



Check in for a Checkup!

If "take better care of my health" is on your list of New Year's Resolutions, you'll want to start by booking your dental checkup now!

There is documented evidence to show that oral health affects overall health, which is why the following issues are included in what we look for during regular checkup appointments:

- Deterioration in fillings, crowns and other restorations
- Root cavities (decay on roots of teeth exposed by receding gums)
- Periodontal pockets caused by gum disease
- New decay under the gum line
- Cavities under existing fillings
- Hairline tooth fractures
- Impacted wisdom teeth
- Early signs of gum disease and oral cancer

You can look forward to topping off your dental checkup with a thorough cleaning for a fresh, sparkling smile. Let's work toward your oral and overall health goals together!

BANK STREET DENTISTRY 613-241-1010

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

Welcome to the New Year! We hope you and your family enjoyed the holidays, and are looking forward to making this your healthiest, most successful year ever!

Our office is currently accepting new patients. Please call us to reserve an appointment time that's convenient for you, whether you need a simple dental checkup, an opinion on a specific dental concern or some information on cosmetic options to correct whatever you're not happy with in your smile.

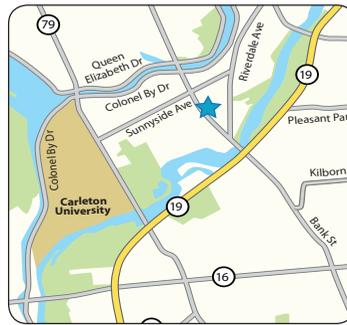
Make a resolution for 2016 to ensure that your teeth, gums and entire mouth are professionally checked on a regular basis. We look forward to seeing you soon!

Sincerely,

Dr. Nasrin Saba, Dr. Andie Wiseman and Team



BANK STREET DENTISTRY



1189 Bank Street
Ottawa, ON K1S 3X7



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.: 8:30 a.m. - 7 p.m.
Fri.: 8:30 a.m. - 3 p.m.

New Patients Welcome.
Emergency patients seen promptly.
Direct Billing to Insurance.
Appointment Requests Available Online.
Free On-Site parking.

Our Services Include:

- Family & Cosmetic Dentistry
- Children's & Preventive Dentistry
- Implant & Prosthetic Dentistry
- Restorative Dentistry
- Root Canal Treatment
- Periodontal Therapy
- Full/Partial Dentures
- Night Guards/Sport Guards
- Extractions
- Digital X-Ray

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**A Comfortable Caring & Friendly
Dental Experience close to Home!**

Compliments of Dr. Nasrin Saba



BANK STREET DENTISTRY IS PROUD TO OFFER:



\$99

**Professional
Tooth Whitening
Take-Home Kit***

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

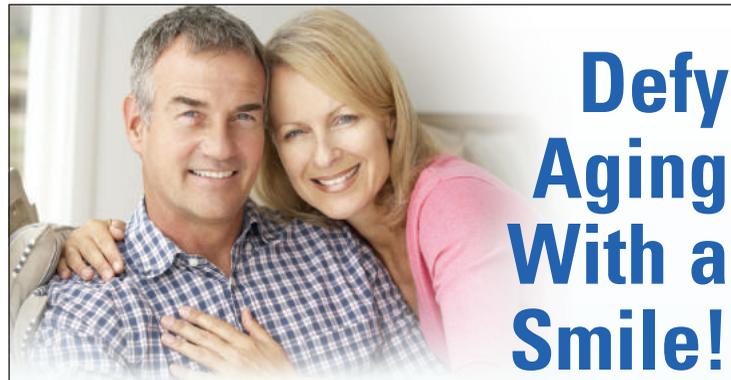
Offer expires April 30, 2016. Not to be combined with any other discount offer or insurance plan. Minimum fee only. Fees may vary with complexity of case. ADDITIONAL CHARGES MAY BE INCURRED FOR RELATED SERVICES THAT MAY BE REQUIRED IN INDIVIDUAL CASES.

NOW ACCEPTING NEW PATIENTS!

Call Today to Book Your Appointment

INSIDE:

**Dental news, tooth tips, a delicious
recipe and more!**



Defy Aging With a Smile!

Whether you're young in years or young at heart, if the condition of your smile is adding unwanted years to your appearance, you'll want to find out how to reverse that. Here's how three components of your smile can influence your overall image.

Tooth Color: Tooth color changes as the years go by due to two main factors: naturally-thinning enamel, and the cumulative effects of staining foods and drinks. Just as white teeth are associated with youth, yellow or dark teeth reflect age. Ask us which teeth whitening option would best bring the youthful brightness back to your smile!

Tooth Length: You're not getting "long in the tooth," your gums may just be receding, giving the impression of a longer tooth. Let's talk about focused dental habits to halt age-reflecting gum recession.

Tooth Shape: Subtle changes to the shape and size of teeth can rejuvenate your entire smile. For example, dental veneers can lengthen and even the shape of your teeth, a dental crown can strengthen and beautify a tooth, and teeth contouring can quickly and easily smooth, balance and perfect an otherwise healthy smile.

These are just a few examples of how we can refresh your appearance through cosmetic dentistry. Please call us to discuss your own customized smile solution!

WINTER LIP TIPS



It's winter, which means spending a lot of time either inside dry, overheated buildings or outside in the wind and cold. Don't forget to protect your lips – the frame around your beautiful smile – which can dry out, crack and become unattractive and uncomfortable over the winter. Here are some simple winter lip tips:

- Hydrate.** Drink plenty of fluids; keep your body hydrated and your lips will follow suit.
- Moisturize & Protect.** Keep a lip balm with a high SPF factor handy at all times, and reapply frequently.
- Humidify.** If your indoor environment is dry, invest in a humidifier to put moisture back in the air.

Take good care of your teeth, gums AND lips for the most attractive smile possible!

Sweet Temptations

Valentine's Day is a fun event celebrated with sweets and treats. From a dental perspective, however, if it's not possible to completely avoid sugary temptations then we'd at least like to help you indulge wisely. Here are some tips to help you have your candy, and eat it too.

Chocolates (plain – without thick, gooey centers) are preferable over sticky treats such as toffee, caramels and jujubes, or hard candies that you suck on over a long period of time. The logic behind this is that it's not actually the amount of sugar in candy that can cause decay, but the amount of time that the candy stays in the mouth and in contact with the teeth.

Candy that is present in the mouth for an extended time offers a sustained food source for bacteria, which feed off the sugars in the candy to form an acid that then works to dissolve the tooth enamel, initiating the decay process.

Is there a time that candy can be dandy? Yes, when it's helping to prevent cavities, as sugar-free gum does! That's because, while there's no substitute for brushing your teeth after a meal, studies have proven that chewing a piece of sugarless gum decreases the amount of cavity-causing acid produced by the plaque in your mouth.

Please ask us for ways to prevent dental damage and give you a smile you'll love!



Hearty Beef Stew

Ingredients :

- 2 ½ lb. (1.1 kg.) lean, boneless, organic stewing beef, cut into 1-½" cubes
- ½ c. all-purpose flour
- 1 ½ tsp. salt
- ½ tsp. pepper
- 1 Tbsp. oil
- 3 Tbsp. butter
- ¾ c. onions, chopped
- 2 garlic cloves, chopped
- 1 tsp. each: thyme & marjoram, crushed
- 1 bay leaf
- 4 c. beef stock or water
- 6 each: potatoes & carrots, peeled and chopped
- 2 large onions, peeled and chopped
- ¼ medium turnip, peeled and chopped
- 2 medium parsnips, peeled and chopped
- 1 (14 oz.) can diced tomatoes
- ½ c. fresh parsley, chopped

Directions :

1. Put flour, salt and pepper into a large ziplock bag. Place meat in bag and shake until all pieces are coated. 2. Heat oil plus 2 tbsp. butter in a heavy saucepan, then brown meat, one layer at a time. Set browned meat aside. 3. Add remaining 1 tbsp. butter, chopped onions and garlic to pan. Sauté onions and garlic until golden. 4. Return meat to saucepan; stir in seasonings (thyme, marjoram and the bay leaf) and stock or water. Simmer on low heat, partially covered, about 1 ½ hours. 5. Stir in potatoes, onions, carrots, turnip, parsnips and tomatoes with liquid. Simmer another 45 minutes, then sprinkle with fresh parsley and serve.

Sudoku

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

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

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