

VANCOUVER CENTRE

for Cosmetic & Implant Dentistry

601 - 1200 Burrard Street, Vancouver, BC V6Z 2C7

Dr. Edward Lowe Inc.

May 2008

Volume 1, Number 2

In This Issue

- We've Come A Long Way
- What Do Dr. Lowe and McDonald's Have In Common?
- A Crazy Week In The Life Of Dr. Lowe
- How Often Should I Have My Teeth Cleaned?
- Eating Disorders & Your Teeth

Contact Us

604-683-2483

www.mysmilemakeover.com

drlowe@axion.net

We've Come A Long Way



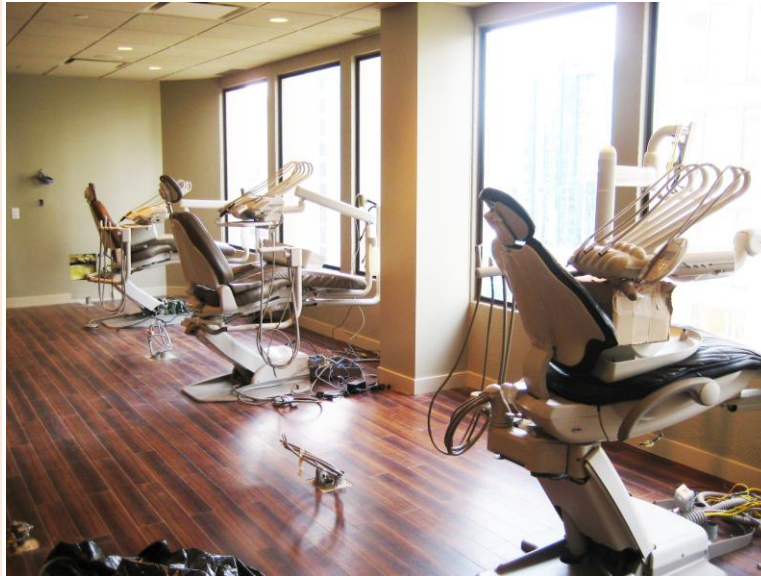
We feel a little like someone who has been staying with their in-laws about 9 weeks too long! We are almost in our terrific new facility, and we can hardly wait to share it with you!

Construction of anything is an exercise in frayed nerves and bureaucratic bungling. It started with the civic strike and the gremlins have not been relaxing yet. Glass is being cut and etched, new counter tops are being polished, equipment is being installed and checked by the manufacturers, and a host of other little details are slowly coming to an end. Every time we check on the progress there is a bit of a lump in our throats when we look at the construction zone across the street where we lived for so many years. Ever drive by your favourite elementary school and find someone turned it into townhouses? Well – you know what we mean!

Our neighbours in Sinclair Centre have been a terrific group to share space with, but the storage of files and information will be so much more convenient in our new digs. The staff room is very large, and in fact will double for a classroom for Dr. Lowe and his busy teaching life.

Finally we have a space where our colleagues can travel to for their lessons in

cosmetic dentistry and digital photography – instead of Dr. Lowe dashing around the lower mainland to study clubs and meeting rooms. We now have 5 operatories so the Hygiene Department can have the room they need and deserve. The front desk and feature wall are a showpiece, and we look forward to your comments within weeks now!



What Do Dr. Lowe and McDonald's Restaurants Have in Common?

Feng Shui – that's what.

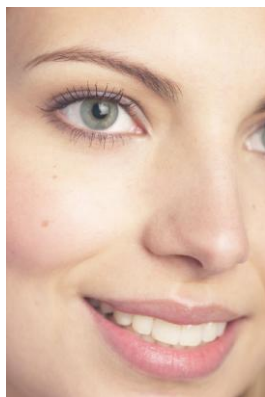
No, it is not a new oriental dish. Rather, it is literally the definition of 'wind' and 'water' to remind us that energy in

nature is sometimes not seen but present regardless. Many builders today consult with Feng Shui experts to design their homes and workplaces to be in harmony with nature. Walls, doors, and sightlines are all designed to make us most comfortable. Many cultures view our environment as something that is alive, and something that should be balanced.

When the architects designed Dr. Lowe's new facility he enlisted the help of a Feng Shui practitioner for guidance. Dr. Lowe is not alone in wishing to make his practice comfortable for all patients. McDonald's in California recently began employing Feng Shui experts in their restaurant design. Some believe it is imperative – while others just enjoy the harmonious flow from one room to another. When we open the doors in mid May you will have your opportunity to tell us what a great job we have done! First impressions count for a lot, and we are looking forward to sharing our new office with you.

“Rather, it is literally the definition of 'wind' and 'water' to remind us that energy in nature is sometimes not seen but present regardless?”

“There is irrefutable proof that periodontal problems contribute to both heart disease and stroke.”



How Often Should I Have my Teeth Cleaned?

We all know people who are maniacal about getting the oil changed every 4,000 kilometres in their car, and tuned up on the 'dot' of a milestone in total distance travelled. Some of these same folks ignore their 'personal vehicle' and wait until it breaks down before they make that hygiene call.

The conventional wisdom has been checkups and cleaning twice per year in North America. Some insurance providers (who are primarily in the business of making money for their shareholders – NOT in providing excellent dentistry for their policy holders) have gone to 9 month hygiene intervals in order to 'save' money.

One company in Boston last year did a complete reversal. They had comprehensive group plans – where they covered both dental, medical, and

life insurance claims. Plain and simply – their accountants did the math and decided it was going to be less expensive for them to pay for hygiene visits every 4 months. It is cheaper to pay to clean your teeth than cover the medical bills from advanced health issues that are made worse by poor oral health! Plaque forms below the gum line, and it hardens into tartar which irritates and inflames your gums. Worse yet – it can spread to your bloodstream and the rest of your body. There is irrefutable proof that periodontal problems contribute to both heart disease and stroke. So – if you want to give your body a ‘treat’ for being good – send it back to Dr. Lowe’s office for a more frequent hygiene visit. It makes our job less labour intensive each trip, and will make your medical doctor a happy professional as well!

“Some of my colleagues think speaking and presenting is exciting – maybe they would like to be behind the wheel here!”



A Crazy Week in the Life of Dr. Lowe

Monday - a straight clinical day – seeing patients from 7:00 AM - 4:00 PM, and finishing up case evaluations and paperwork afterwards. Lunch meeting with dental manufacturer to evaluate a new product.

Tuesday – more clinical work – same hours, leaving the office at 6:00 PM. Hurry over to the gym for his indoor soccer. Ed used to be a ‘threat’ on the field a couple of decades ago, and is working on regaining that skill level.

Wednesday – another clinical day with requests from various dental magazines to write articles on cosmetic dentistry. Leave work at 5:30 PM and hurry over to saxophone lesson.

Thursday – leave Vancouver airport at 5:30 AM for flight to Seattle and St. Louis, Missouri. Arrive in St. Louis and rent car in blinding snowstorm. Drive 110 miles in near white-out conditions to get to destination where 75 dentists are waiting for comprehensive hands on cosmetic dental course. Ed is heard to remark as he squints at the GPS that confirms we are actually still on the highway that ‘some of my colleagues think speaking and presenting is exciting – maybe they would like to be behind the wheel here!’ Arrive at destination – small town of 12,000 people truly in the middle of nowhere – at 10:30 PM.

Friday – lecture all morning to 75 dentists and their teams in a magnificent 1500 seat Vegas style theatre. This town is small, but is at the junction of 2 major interstate highways, and this theatre is the focal point for hundreds of miles. At noon they move to the client teaching facility for a full 8 hours of clinical full-mouth-makeover sessions. As 13 operatories were booked, Dr. Lowe mentored 13 makeovers in one marathon day!

The dentists taking this cosmetic training ranged from 5 years experience to some practitioners with 25 years of dentistry. All had decided cosmetic dentistry was going to be a focal point in their practice. When the lights finally were turned out, an exhausted Dr. Lowe retired to a nearby restaurant

with 30 dentists to 'relax'!

Saturday – Back in the clinic at 7:30 – and supervise 13 operatories running flat out all day long with dentists performing their cosmetic prep work. Head back to St. Louis at 4:00 PM (thankfully the snow had stopped) – check into hotel – and order a side of St. Louis ribs commonly known as the 'heart attack special'.

Sunday – leave St. Louis airport at 6:00 am in questionable weather conditions – plane diverted to Denver – arrive back in Vancouver at 5:00 PM. Head home – show ID to wife, kids, and dog who no longer recognize Dr. Lowe – and take the rest of the weekend off!

“ I love what I do and am passionate about the care and well being of my patients.”



Eating Disorders and Your Teeth

It is said that the eyes are the gateway to your soul, but the eyes only tell half the story. Before you even say a word, your heart is communicating through your smile. A beautiful smile radiates confidence, sincerity, warmth, and affects the way you interact with the world.

Protecting That Valuable Enamel

Anorexia, Bulimia, Binge Eating and Compulsive Overeating exact their toll both physically and emotionally on those suffering with any of these eating disorders. It is the binging and purging activity that does most of the damage to the teeth of the patient. Purging strips the teeth of the protective enamel layer covering each tooth. Once the protective enamel is gone there is no replacing it except with comprehensive

dental care. The teeth weaken and become susceptible to decay, fracturing, and worst of all - falling out.

Treating The Disorder

While dentists do not treat eating disorders, they do treat the physical damage to oral structures that results. Many people suffering from bulimia are able to hide the disorder from others but it is more difficult to keep it a secret from their dentist. Changes inside the mouth of a bulimic can be detected during the course of a routine dental examination.

Confidence and Self Esteem

Bulimia patients with dental problems often need care. It is upsetting to see a patient, in many cases a young person, with the dentition of a senior who has enjoyed a lifetime of wear with their teeth. It fills me with a determination to step in and do something. If the patient is on the road to recovery and permits me to get involved, then my team and I visit the various options to restore the smile to full function and beauty. In my experience, the effect on their confidence and self-esteem speaks volumes and I believe is a tremendous contribution to their physical and emotional healing.

It is especially rewarding when I am presented with the opportunity to transform an individual's life and resurrect both their smile and self-esteem.

I have a special interest in helping eating disorder patients, and will be happy to offer a complimentary evaluation to discuss some strategies to minimize the dental deterioration as a result of this disorder. We cannot restore a patient until the recovery stage, but we do offer non-judgmental advice.

