

## WHAT'S NEW WITH THE CREW .....

Dr. Stonehocker has had a busy 6 months visiting the physiotherapists and occupational therapists to get his wrist back in good working condition. He is happy that it is fully recovered. He has only golfed a few games this year and has been running less but has enjoyed more biking this summer.

He is happy to report that his family is healthy and growing! He now has 9 grandchildren ages 11 through to 6 months.

Agnes had an exciting year, Europe for her honeymoon in July and houseboating at the end of September. Between the travel, hiking, and buying a new home, she's looking forward to a relaxing winter.

Michelle enjoyed her summer which was full of camping trips, rafting and an exciting trip to Jasper. She is already in the process of planning a winter get-away for the New Year.

Kerrie enjoyed her first season of downhill mountain biking and headed west last September to go biking at Silverstar, Sunpeaks, and Whistler mountains. She is very much looking forward to snowboarding this winter.

Renee was able to enjoy a week vacation this past summer in Las Vegas with friends. She had a lot of fun sightseeing, shopping, and enjoying the beautiful weather. Renee also went wakeboarding and spent time at her family's cabin in Waterton. She is also excited about snowboarding this winter.

Laurie has decided to take up curling this winter with friends. She is also looking forward to hitting the slopes with her family this ski season.

Robin enjoyed her summer camping in Newfoundland and Nova Scotia. She is presently enjoying another season of Ringette.

Marilyn was disappointed she could not do her favorite summer activity, hiking in the mountains, due to



**Please note! In the new year Dr. Stonehocker will be taking a sabbatical and plans to serve a mission for his church with his wife Glenda for 18 months and**

**then return to work part time at the office. He will miss his patients greatly but wants to assure everyone that they will be cared for in the very capable hands of Drs. Jensen, Holmes and Kanji.**

a foot injury. She will certainly be making up for it by a trip to Spain in November and a trans-Atlantic cruise home!

Wilma's spring vacation took she and her husband to the wonderful state of Arizona. It was her first experience in the desert and all its splendor. The days of summer passed quickly and were enjoyed with friends and family.

Chris had a busy 2009 as she and her family celebrated the marriage of her daughter Beth this past August. It was a beautiful ceremony on a glorious summer day.

Dr. Jensen had a fantastic summer with her family. They spent a lot of time outdoors and had their annual lake vacation in Vernon. This fall her kids are looking forward to rodeo club and sliding down the slopes once winter arrives.

Dr. Holmes enjoyed his summer by exploring southern Alberta with his family in their new trailer. He also had the opportunity to travel to Seattle where he attended the Progressive Orthodontic Training Seminar. He plans to travel to New York and Phoenix this fall to continue his orthodontic training. He looks forward to assisting Dr. Stonehocker with his sabbatical this winter and to another exciting year of dentistry!

*Thank you for all your referrals - we appreciate them!*



# You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

**Plaque**, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

**Tartar** is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

**Gum disease** has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

## Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



## Weighing In

**Fight diabetes!**

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

# Prime Attraction

## Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

### You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

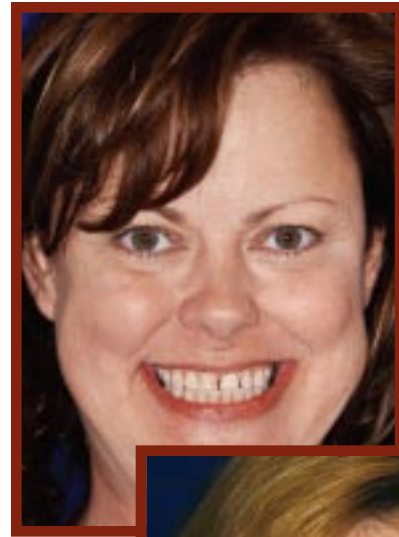
### You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

### You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



## 7 Tips For A Tiptop Smile

### Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

<b>Teeth Whitening</b>	Instantly brighten your smile
<b>White Fillings of Composite or Porcelain</b>	Make tell-tale dark fillings a thing of the past
<b>Tooth-Colored Bonding</b>	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
<b>Cosmetic Veneers</b>	Conceal spaces, crooked, chipped, or discolored teeth
<b>Crown Restorations</b>	Restore severely damaged or broken teeth
<b>Dental Implants</b>	Restore appearance and function
<b>Crown/Implant &amp; Bridge Restorations</b>	Replace missing teeth and prevent further damage to your smile

# Meet The Newest Member Of The Team!

Sahra Kanji

“My name is Sahra Kanji, and I graduated from Queens University with an honours degree in Life Sciences and later completed my dental training at the University of Toronto, Faculty of Dentistry. I am excited to be the newest member of both the *Chaparral* and *Ultima Dental Wellness* team as an associate dentist. As a student, I spent most of my summer holidays travelling, as I love learning about and experiencing new cultures. I recently got engaged and am planning to get married next summer. In my free time, I enjoy playing ball hockey and spending time with friends and family.”



## Dedicated To Serving

Doing all we can

We pride ourselves on the high quality of service and care we provide, at both of our office locations, *Ultima Dental* and *Chaparral Dental*. Our entire team is dedicated to ensuring that all patients receive optimal care in the most comfortable manner. There's no better sign that we are serving you well than the number of new patients who walk through our doors. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down!

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them at both office locations, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of your family and friends.

## officeinformation

**Ultima Dental Wellness**  
**Dr. Ellis Stonehocker**  
**Dr. Chantel Jensen**  
**Dr. Curtis Holmes**  
**Dr. Sahra Kanji**

202-506 71 Avenue SW  
 Calgary, Alberta T2V 4V4

### Office Hours

Mon - Thu 7:00 am – 4:00 pm  
 Friday 8:00 am – 4:00 pm

### Contact Information

Office (403) 259-3401  
 Fax (403) 253-8791  
 Web site [www.ultimadental.ca](http://www.ultimadental.ca)  
 Email [info@ultimadental.ca](mailto:info@ultimadental.ca)

### Emergency Phone Number

Dr. Stonehocker (403) 651-1512  
 Dr. Jensen (403) 807-7841  
 Dr. Holmes (403) 827-0488  
 Dr. Kanji (403) 397-2397

### Office Staff

Marilyn ..... Treatment Coordinator  
 Laurie ..... Hygiene Coordinator  
 Agnes ..... Treatment Coordinator  
 Robin, Michelle, Renee ..... Assistants  
 Wilma, Kerrie ..... Hygienists

“Please be aware that we have a new cancellation policy in effect. We ask that you give us two business days notice or a fee will apply.”

## Can't Tolerate Snoring? Consider oral appliance therapy

Have you ever seen a teeth whitening tray or a sports mouthguard? Well, if you suffer from sleep apnea, an equally small, comfortable, custom-fitted device could be just the solution you're looking for. While in the past Continuous Positive Airway Pressure (CPAP) has been considered the gold standard therapy for obstructive sleep apnea, not everyone can tolerate the cumbersome device and simply won't use it. That's hazardous to their health.

Therapy with a portable custom-fitted oral appliance can be extremely helpful for a variety of apnea problems ranging from mild to severe – without surgery. Snoring noise is caused by vibrations of air moving through a narrow airway. In apnea, the tongue and soft tissues relax and completely collapse the airway during sleep until breathing stops. The brain partially awakens them to restore breathing.

The key to successful treatment with your oral appliance is custom fitting so that it meets your unique needs and will maintain an open, unobstructed airway while you sleep by repositioning your lower jaw, tongue, and soft palate. It is an excellent alternative for many apnea patients and also for snorers whose problem has not improved in spite of weight loss, avoidance of alcohol, quitting smoking or shifting their sleep position.

Wouldn't you like to greet every day again feeling rested and re-energized? We'll be happy to answer any of your questions about oral appliance therapy.

