



HAPPY HOLIDAYS

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Ten Reasons to Have a Dental Cleaning

Good oral hygiene is important, not only for looks, but for general health as well. Poor oral hygiene can lead to a variety of dental and medical problems such as gum disease, infection, bone loss, heart disease, strokes and more. Following, are ten important reasons to maintain our recommended schedule of dental cleanings.

1. To Prevent Oral Cancer

According to The Oral Cancer Foundation, someone dies from oral cancer, every hour of every day in the United States alone. When you have your dental cleaning, we also screen you for oral cancer, which is highly curable if diagnosed early.

2. To Prevent Gum Disease

Gum disease is an infection in the gum tissues and bone that keep your teeth in place and is one of the leading causes of adult tooth loss. If diagnosed early, it can be treated and reversed. If treatment is not received, a more serious and advanced stage of gum disease may follow. Regular dental cleanings and check ups, flossing daily and brushing twice a day are key factors in preventing gum disease.

3. To Help Maintain Good Physical Health

Recent studies have linked heart attacks and strokes to gum disease, resulting from poor oral hygiene. A dental cleaning every 6 months helps to keep your teeth and gums healthy and could possibly reduce your risk of heart disease and strokes.

4. To Keep Your Teeth

Since gum disease is one of the leading causes of tooth loss in adults, regular dental check ups, cleanings, and brushing and flossing are vital to keeping as many teeth as you can. Keeping your teeth means better chewing function and ultimately, better health.



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5. To Detect Dental Problems Early

Early detection of cavities, broken fillings and gum disease are easily treatable. If these problems go untreated, root canals, gum surgery and removal of teeth could become the only treatment options available.

6. To Maintain Good Oral Health

A visit to our office will help to ensure that you are maintaining your good oral health by allowing us to visually examine your mouth and compare your previous dental check ups. If you are falling off track with your oral hygiene we will help put you back on the right path.

7. To Use Your Dental Insurance Plan

Dental insurance plans usually pay for all or most of the cost of dental cleanings and check ups every six months. Take advantage of this and save a lot of money in the long run by avoiding costly dental procedures that can result from poor oral hygiene.

8. To Create a Treatment Plan

If we diagnose any problems in your mouth, we will recommend a treatment plan. This treatment plan will have the cost of each procedure that you will need, so that we can discuss financial arrangements to accommodate the cost of getting your mouth healthy again.

9. To Have a Bright and White Smile

Our hygienist can remove most tobacco, coffee and tea stains. During your cleaning, we will also polish your teeth to a beautiful shine. The result? A whiter and brighter smile!

10. To Prevent Bad Breath

Dental studies show that about 85 percent of people with persistent bad breath, also known as halitosis have a dental problem that is to blame. Good oral hygiene is essential in preventing bad breath. Regular check ups and cleanings are the best way to make sure that you are maintaining good oral hygiene.

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