

Email not displaying correctly? View it in your browser.

#402 - 1338 W. Broadway

Call us: 604.738.7710



Dr. Garry Lunn
GENERAL DENTISTRY
MICROSCOPE ASSISTED
PRECISION DENTISTRY



We now offer

What We Learnt at the Pacific Dental Conference



Each year in the spring the Provincial Dental Association hosts a dental trade show and lecture series. This year there were over 11,000 attendees taking in the dental trade show and a variety of lectures from speakers that came from all over the world.

[Click Here](#) for more information

Our staff attended the conference and here are some of the things we learned.

You know how when you see the hygienist, we probe your gums to help us determine healthy tissues and also to look to see bleeding points. This too is an indicator of tissue health. Less bleeding points, less irritation to the gums result in healthier gums. Well if you brush **twice** a day you will decrease those bleeding points by 28%. So make sure that brush is being used two times a day at least.



Now what about the brush? Well if you are using a manual toothbrush make sure it is like the ones we hand out, it's an ultra soft. We do recommend a rechargeable mechanical

toothbrush. If you are using a mechanical brush you will see a 4 to 6 times **reduction in plaque** than if you use the manual toothbrush. Plaque is one of the causes of gum disease and tooth decay.

Also if you were to only floss for 21 days with no brushing you still would reduce gum disease. Now we aren't suggesting you do that, but it certainly underscores the importance of flossing.

And if you can't brush, chew a gum that has xylitol in it, such as Ice Breakers Cubes. It helps to reduce plaque and bacteria. Trident Extra Care also is good but can't be used by those with milk allergies.

Our clinical staff also attended a lecture by one of the leading authorities in North America, if not the world, on asepsis control. This involves all the things we do to keep you and us healthy with no transfer of germs or disease. We are current and up to date on this front.



Last but not least, a UBC grad now working at UCLA is in the middle of developing a device that will analyze saliva for markers for disease detection and wellness. This device is about the size of a cell phone and is less invasive than taking blood and more accurate. So early detection of cancers and other systemic disease may be able to be diagnosed right in the dental office. Watch for it.



Dr. Lunn was involved with a number of meetings himself. The national body of International College of Dentists (ICD) held their meetings and convocation at the same time as the conference. This is an organization that recognizes dentists across the country that have made a significant contribution to dentistry and their communities. By invitation, dentists are asked to join this organization and

they become a Fellow upon induction. The main focus of the ICD is recognizing service and the opportunity to serve. The opportunity to serve is expressed in humanitarian projects, which we support financially. Presently Canada has outreach programs in Brazil, Zambia, Central America and a clinic in Ottawa for the homeless. Dr. Lunn has been a Fellow in this organization for over 11 years.