



image smiles dental

## Dental Health and Wellness in Vancouver, BC

[www.imagesmilesdental.com](http://www.imagesmilesdental.com)  
[imagesmilesdental@shawbiz.ca](mailto:imagesmilesdental@shawbiz.ca)  
604-874-0028

### Our Grand Opening was a success - thanks to you!

We want to thank everyone who attended the November Grand Opening in our new location. Seeing so many of our patients there reminded us of the years of loyalty and trust we have received from you. We are truly grateful for the continued support and your confidence in our services.



[Click here for more pictures](#)

### Ask Dr. Yeganegi

As in any area of medicine, the field of dentistry is constantly changing based on research, development of better and more accurate technology, and ongoing clinical trials. This is why we have decided on doing a quarterly newsletter with the purpose of keeping our patients up to date on latest research, technology, and general information on oral health care and treatments available. At the end of the newsletter, we have a question and answer section and hope to answer as many questions as you may have. Please submit your questions to Dr. Yeganegi at [imagesmilesdental@shawbiz.ca](mailto:imagesmilesdental@shawbiz.ca), subject Q&A, and he will be happy to answer all questions.



### Come for an appointment on Saturdays!

We are very excited to welcome a new dentist to our team, Dr. Dawn Jung-Doddington, starting March 17th, 2014. She will be working on Mondays at our office and offering **ONE SATURDAY PER MONTH**. Dr. Jung-Doddington has been practicing for 13 years and she is especially great with children. We are very grateful to her as throughout the years, many of our patients have asked for the option of a Saturday appointment due to work, school, etc.. We hope that patients will take advantage of this option and it will help to keep up with the regular dental visits. Please call our office to make an appointment for the first Saturday available.

Here are a few words from Dr. Jung-Doddington:

Hi There!

Thank you for taking the time to read this write up and getting to know me. My name is Dr. Dawn-Marie Jung-Doddington. It just rolls off the tongue doesn't it?! Most patients just call me Dr. Jung or Dawn.

I was born in Vancouver, but was raised in Penticton. After graduating from high school, I moved back to Vancouver and started my academic career at the University of British Columbia where I received both my B.Sc. in Dietetics and my Doctor of Dental Medicine (DMD) degrees. After graduating in 2001 I started practicing dentistry in Coquitlam where I still continue to see patients part time.



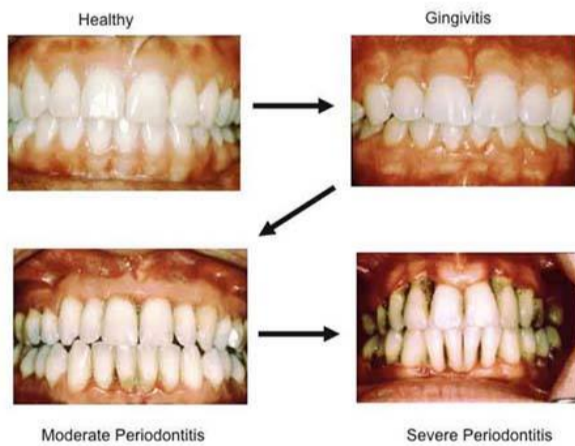
I strive to keep current with the ever changing concepts in dentistry and I am always taking continuing education courses to further my knowledge. My goal is to help patients feel better about themselves by improving the condition of their mouth, teeth and smile. My patients range from the 1 year old and his first visit, to his parents and grandparents. I am a general, family dentist and I do my best to make each dental appointment as stress free and enjoyable as possible. I have what I call the "Platinum Rule" --to treat people like THEY want to be treated! The issue with this rule is that sometimes I don't know how you want to be treated so please let me know what will make you feel at ease! For some this is for me to talk you through the entire appointment and explain everything I do, and for some it is for me to be quiet so you can go to your happy place or just watch TV. Whatever you prefer, let me know! Now that you have gotten to know a little about me, I truly hope that you will give me the opportunity to get to know you. Together with Dr. Yeganegi and Dr. Ross, I hope we can address all of dental healthcare needs in a safe, modern, reliable and comfortable setting. Thank you!

Sincerely,  
Dr. Dawn Jung-Doddington

[Click here for full bio](#)

### Q&A: Gum Disease

A commonly asked question in our office is, "Do I have gum disease?". Gum disease is a term you often hear in toothpaste commercials, but few people know what it is. Gum disease, also known as *GINGIVITIS*, occurs when the gums and other tissues supporting the teeth become inflamed, infected, and irritated. This causes the tissues and gums to break down. If left untreated, gingivitis can progress to *PERIODONTITIS*, which is much more serious and can eventually lead to loss of teeth.



**Causes:** the most common cause is poor oral hygiene, leading to plaque build-up (film of bacteria that accumulate on the teeth). Plaque adheres to teeth quickly so when people fail to brush properly, it allows plaque to build up and harden into tartar - which is generally only able to be removed by your dental hygienist.

#### Symptoms:

- Swollen, puffy, red-coloured gums
- Receding gums
- Bleeding from the gums when you brush or floss
- Tender gums

#### Gum disease has been linked to heart disease

Unfortunately, a clear correlation between gum disease and heart disease. Studies have shown a clear correlation between gum disease and heart disease, cancer, premature and low birth weight babies. In fact, people with gum disease have 25% higher risk of heart disease than those with healthy gums. Although scientists are just beginning to understand how one disease affects another, they now believe that gum disease releases pro-inflammatory chemicals into the blood stream, triggering a systemic inflammatory response. In other words, inflammation in one area of the body can cause inflammation in another.

#### Treatment

The best way to treat gingivitis is to detect it early. Your dentist will remove the plaque and/or tartar by a process called "scaling". Some dental problems, such as crooked teeth or badly fitted crowns or bridges can make it very difficult to properly take care of your teeth at home. Thus, your dentist may recommend fixing teeth so that oral hygiene can be done more effectively.

The very best thing you can do to help prevent gingivitis is to develop good oral hygiene habits. The Canadian Dental Association recommends brushing twice and flossing once daily. In addition, you should schedule regular appointments with a dentist 2-4 times per year, depending on the health of your gums.

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

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

