



# CORNERSTONE FAMILY DENTISTRY

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## Introducing Cornerstone Family Dentistry



Dr. Judith Buys and Associates is proud to announce the official launch of our practice rebranding. We are very excited about our new

name, new look and the direction we are moving forward in!

Over the years we have developed an incredibly talented and caring team. The success of our practice is attributed to the contributions from all our team members, and in recognition of this Cornerstone Family Dentistry was developed. Cornerstone acknowledges that our success is not attributed to any one individual within these walls - but by the work of many.

**Cornerstone Family Dentistry** is excited to offer your family the dedication and attention to service you are accustomed to. Our team and location remain the same, but:

We have designed a new website – filled with valuable information on family dentistry complete with an extensive gallery of before and afters and case studies that showcases our great work! Our team invites you to visit the site at [www.cornerstonefamilydentistry.ca](http://www.cornerstonefamilydentistry.ca)

In an effort to streamline your booking and reminder process we also offer the option to receive your appointment reminders via email. If you are not utilizing this service, send us your email address and you will be entered into our draw for your chance to win a dinner and a movie for two!

The dental team at Cornerstone Family Dentistry, led by Dr. Judith Buys, Dr. Verona Sulja and Dr. Koren Bennets will continue to provide the services you trust in all areas of family dental care. Whether you are looking to straighten your teeth-we have Invisalign® (invisible braces); want your teeth whitened; or are unhappy with your smile-we have a solution for you. Of course, we continue to be passionate about providing early childhood dental care and offer a range of options for treating children who may experience anxiety with their dental treatments with services such as laughing gas (nitrous oxide sedation) and the option to receive treatment in the hospital under general sedation.

Cornerstone is moving forward **Building Relationships, Creating Smiles.**

We look forward to making Cornerstone the foundation of your families dental health needs.

Sincerely,

The Team at Cornerstone Family Dentistry

## News Around the Office

We are happy to welcome some new members to our great team here at Cornerstone Family Dentistry. Welcome Dental Assistant Suzy Leeking, Dental Assistant Rebecca Dunford, and Administration Sherry Morton.

We are so thrilled for our previous associate Dentist Dr. Steven Rempel on the arrival of his baby girl Fiona. Dr. Rempel and his wife Juliana live in Calgary, AB where he has his own dental practice. Congrats!

Also congrats to our Dental Assistant Chrissy Gravelle on the arrival of her new baby boy Colten! Born at 12:07 a.m. on October 25th weighing 6 lbs 8 oz. Mom and baby are doing well.

Congrats to our Hygienist Angela Murphy's daughter Laura on her beautiful wedding to her new husband Blair!

Good luck to Dr. Buys' son Connor as he is off to Western University this year. And also thank you to Becky Pigeon's daughter, Alisha, as she did such a great job working here over the summer and has now returned to Ottawa University.

We are once again happy to start our annual Crossroads Christmas basket draw. This is a great basket filled with many awesome prizes. Purchase your tickets at the front desk for your chance to win, while donating to this needy cause.

**BUILDING RELATIONSHIPS CREATING SMILES**



## Case study

**Rebecca, Age 38**

**Patient Concern:**

- chipping, stained white upper fillings
- upper crowding and tooth overlap
- food getting caught in between teeth
- unhappy with smile and function of teeth
- whiter smile
- uneven gum-line

**Treatment Plan:**

- take home custom whitening
- 10 porcelain veneers
- contouring of the upper gums (gingival tissues)

**Treatment Time Frame:** 14 weeks

## Stress and Your Dental Health

*from [www.youroralhealth.ca](http://www.youroralhealth.ca)*

People may overlook the effect stress has on our oral health. However, our mouths can be just as affected by stress as the rest of our bodies are. Stress can have real consequences for our oral health as well as overall well-being.

Stress can make people neglect their oral-health routines. They may not brush or floss as often as they should or miss dental appointments. People under stress sometimes make poor lifestyle choices – smoking, consuming too much alcohol and eating more sugary foods – which can lead to serious issues including oral cancer, gum disease or tooth decay.

Stress is a contributing factor to other serious oral-health conditions, including:

Bruxism, or teeth grinding. People under stress may clench or grind their teeth, especially during sleep. Over a long period of time, bruxism can wear down tooth surfaces. Teeth can also become painful or loose from severe grinding or prone to fractures.

Temporomandibular disorder (TMD) affects the jaws joints and groups of muscles that let us chew, swallow, speak and yawn. Symptoms include tender or sore jaw muscles, headaches and problems opening or closing your mouth. Bruxism is a major cause of TMD – clenching your jaw muscles can cause them to ache.

Periodontal (gum) disease. Research has shown that stress affects our immune systems, increasing our susceptibility to infections, including the bacteria that cause gum disease.

Xerostomia, or dry mouth, can also be caused by medications to treat stress. Saliva is vital to keep your mouth moist, wash away food and neutralize the acids that are produced by plaque. Left untreated, dry mouth can damage your teeth.

It may be impossible to eliminate all stress from your life, but you can take simple steps to reduce its impact on your health.

Find relaxation techniques or exercises to help you cope with stress.

- Brush at least twice a day and floss daily.
- Schedule and keep regular appointments with your dentist.
- Talk to your dentist about getting a custom-fitted nightguard to protect your teeth while you sleep.
- Eat a balanced diet, with plenty of fruits and vegetables.
- Stay active. If you don't have time to exercise, a 30-minute walk every day is a good start.
- Get plenty of sleep.

## Facebook



Have you liked us on Facebook? Check us out and keep informed with upcoming events and the most current information from Cornerstone Family Dentistry.

[www.facebook.com/cornerstonefamilydentistry](http://www.facebook.com/cornerstonefamilydentistry)