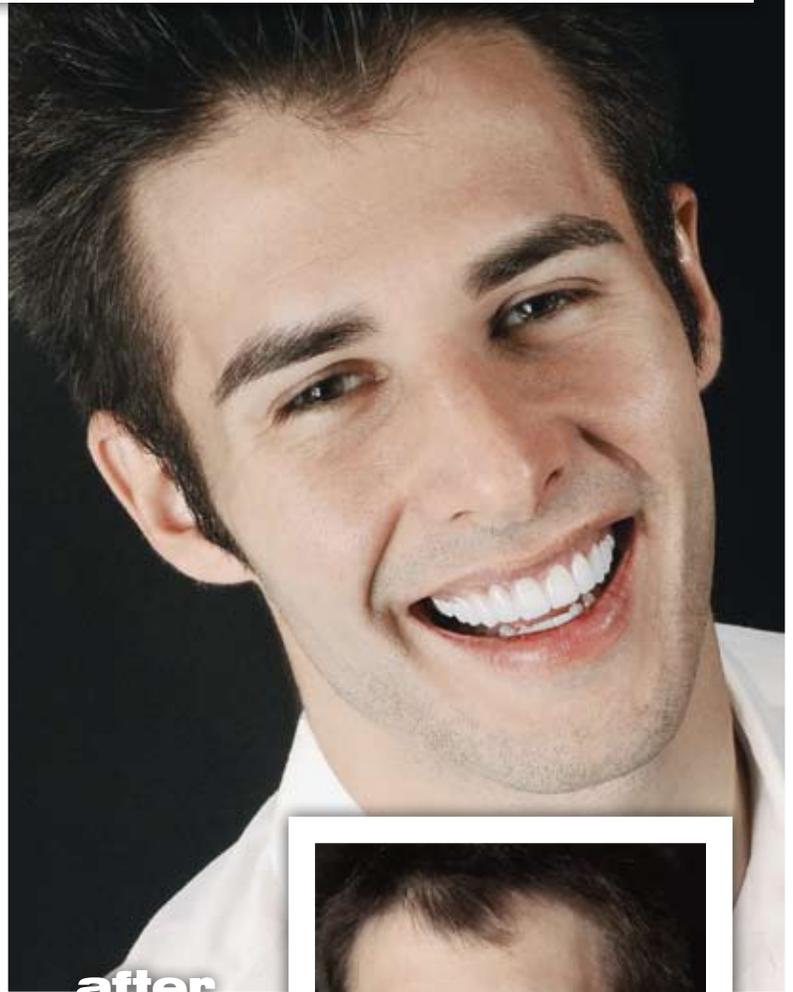
A. Porcelain veneers should never stain, although some other veneer materials are more porous and could. To keep your natural teeth bright, try to reduce or avoid foods and beverages like coffee, tea, red wine, and dark fruit juices, as well as tobacco products. Most patients whiten teeth surrounding their veneer(s) to ensure a good match.

## Q: How long will they last?

A. They can last up to 20 years when you take care of your oral health to avoid decay and gum recession.

## Q: Is getting veneers a long process?

A. No, it usually takes just two to three appointments for diagnosis, treatment planning, preparation, and placing your veneers.



## Common Sense Care

### For veneers and crowns

Great news! Veneers can be cared for just like your natural teeth. Brush them regularly with toothpaste, floss once a day, and keep your regular hygiene visits. Just as with your other teeth, it's important to limit your sugar consumption and confine sweets to meal times to help prevent decay.

Although your veneers don't require special care, give them the same respect that you'd give the rest of your smile. Anything that will break or chip your natural teeth could do the same to a veneer, including ice, hard cookies, brittle candy, candy apples, hard nuts, pumpkin seeds, and popcorn. Other culprits? Habits like nail biting, pencil chewing, using your teeth instead of scissors or bottle openers, and even for pulling on your gloves. Once you get the picture, it's easy to take care!



# Heart-Healthy Marinades

Spice up your life!

Spicing up your favourite dish not only produces great flavour, but promotes great oral and general health as well. And right now, even some of your favourite marinades may contain anti-inflammatory ingredients which support a healthy heart and decrease the risk of cancer, Alzheimer's, diabetes, and other serious illnesses.

Add these ingredients to your next marinade, jerk sauce, or dry spice rub to do wonders for your heart and soul: garlic, hot peppers, paprika, ginger, cinnamon, turmeric, thyme, rosemary, oregano, black pepper, basil, cardamom, cilantro, chives, scallions, cloves, parsley, and cayenne pepper!

A proper jerk recipe is founded on copious amounts of Scotch bonnet peppers and allspice, and the old standbys of parsley, sage, rosemary, and thyme are all brimming with anti-inflammatory benefits. Add tasty, anti-inflammatory olive oil to your marinades, and you'll have a perfect recipe for healthy living.



## office information

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



## We Welcome

### New Patients

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. From implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments and offering supportive payment options. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and thank you for spreading the word!

## Lose Teeth & Hearing?

### Implants may help!

The Peruvian government launched a national campaign to promote dental health – and improve hearing health. How are they connected? The total or partial lack of teeth may cause progressive hearing loss over time, affecting social and emotional relationships, and there's no question that tooth loss can also negatively affect health.

If you have experienced tooth loss, perhaps it's time to consider permanent dental implants which can be used to replace lost teeth, secure and prevent slipping of removable dentures and bridges, and to improve appearance and function by preventing drifting teeth, gaps, and a sunken aged look.

Our dental team will be happy to explain the process further and answer any implant questions you might have. Call us today!