



## A BEAMING SMILE

### SMILE TRANSFORMATIONS WITH MODERN DENTAL ADVANCEMENTS

BY VERONICA BOODHAN

**“A smile is a light in the window of the soul.”**

This common phrase couldn’t ring more true, whether it’s meeting someone for the first time, catching up with family and friends, or interacting with colleagues.

Unfortunately the mouth is a very harsh environment, and for many people this leads to a variety of dental issues as they age. It was generally accepted in previous generations to try to keep your teeth as long as they are somewhat salvageable. Then there comes a time when many, or all of, the teeth are pulled and either a partial or complete denture is constructed and the patient has to just deal with that reality. Fortunately, that does not have to be the case anymore. Advancements and a dramatic increase in the use of dental implants and porcelain crowns have allowed modernly trained dentist to restore health, confidence, beauty and function to patients who were previously all out of options.

“New medical research has highlighted adverse outcomes in patients who are missing teeth or have broken-down teeth, which are affecting their ability to chew their food

effectively and comfortably,” says Dr. Shahriar Shimi. “This leads to poor nutrition since the foods are not properly chewed because of missing teeth or pain, or loose dentures that take any chewing ability away. In addition, failing teeth, gum and bone disease are now linked to higher risks of strokes, heart issues, diabetes and pregnancy complications.”

Attention to the maintenance of oral health is vital to keeping an overall healthy lifestyle. At his Richmond Hill dental centre, Yonge Smiles, Shimi has treated numerous patients, turn hopelessness with their failing teeth around into enviable smiles that they receive constant compliments on.

“Overall patient management and attention to overall health is something that is given a lot of attention at our office,” he explains. “On these advanced cases, experience counts for a lot, and advanced training in implant and reconstructive dentistry is essential.

Two of these transformational cases are highlighted by the stories of Catherine and Charlotte, both suffering from advanced dental deterioration.

For Charlotte, Shimi used dental implants to replace the patient's failing teeth. "As is often the case with patients in this state, she had no confidence and was suffering with pain and embarrassment without a clear idea of where to turn to... She didn't want to wear dentures because dentures move, cover the roof of the mouth and are not comfortable." For these cases, both the surgical and prosthetic aspects were performed at Yonge Smiles. Shimi says the patient now looks 15 years younger and has a smile that is contagious to all those around her. She readily admits that her life has been completely transformed and she is so optimistic for her future.

Catherine was a patient suffering from a hereditary medical condition, affecting her teeth and bones, which left her with very low self-esteem about the state of her mouth. "She was told nothing could be done and just dentures were the only solution... After studying her case, I asked her to return and presented her the treatment plan consisting of 12 upper and 12 lower zirconia crowns. This treatment was possible because her remaining teeth, although very worn, still had solid bone around them and the foundation was strong", he explains. "She was told that her appointments will be comfortable because with good care, dentistry can be virtually painless. She was happy to find out that this promise was true and her case was completely finished over the span of two appointments in 10 days. She has been full of praise and is not shy to share how life transforming this decision has been."

At Yonge Smiles, Shimi offers a range of treatments in implant dentistry, cosmetic dentistry and orthodontics — a premier preferred provider of Invisalign. He says when dealing with patients who may feel uneasy about their upcoming dental experience, it's all about the approach.

"It is important that from the person who handles the phones, to the office manager, and the hygienist, that there is an overall feeling of care and empathy. Patients are very vulnerable when they walk in as new patients. Most of the primal human fears are at play; fear of pain, the unknown, cost, trust, among others. So they are pleasantly surprised when the team listens to them about how they can be helped," he says. "As well, with aid of digital x-rays and intra-oral cameras, having the patients understand their own dental conditions has never been easier. Computer animations of all the proposed treatment, and before and after photos of cases similar

to theirs helps to build trust and reduces the anxiety to a point they know that their dream smile, and all the associated benefits, is only a short while away."

*Dr. Shahriar Shimi is a graduate of the University of Toronto, where he completed his doctor of dental surgery degree, following his undergraduate degree in physiology from the University of Western Ontario. He has also completed a year of advanced education in general dentistry, with an emphasis on implant and cosmetic dentistry, at the University of Maryland, as well as three fellowships in the field of general and implant dentistry.*

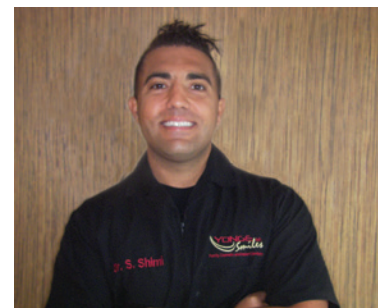
## TRANSFORMATIONAL STORIES



"I love my new smile! Not only do I get compliments all the time, but I can now chew properly, have teeth that are free of pain and infection, and my whole face glows because of my confidence... From the first meeting I just knew that Dr. Shimi understood my challenges and he had done so many similar cases, that an excellent final outcome was just a matter of time. I felt comfortable throughout the treatment and afterwards. It's just amazing to me how work of this magnitude can be done in comfort, in such a short amount of time and with such superb results. By far, it's the best decision that I have ever made. I have never felt healthier and more confident!" — Catherine



"I had absolutely zero self-confidence with my smile. And for the last 20 years I had been covering my mouth with my hands, or turning my head when I smile. The pain, and the bad taste in my mouth was a huge source of grief for me, but I didn't know what to do because I didn't know who to trust and was very anxious. I was introduced to Dr. Shimi's office by a friend, and I reluctantly scheduled my first visit. It only took moments for me to know that this is a decision I will never forget. Dr. Shimi and his team have a way of making their patients feel very relaxed and they did an amazing job at explaining the treatment in terms that I could understand. I now have implant-secured teeth in my mouth and I get compliments all the time. All the work was done at Yonge Smiles, from beginning to end, and I couldn't be more happy and thankful for the results." — Charlotte



» For more information about Dr. Shimi and Yonge Smiles, call 905-780-1400, or visit [yongesmiles.com](http://yongesmiles.com)