

Your Local Dental News

A COMFORTABLE CARING & FRIENDLY DENTAL EXPERIENCE CLOSE TO HOME!

Compliments of Your Neighbourhood Dentist!



Welcome to our very first issue of Your Local Dental News - a newsletter especially produced to bring you practical tips and information on everyday dental health issues. Whether it's a guide to brushing and flossing effectively or options on whitening your teeth, we hope to bring you the information that you need to ensure good oral hygiene and health, and leave you smiling!

Let us know what you think of our new newsletter, and what topics you'd be interested in reading about in the future.

As always, if there's anything you have questions about or if you need further information, please do not hesitate to give us a call.

All the best,

Dr. Nasrin Saba and Team

WELCOME TO

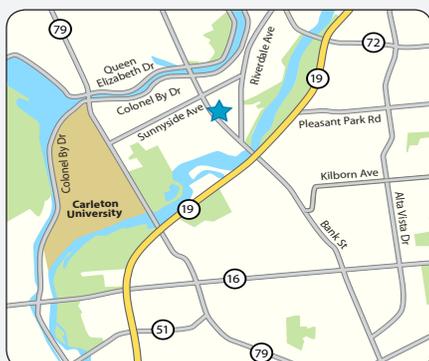
Bank Street
DENTISTRY



SEPTEMBER 2015

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BANK STREET DENTISTRY

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Office Hours:
Mon., Tues., Thurs.: 8 :30 a.m. - 5 p.m.
Wed.: 10 a.m. - 7 p.m.

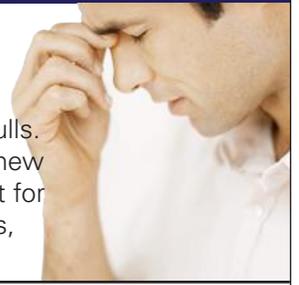
New Patients Welcome!
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Our Services Include:

- Cosmetic Dentistry
- Restorative Dentistry
- Prosthetic Dentistry
- Root Canal Treatment
- Periodontal Therapy
- Children's Dentistry
- Extractions
- Emergency Services
- Free On-Site Parking



A GRINDING HALT



We all have a couple of joints called temporomandibular joints (TMJ), which connect our jaws to our skulls. They allow us to open and close our mouths and move our jaws all around so that we can talk, yawn, chew and swallow. Most people have no reason to think about this if their joints are functioning smoothly, but for the millions of people throughout North America who suffer from TMD, or temporomandibular disorders, these joints may be the starting point for a whole host of medical symptoms.

Indications of TMD can vary from person to person, and may resemble other conditions or medical problems. As your dentist, I strongly encourage you to let us know if you are experiencing any of these symptoms:

- Jaw discomfort or soreness
- Persistent headaches.
- Pain radiating behind the eyes, in the face, shoulder, neck, and/or back.
- Ear pain or stuffiness, or ringing in the ears (not caused by an infection of the inner ear canal).
- Clicking or popping of the jaw.
- Locking of the jaw, or limited ability to open the mouth.
- Clenching or grinding of the teeth.
- Sensitivity of the teeth.

The reasons for bruxism are many, with stress and anxiety being amongst the leading triggers. Here at your dental office, we can fit you for a dental appliance that will make you more comfortable, help to avoid the results of bruxism and intercept the damage that your teeth are inflicting on each other. This custom-made mouthguard, worn at night, will keep your upper and lower teeth from coming together, making it impossible for you to grind them.

FAST FLOSSING FACTS

Flossing your teeth is an essential component of good oral hygiene. Please ask us for a demonstration on proper flossing techniques – we'd be happy to help you find a comfortable and effective method that will help turn flossing into an easy, daily habit.



Here are the answers to common questions about flossing:

Q: Should I floss before or after brushing?

A: Floss first to loosen and remove any food particles trapped between your teeth, then brush. For most people, it's recommended that you floss every evening before bedtime.

Q: Why is it important to floss before bed?

A: Saliva flushes away food particles as a continuous process during the day. When you're sleeping, saliva flow decreases, so any bacteria accumulating in the mouth has a chance to feed and create acids that can start the process of tooth decay. Cleaning not only tooth surfaces but in-between teeth and around the gums removes the hidden food particles that can initiate plaque.

Q: What works better, waxed floss or unwaxed floss?

A: Both waxed and unwaxed floss are equally effective in removing debris between teeth, however many people find that waxed floss is easier to slide in-between teeth, especially if their teeth are close together. If your teeth aren't too tight together, consider wider tape floss or ribbon floss, which covers a larger portion of the tooth and therefore cleans more of the surface.

Q: What if I have dexterity issues or simply can't master the flossing technique?

A: Talk to us about flossing options, for example pre-threaded floss-holders, picks and rubber tips that need just one hand to maneuver.

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