



image smiles dental

## Dental Health and Wellness in Vancouver, BC

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### Dr. Yeganegi's Commitment to Continuing Education to Better Serve our Patients!

With continuing advancements in research, medicine, and technology, the field of dentistry is evolving fast to better serve the patient's general, rehabilitative, cosmetic, and implant needs. In keeping in line with his belief to stay up to date with these advancements, Dr. Yeganegi is embarking on a continuing education course in Seattle at the well-respected Kois Advanced Dentistry Institute. The Kois Center offers a comprehensive curriculum involving aesthetic, occlusion, implant, and restorative dentistry. This curriculum is built upon Dr. John C. Kois' mission statement: "Enabling motivated dentists to achieve extraordinary levels, expanding both knowledge and application skills in restorative dentistry." Each Kois Course is instructed by Dr. John C. Kois and the course content is continuously modified to include the latest research and newest innovative protocols.



This comprehensive curriculum takes place three days/month for one year. Our clinic will still be open for regular hours with Drs. Ross and Jung looking after our patients.

### Online Reviews

The Web has made it convenient for new patients who want to get another person's viewpoint before they schedule their appointment. Patients will often conduct comprehensive research before they choose a dentist for their family's dental care. When one or more other people submit their opinions, or comment about an experience at the doctor's office, it adds to a convenient list of dedicated reviews that others can browse and read. We would love your online review of your experience at our office! We are growing our practice through recent office expansion and the addition of a new dentist with Saturday appointments. We believe the best advertisement is **word of mouth** from our patients. Below you can find the links to Yelp and Google, two places where you can write your reviews at home. While visiting the office, you may also use our ipads to write your review and your name can be drawn for a gift certificate to a restaurant of your choice!



<http://www.yelp.ca/biz/yeganegi-jim-dr-dentist-vancouver>



<https://plus.google.com/111418485192819747040/posts?hl=en>

### Question and Answer

**Many parents have been asking our team: when should our child's first visit to the dentist be and what will they experience?**

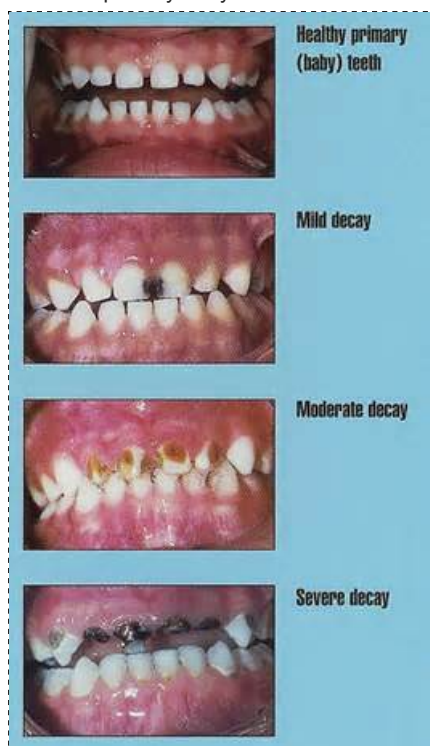
While there are varying opinions on this, our recommendation is for that initial visit to be at two years of age. At this age the child should have a full compliment of his/her primary baby teeth - ten upper and ten lower.

Every child is different in their response and reaction to their first visit. Some children will allow us to polish and clean their teeth while others will just want to explore and get to meet us. It is about building trust and letting them know we are going to be gentle and take care of them. It will also help for them to see mommy or daddy get their teeth cleaned. We ask parents to be patient because through this process, children will eventually learn not to fear the dentist and learn the tools they need to become compliant in dental visits and dental care.

The misconception is that children are going to lose baby teeth anyway so they are not important; however, they serve an important function in supporting the space for the developing adult teeth, preserving the bone and gum tissue, and influencing jaw formation. So it's very important to have healthy baby teeth until it's time for them to be replaced by adult teeth.

Statistics show that the rate of decay in children is actually much higher than what parents would think and children can have cavities as early as two years of age. This is why it is important for children to come in early so decay can be detected and parents can learn about proper oral care for children. But cavities aren't all that parents need to learn about in their child's dental health. The age 2 dental visit lets parents discuss:

- How to care for toddler's mouth
- Information about fluoride
- Oral habits, including finger and thumb sucking and tooth grinding
- Teething and milestones of development
- The link between diet and oral health



#### Tips

1. Start cleaning your child's mouth before teeth come in. Wipe the gums off after each feeding with a warm, wet washcloth. You can also buy thimble-like, soft rubbery devices to massage the gums. We believe this will aid in conditioning your child to accept a toothbrush later on.
2. Putting a baby to bed with a bottle of milk or juice can lead to widespread decay and destruction of baby teeth. Don't leave infants with bottles for long periods of time, especially if you have noticed they are no longer feeding and just using the bottle for comfort.
3. Follow meals with water. Most infant foods easily wash off Baby's teeth with just a drink of water after meals.
4. Brush with a toothpaste at age 2. Begin using a pea-size amount of non-flouride toothpaste until baby is at least 3, when old enough not to swallow the toothpaste. Then introduction of a flouride toothpaste can be begin.



Two of our very cute, happy patients, Lilli, 5 and Essi, 2, during a recent visit

### Our Practice is Built on You and Your Referrals!

Please feel free to forward this to your friends and family!

