

GREAT IMPRESSIONS

You don't get a second chance to make a first impression, so let us create a healthy, beautiful, impressive smile for you, one that reflects warmth and confidence both in-person and in photos across any professional and social online profiles.

Today's dentistry offers a myriad of effective dental solutions to easily and comfortably perfect your smile.

- **Discoloured teeth?** We can brighten you up during your lunch hour with fast and effective tooth whitening.
- **Uneven teeth or gums?** No problem – we can contour and even those out in no time.
- **Cracked or imperfect-looking teeth?** We'll explain how crowns, veneers, bonding and other dental solutions can strengthen and beautify your smile.
- **Crooked teeth?** Ask about "invisible" orthodontic options!
- **Missing teeth?** Let's talk about the "almost better than the real thing" dental implants!

It's critical that your smile reflects a positive impression, for the first time and every time!

Let's create your own super smile safely and effectively, right here in this office. Please call today to schedule your first step toward your beautiful, healthy new smile!

BANK STREET DENTISTRY IS PROUD TO OFFER:



Professional Tooth Whitening Take-Home Kit*

*Offer good in absence of gum disease. Regular price \$219.

Offer expires February 29, 2016. Not to be combined with any other discount offer or insurance plan. Minimum fee only. Fees may vary with complexity of case. ADDITIONAL CHARGES MAY BE INCURRED FOR RELATED SERVICES THAT MAY BE REQUIRED IN INDIVIDUAL CASES.

BANK STREET DENTISTRY 613-241-1010

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

Welcome to our final newsletter of 2015!

Before you get caught up with the holidays, please take a few minutes now to review your and your family's dental needs, and call today to confirm an appointment time that's convenient for you.



Ensure a truly sparkling start to the season by reserving your tooth whitening and other cosmetic touch-ups now. Everyone wants to look their best for social occasions – perfecting your smile is a great place to start!

As we close off the year, we'd like to wish you and your family a safe and happy holiday season, and a new year filled with bright smiles. We look forward to seeing you soon!

Sincerely,

Dr. Nasrin Saba and Team

WELCOME DR. WISEMAN!

I would like to welcome Dr. Andie Wiseman to our clinic and Old Ottawa South Community.

Dr. Wiseman graduated with honours from the University of Toronto Faculty of Dentistry in 2000, and then enrolled in a two-year general practice residency programme at the University of North Carolina. During her residency, Dr. Wiseman developed her skills and proficiency in treating medically compromised individuals, which required coordination of multidisciplinary care with other health care professionals. Since then, Dr. Wiseman has worked at a private practice in Ottawa, in Orleans with Dr. Saba, and as part of the Ottawa Mission Dental Clinic, offering dental care to the city's marginalized individuals.



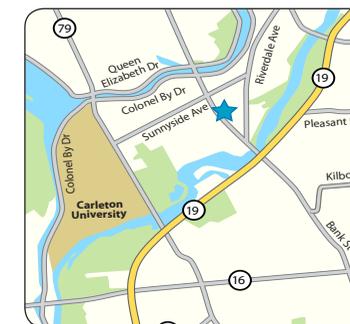
Since 2010, she has been fully engaged in the practice of dentistry. She is a member of the Royal College of Dental Surgeons of Ontario, Canadian Dental Association and the Ottawa Dental Society. When she isn't working, Dr. Wiseman can be found enjoying time with her family either on the slopes or hiking.

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A Comfortable Caring & Friendly Dental Experience close to Home!

Compliments of Dr. Nasrin Saba



Tel.: 613-241-1010
Fax: 613-241-0808
Email: info@bankdentistry.com
Web: www.bankdentistry.com

Office Hours:
 Mon., Tues., Thurs.: 8:30 a.m. - 5 p.m.
 Wed.: 10 a.m. - 7 p.m.
 Fri.: 8:30 a.m. - 3 p.m.

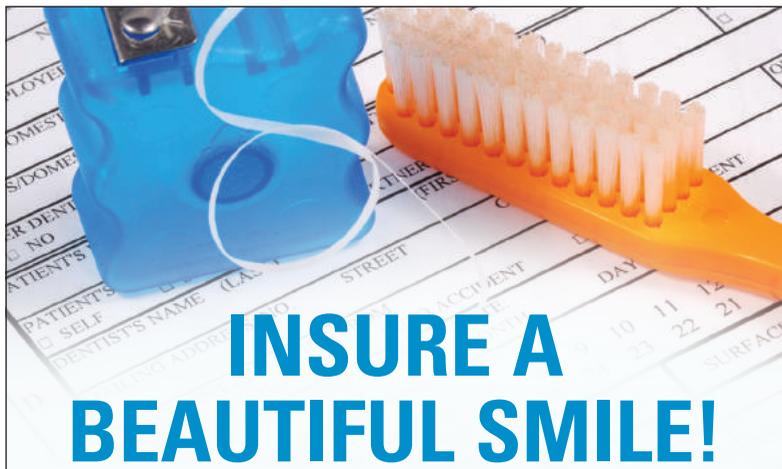
**1189 Bank Street
 Ottawa, ON K1S 3X7**



**New Patients Welcome.
 Direct Billing to Insurance.
 Emergency patients seen promptly.
 Appointment Requests Available Online.**

Our Services Include:

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



INSURE A BEAUTIFUL SMILE!

Have you hit your maximum yearly allowance for your dental insurance benefits? Dental benefits are usually calculated over a calendar or fiscal year, meaning that if you don't use your benefits before your year-end, you'll lose them.

It's a good idea to have a look at your dental insurance summary occasionally, to refresh your memory of the benefits covered under your plan. If you have insurance benefits that are going to help you maintain and improve your dental health, why not take advantage of them? Dental problems don't tend to improve on their own, and since we know that dental health is linked to overall well-being, it makes sense to ensure that your teeth, gums and mouth are professionally checked on a regular basis, especially if you already have dental insurance benefits in place to help cover the cost.

If you or someone in your family is in need of dental services, please call us now. If you currently have any unused dental benefits, let us know and we'll squeeze you in for an appointment before they expire!

All the best to you and your family for happy, healthy smiles throughout the New Year!

TODAY'S TOOTH TIP



Don't Flush the Floss!

Most dental floss is conveniently shred-resistant, but unfortunately, that also makes it non-biodegradable. This means that while tossing used dental floss in the garbage isn't ideal, it's still preferable to flushing it down the toilet, where it has the potential to create havoc in the waste processing stations, jamming pumps and causing increased maintenance.

People with septic systems are also advised not to flush their dental floss, as, in this case, the floss can clog and potentially damage septic tank components.

Floss your teeth daily and remember, "toss the floss," don't "flush the floss"!

SMART SNACKING

Why do we snack? Well, social and celebratory situations wouldn't be complete without something to nibble on, while solitary snacking is sometimes linked to emotions or current situations as opposed to something we do to appease a physical hunger. Whatever the reason for your snack attack, make sure you read this first!

How snacking can harm your teeth:

Plaque, a sticky form of bacteria that live on your teeth, feeds off the starches and sugar that snacking delivers and produces acids that attack tooth enamel. Snacking on the wrong foods over an extended period of time encourages cavities as it provides a constant supply of food for bacteria to feed on.

Teeth-friendly snack suggestions:

- **Crunchy fruits and vegetables** like apples, celery, carrots and radishes. Fibrous foods like these stimulate the salivary glands to release saliva, which continuously rinses the mouth and therefore protects the teeth.
- **Cheese** is a great snack option not only because it provides calcium and phosphates, but also because it helps neutralize harmful acids created by the plaque in your mouth.
- **Sugar-free gum.** Sometimes just a piece of sugar-free gum will do. In addition to promoting salivary flow in the mouth to help wash away food and neutralize acid in the mouth, some sugar-free gums contain xylitol, which can kill the bacteria that damages teeth.

Looking for healthy snack suggestions and other ways to help fight acid erosion on your teeth? Please ask!



Curried Pumpkin & Coconut Soup

Ingredients :

- 1 medium pumpkin
- 1 bunch scallions, sliced
- ½ c. coconut milk
- 2 Tbsp. olive oil, divided
- 2 Tbsp. curry powder
- salt to taste
- ¼ tsp. salt
- 2 to 3 c. vegetable broth

Directions :

1. Pre-heat oven to 400°F.
2. Quarter pumpkin and remove seeds, setting seeds aside. Scrape out and discard remaining small seeds and strings. Place each quarter face down in a baking dish and roast 30 to 40 minutes or until pumpkin is tender. Remove from oven.
3. Rinse reserved seeds, removing any pumpkin left on them. Toss with one Tbsp. olive oil and salt. Spread seeds out on a baking tray and roast until crispy, 10 to 15 minutes.
4. Heat remaining oil in a saucepan. Add scallions and sauté for two to three minutes. Stir in curry powder and cook for 30 seconds more.
5. Next, carefully scrape cooked pumpkin from the shell, adding three cups of pumpkin to a saucepan along with two cups of vegetable broth. Bring to a boil, reduce to a simmer and cook for two to three minutes.
6. Remove from heat and puree, adding more vegetable broth to reach your desired soup consistency. Return to heat, stir in coconut milk and let simmer until ready to serve.
7. Sprinkle roasted pumpkin seeds on soup before serving, and add an extra swirl of coconut milk, if desired.

Sudoku

3			2	7			8
	7		1	8		9	
2			4				1
	5	7	9		2	1	
	1	2	7		8	4	
7			5				6
	6		9	2		7	
4			7	6			5

Objective

- Every row of 9 numbers must include every digit from 1 through 9 in any order.
- Every column of 9 numbers must include every digit from 1 through 9 in any order.
- Every 3 by 3 subsection must include every digit from 1 through 9 in any order.

Answer

5	2	6	9	1	7	8	4	3
7	4	8	2	5	6	9	1	3
9	8	1	5	3	6	2	7	4
6	8	5	7	2	1	9	3	4
4	9	5	1	7	8	6	3	2
8	1	7	6	9	2	5	8	3
1	6	9	8	4	5	7	2	3
2	6	9	8	1	7	5	3	4
8	5	7	9	2	1	6	3	4