



**rosebank**  
dental practice

Creating  
Beautiful  
Smiles



Produced for the Patients of Drs. Shameek Popat & Gordon Black

Winter 2008

## fromthepractice

### A Gift

*For All Seasons*



**Dr. S. Popat**



**Dr. G. Black**

Every year at this festive time, our staff receives a surprise gift, and it is the same one every year. The gift I speak of is our overwhelming feeling of gratitude for you, our loyal patients. It is no small thing that you place such trust in our team of dental professionals, and we want to convey our sincere appreciation with a small gift for you...

Simply call us, and we will enter you in our draw for a free take-home whitening kit.

And while it is the season for recreation, relaxation, celebration, and appreciation, it is also the season for lists. This year, among the lists for groceries, gifts, times, places, and all those "things to do," there is one item we encourage you not to omit. Your smile!

*Have a happy and prosperous new year!*

*Drs. Shameek Popat  
& Gordon Black*



MAY THE  
YEAR TO  
COME BE  
filled with  
LAUGHTER  
AND SMILES...

FROM ALL OF  
US AT YOUR  
ROSEBANK  
DENTAL  
PRACTICE

*An attractive smile makes a lasting impression!*



## Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches.

*Temporomandibular Joint Disorder (TMD)* is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

# Uncommonly Adaptable

## Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimise bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age.

### Here are some of the ways that dentistry can improve your smile using dental implants.

Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

*One of today's many dental implant options could provide the dental solution you're looking for!*

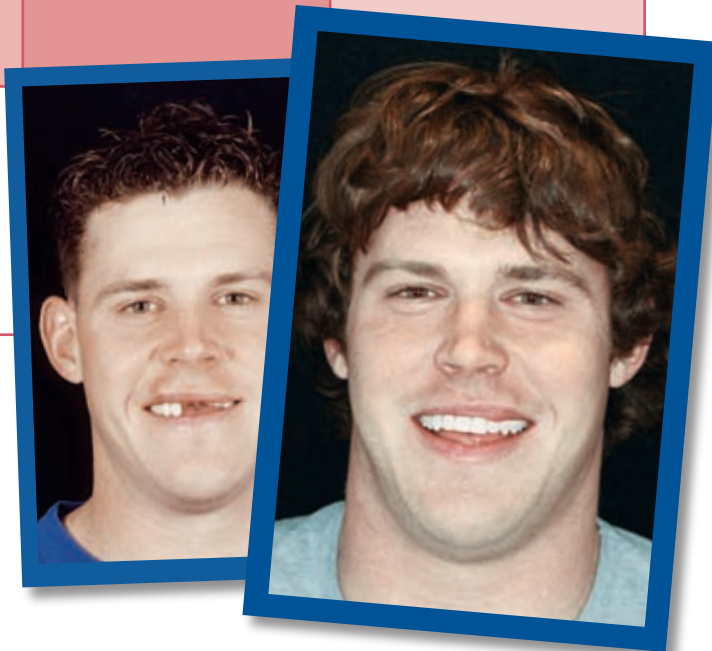
## Set A Great Example

### Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.





# MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being. How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

**Pulmonary Infection:** Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

**Osteoporosis:** Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

**Diabetes:** People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

**Heart Disease & Stroke:** People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

**Oral Cancer:** An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumours.

**Pregnancy:** Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

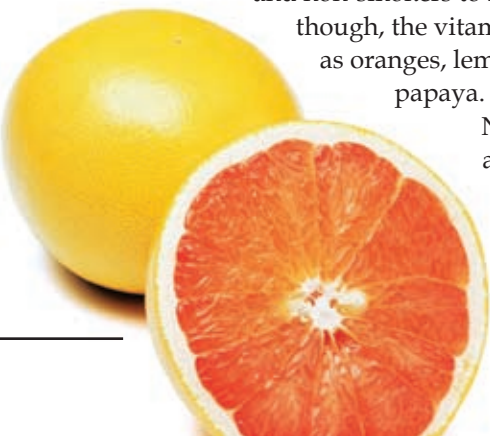
## Diverse & Abundant!

### Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesise their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeaway.



# News From Rosebank Dental

## Please join us in celebrating our achievements!

We are so excited to have won the most improved web site award with [Dentistry.co.uk](http://Dentistry.co.uk), and the whole practice got their glad rags on and attended the *Private Dentistry Awards 2007* at The Cafe Royal, Regent Street, London. The venue is synonymous with excitement, glamour, and decadence: the perfect setting for the biggest annual awards ceremony of the dental calendar. We all had a great time and it was a great honour for Dr. Popat to be short-listed for the *Best Smile Makeover Award*.

We have just invested in a new state-of-the-art top-end sterilizer. This will provide all Rosebank patients with leading-edge technology which is even beyond dental cross-infection regulations. The *Lisa B Sterilizer* provides medical-grade type B cycles for safe sterilization of all load types. This means that Lisa B Sterilizer meets the most stringent criteria for infection control.

Dr. Popat is also going to Seattle again in December to continue his postgraduate education with Dr. John Kois, one of the world's most renowned dental teachers. This will mean that Dr. Popat will be able to continue offering his dental skills to the highest levels possible.



The Private Dentistry Awards 2007  
The Cafe Royal, Regent Street, London

## practiceinformation

### Rosebank Dental Practice

Dr. Shameek Popat

Dr. Gordon Black

Shire Lane

Chorleywood, Hertfordshire

WD3 5NH

### Practice Hours

Monday 8:30 am – 17:30 pm

Tuesday 8:30 am – 17:30 pm

Wednesday 8:30 am – 20:00 pm

Thursday 8:30 am – 17:30 pm

Friday 8:30 am – 17:30 pm

Saturday 9:00 am – 13:00 pm \*

\*By appointment only

### Contact Information

Tel 01923 282691

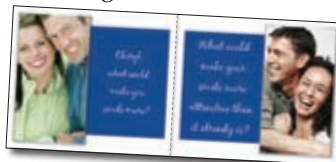
Email [info@rosebankdental.co.uk](mailto:info@rosebankdental.co.uk)

Web site [www.rosebankdental.co.uk](http://www.rosebankdental.co.uk)

**Communication is important  
to us – don't be  
afraid to ask questions!**

## The Gift Of A Smile Is a gift indeed

I have often found myself searching for a unique gift for someone special to me. I want it to say something about them, who they are and what they mean to me. But to find a gift that does all that and builds poise and self-confidence too ...that's the best gift of all.



I believe I have found just such a gift for you. Included in this issue of *Smile Perfection*, you will find a referral card entitling you to a free consultation on beautifying your smile!

It gets better. Detach the second card and give the gift of a smile to a friend. Ask about whitening, veneers, orthodontics, implants ... whatever suits your needs. If this catches on, who knows ... we could become "the village of smiles," and that would be a gift indeed.

## Time Management It's a good thing!

Just as we need to keep your general medical history up-to-date to provide you with the best care possible, we need keep your contact information current. This allows for better time management and with it, better managed patient care.

Please be sure to notify us of any changes in your mailing address, phone numbers, and email or text messaging addresses if you use them. This will allow us to be quickly responsive about scheduling and keep you informed about any changes that could affect you.

Indicating your preference for how we contact you is important.

This is just as much a part of our ongoing commitment to excellence as our state-of-the-art technology and our philosophy of excellent patient care.

It's great when you stay in touch. We're always happy to hear from you.