

Say "I Do" to a Beautiful Smile!

Attention brides, grooms, wedding party members, family and guests: It's the beginning of wedding season. Is your smile photo-ready?

- **Have teeth that are chipped, broken or cracked?** Bonding, veneers or crowns can solve these problems.
- **Gaps between your front teeth?** Complete your smile with bonding, veneers or orthodontics.
- **Bothered by teeth that are uneven, slightly crooked or overlapping?** We can recontour your teeth – reshape, straighten and align them in time for the wedding.
- **Stained teeth?** Let's talk instant, in-office tooth whitening and take-home whitening kits versus bonding and veneers.
- **Straight teeth, but uneven gums?** We have a simple way to even out your gums and balance your beautiful smile.

Please call today to find out how easily we can change an everyday smile into a picture-perfect smile!



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 June 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.

BANK STREET DENTISTRY 613-241-1010

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

The countdown to summer is on! Before you jump into full vacation mode, make sure your dental care is up to date. After all, the last thing you should have to worry about while on summer vacation is fixing overdue tooth problems!

We invite you to visit our neighbourhood dental office, which includes facilities to take care of all your dental needs, from regular checkups to complete smile makeovers. If you have a dental plan that provides annual benefits, please note that we're already halfway through 2016 – make the most of your benefits before the rest of the year slips away!

Please call us today to set up a convenient appointment time. We look forward to meeting you soon!

Sincerely,

Dr. Nasrin Saba, Dr. Andie Wiseman and Team

BANK STREET DENTISTRY



1189 Bank Street
Ottawa, ON K1S 3X7



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!

Cracking the Case on a Cracked Tooth



Do you experience an occasional sharp, shooting pain when you bite down on something, or pain when your tooth is exposed to hot or cold elements? You may have a cracked tooth!

Not only can a crack be invisible to the eye during your checkup, but often it can not even be seen on an X-ray. To compound the problem, identifying where the pain is originating from isn't easy either as the crack may actually be more of a hairline fracture, running vertically along the tooth. It's not unusual to feel pain in a tooth at the top of your mouth when the problem is actually on the bottom, or vice versa.

Make sure you note when and where you feel the pain and mention it to us when you come in, for the best chance of saving your tooth. In the meantime, here's what you can do to make your teeth less susceptible to cracks:

- Avoid chewing on hard objects such as ice, unpopcorned popcorn kernels or hard candy.
- Try not to clench or grind your teeth (or talk to us about a mouthguard if you do).
- Always wear a mouthguard or mask when playing contact sports.

Please call if you'd like us to have a look at a suspected crack or other dental discomfort you're experiencing, so we can help you return to eating and drinking in comfort!

EMERGENCY DENTAL TIPS



Camping or vacationing far from home this summer? Be prepared for these dental emergencies!

- **Toothache?** Rinse your mouth with warm salt water and take an anti-inflammatory painkiller for the time being. Despite what you may have heard in the past, do not place an aspirin right on the affected tooth – it may burn the surrounding gum tissue.
- **Knocked-out tooth?** Rinse the tooth carefully, re-insert it into the gap and keep it still, then get to a dentist quickly for the best chance of re-attachment.
- **Lost filling?** If you don't have temporary dental filling, plug the cavity with soft wax or paraffin, or even sugarless gum, until you can get to a dentist.

Prevention is paramount. Make time for a pre-trip dental care appointment now!

Step Up to a Sparkling Smile

Natural tooth enamel doesn't present in basic, flat white. It has a glass-like translucency that allows light to penetrate and scatter, reflecting the depth and color of the tooth. Whether you need to perfect an existing tooth or completely replace a missing tooth, it simply makes sense that you choose a material that replicates the complex beauty of your natural tooth most accurately. Dentists often recommend dental porcelain as that material.

Dental porcelain can vividly mimic natural tooth enamel with its durable function and realistic translucence. It is commonly used for the most realistic dental veneers as it can accurately be shaped to transform the appearance of a tooth that, while healthy, is simply too small from an esthetic view, is responsible for a "gap" in your smile, is chipped or not perfectly shaped, or is slightly crooked.

In addition to perfecting existing teeth, porcelain is often the material of choice for replacement teeth, whether in a dental bridge, crown or dental implant, and especially for a tooth that's visible when you smile or laugh. The convincing appearance of all-ceramic or all-porcelain teeth blend in beautifully with your natural teeth, while providing an obvious option for people with metal allergies.

When it comes to treating dental decay, porcelain inlays and onlays are often recommended as esthetically pleasing options. They provide the function necessary to restore a decayed tooth while providing the appearance of natural tooth enamel.

Please ask us if dental porcelain is the answer to your quest for the most beautiful, sparkling smile possible!



Quinoa Salad

Ingredients:

- 1 tsp. vegetable oil
- 1 onion, chopped
- ½ sweet red pepper, chopped
- ½ green pepper, chopped
- 2 cloves garlic, finely chopped
- 1 ½ c. vegetable broth
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- salt and pepper to taste
- ¾ c. quinoa
- 1 c. frozen corn
- 1 (15 oz.) can black beans, rinsed and drained
- ½ c. fresh cilantro, chopped

Directions:

1. Heat oil in a saucepan. Cook onions and peppers together until soft, and then stir in garlic.
2. Add vegetable broth, cumin, cayenne pepper, salt and pepper to pan; bring to a boil. Stir in quinoa, cover pot tightly, reduce heat, and simmer until broth is absorbed, about 20 minutes.
3. Add frozen corn and black beans into the saucepan, stir well and replace lid for about 5 minutes.
4. Stir fresh cilantro into salad and serve warm.

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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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