

Got an Hour? Enhance Your Smile!



Say "cheese" instead of "cheeseburger" during your next lunch break by ordering up one of these instant smile improvements!

Teeth Whitening: Brighten, whiten and sparkle in as little as an hour! In-office whitening procedures offer speed, safety and smile success.

Enamel Shaping: Teeth that are slightly uneven or that have an irregular edge on the biting surface can be easily evened out and smoothed with a quick, painless process known as enamel shaping.

Dental Bonding: This is one of the easiest and least expensive methods of repairing a host of dental imperfections, from chips or cracks in tooth enamel, to closing gaps between teeth, to slightly changing the shape of a tooth.

Modern dentistry has many smile solutions that can be accomplished in less time, at a lower cost and with more ease than you might imagine. Let's talk about your ideal smile, and confirm the time, cost and procedures involved to create it for you.

Let's do lunch – call us today!

BANK STREET DENTISTRY 613-241-1010

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

Happy Spring! It's a great time to clean and brighten your surroundings, so why not book a dental visit so we can polish your smile too?

When you come in for your dental appointment, we will:

- Conduct an examination of your teeth and mouth to detect decay, disease (including oral cancer) or deterioration.
- Evaluate your gum tissue, and check your biting, chewing and grinding patterns.
- Remove plaque and tartar, and polish away surface stains.
- Address any concerns or questions you may have on regular oral care or possible cosmetic enhancements.

Please call us today. We look forward to seeing your beautiful smile!

Sincerely,

Dr. Nasrin Saba, Dr. Andie Wiseman and Team



BANK STREET DENTISTRY



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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



NOW ACCEPTING NEW PATIENTS!

Call Today to Book Your Appointment

INSIDE:

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

BANK STREET DENTISTRY IS PROUD TO OFFER:



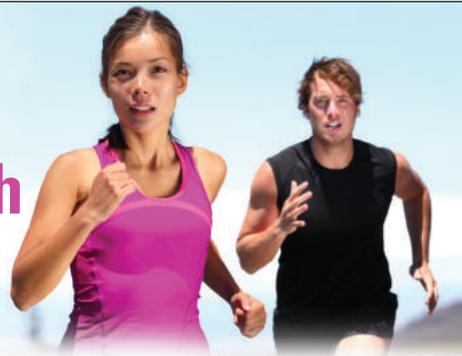
\$99

**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.

Running Into Tooth Pain?



It's finally spring! If the melting snow has motivated you to melt away a few pounds you may now have embarked on a new exercise routine. But if you're experiencing tooth pain while running, walking or jumping, however, it could be because of:

- **A cavity in a tooth.** In addition to pain while walking or running, you may also notice tooth sensitivity or perhaps a painful throbbing in your tooth when eating or drinking hot or cold foods and drinks.
- **A broken or cracked tooth.** You may be able to feel the jagged edge of a chipped tooth with your tongue, or the tooth could be cracked and the damage invisible or hard to pinpoint.
- **Gum disease, or periodontitis.** Inflamed gums can make your teeth and gums extra-sensitive, while heavy breathing during exercise may also exacerbate the sensation.
- **A sinus infection.** Once we rule out any dental causes, we may recommend you check with your doctor to find out if it is sinus-related, especially if you're feeling discomfort in your upper, posterior teeth. Sinusitis, the inflammation of one or more sinuses due to a bacterial infection, or sinus congestion from a cold, flu or allergy can sometimes present the same symptoms as a toothache.

Please call today if you're experiencing any type of oral pain or discomfort.

RELAXATION TIPS



Anxious about your dental visit? Consider these tips:

- Set aside a stress-free time for your appointment – don't try to squeeze it in-between other meetings you're rushing to get to.
- Avoid taking any stimulants – coffee or cola for instance – before your appointment.
- Feel free to bring a blanket from home, especially if you'll be in the office for an extended procedure – it can be very comforting!
- Bring your earphones and your tunes to distract you from the noise of the office.
- Use deep breathing exercises, or relaxation techniques like those taught in yoga.

Ready, Set, Smile!

Tooth whitening success depends to some degree on how you prepare prior to your appointment, and the care you take following your procedure. For example:

Before Tooth Whitening

- DO make a regular dental appointment prior to your whitening appointment so we can clean your teeth and check for, and address, any decay, gum disease and hypersensitivity.
- DO talk to us about your whitening expectations as, depending on the cause of the staining, whitening may or may not be your most effective option.
- DO be aware that whitening will not affect the color of veneers, crowns or existing restorations.
- DON'T brush immediately before your whitening appointment, as this may cause abrasion and sensitivity.
- DO start using desensitizing toothpaste a couple of weeks prior to your whitening procedure if you're prone to sensitive teeth.

After Tooth Whitening

- DON'T eat or drink anything after your whitening treatment that might stain your teeth (coffee, tea, red wine, curry, and fruit such as blueberries).
- DON'T use tobacco — whether smoked or chewed — as it creates another serious staining risk.
- DO make follow-up appointments to monitor the success of your whitening program, and to talk to us about the most effective ways to extend the life of your new, white smile.

Please call to reserve your tooth whitening consultation today!



Asparagus & Cheese Tart

Ingredients:

- 1 sheet frozen puff pastry, thawed*
- 1 c. fontina cheese, grated
- 1 c. gruyere cheese, grated
- 1 Tbsp. shallot, minced
- 2 large egg yolks
- 3 Tbsp. milk
- 1/8 tsp. nutmeg, grated
- salt and pepper
- 1 lb. asparagus, trimmed, blanched, drained
- 2 tsp. olive oil
- 1/2 tsp. fresh lemon zest

*Recipe also works well with traditional pie pastry.

Directions:

1. Heat oven to 400°F. Place pastry onto a floured surface, roll out into a 10" x 16" rectangle then transfer to a parchment paper-lined baking sheet. Prick pastry all over with a fork and bake for 12 minutes.
2. Mix together cheeses, shallot, egg yolks, milk, nutmeg and a pinch of salt and pepper. Spread on slightly cooled pastry.
3. Toss asparagus with olive oil and a pinch of salt and pepper, and arrange across the tart.
4. Bake tart for 15 to 20 minutes, sprinkle with lemon zest. Divide with a pizza cutter to serve.

SUDOKU

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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

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