

Turn Out The Lights On Snoring

Ninety million adults in North America snore while they're sleeping. While it's the subject of many jokes, it can also be a serious problem. Snoring can not only interrupt your bed partner's sleep (which is no laughing matter to him or her), it is also associated with sleep apnea and cardiovascular problems such as high blood pressure which can lead to a stroke.

Snoring is produced when the muscles and soft tissues in the throat and mouth relax, making your airway smaller. The decrease in airway space increases the velocity of air flowing through the airway during breathing, which causes vibrations in the soft tissues of the mouth and throat, producing the "snoring" sound.

If you're a snorer or sleep with someone who is, you may be interested in trying these "Stop Snoring" tips:

1. **Go on a diet and quit smoking.** Studies have proven that if a moderate snorer loses weight, the snoring becomes less loud and in some cases it actually disappears.
2. **Avoid heavy meals, alcohol, sedatives and even antihistamines before bed.** Anything that relaxes the tissues around the head and neck will restrict air passages and make snoring worse.
3. **Sleep on your side.** Some snorers even sew a tennis ball onto the back of their pajamas to ensure that they don't roll onto their back.
4. **Talk to us about a dental appliance that may help your situation.** In some cases a simple mouthpiece may be all you need to help keep your airway open.

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\$99

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BANK STREET DENTISTRY 613-241-1010

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

If summertime means vacation time for you, don't forget to check your dental health before you leave. After all, the last thing you need to worry about when you're out of town is a dental emergency!

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 helps cover your dental visits, why not take advantage of it now, while you have the time?

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



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Ottawa, ON K1S 3X7



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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.

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INSIDE:

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

The ABCs of Tooth Decay



When it comes to tooth decay, it can be helpful to refer back to our dental ABCs to track the possible causes.

Acids: An excess of acidic foods and drinks, including sodas, juices, sports drinks or energy drinks can wear down tooth enamel. Rinse your mouth with water immediately after eating or drinking something acidic, and don't brush for at least half an hour as acids soften enamel and make it vulnerable to being scrubbed away.

Bacteria: Our mouths are full of bacteria, which if not removed form a film on the teeth called plaque. Plaque feeds on the sugars in our diet to create acids that attack tooth enamel and lead to cavities and tooth decay.

Cleaning: Properly cleaning your teeth on a daily basis, supplemented by a professional cleaning at least every six months, will go far to ensure great oral health. Remember that plaque cannot simply be rinsed away. Brush your teeth at least twice daily for at least two minutes each time, using fluoride toothpaste and a soft-bristled toothbrush. Floss daily to remove the food, bacteria and plaque that get trapped between teeth and initiate the process of tooth decay.

Please ask us for a refresher on the most effective brushing and flossing techniques to ensure the cleanest, healthiest smile possible!



CAMPERS: DON'T FORGET THE FLOSS!

Get a line on these dental floss uses!

- **Create a clothesline:** Dental floss can double as a handy clothesline for wet bathing suits.
- **Catch a fish:** Broken fishing line can be replaced with floss in a pinch.
- **Replace twine:** Dental floss can replace twine in cases where you need to tie light things together, like twigs for a shelter, for example.
- **Start a campfire:** Wrap waxed floss around some dry sticks, then light it like a candle to get your fire started.

There are many more creative uses for dental floss besides these few examples. Just don't forget why you bought it in the first place – to floss your teeth daily! (And no, being on vacation is NO excuse to forego good dental hygiene!)

✓ Check Here for a Beautiful Smile!

You don't need an expert to tell you how much of a difference an attractive smile makes in a person's appearance. From being perceived as more youthful, more successful, or even more friendly and approachable, a beautiful smile can speak volumes.

On the list below, check off the concerns you have about your own smile, and then call us to find out how they can be remedied.

Let's Talk About:

- ☑ Teeth that are chipped, broken or cracked. Find out how bonding, veneers or crowns can solve these problems.
- ☑ Gaps between the front teeth. Do they always require orthodontic work, or can they be corrected with an easier solution?
- ☑ Crooked, overlapping or misaligned teeth. Options for straightening or aligning teeth vary, depending on the extent of the issue. Minor misalignments can be corrected easier than you may think!
- ☑ Stained or discolored teeth. The reason behind your tooth discoloration determines which tooth whitening solution is most effective. Some teeth don't respond to tooth whitening at all, so before you waste money on the wrong product, ask us which option would work best for your individual situation.
- ☑ Uneven gums. Even if your teeth are straight, uneven gums can throw your smile out of sync. This can often be remedied in minutes!
- ☑ Teeth that are too small. Ask how dental veneers can create a fuller smile.
- ☑ Teeth that are too pointy/ square/ uneven in length. Teeth can be reshaped in the comfort of our office, easily and comfortably.

Let us create your "perfect" smile!



Fiesta FISH TACOS



Ingredients

Mango Salsa:

- 2 large ripe mangos, peeled, pitted and chopped
- ¼ c. red bell pepper, chopped
- 1 Tbsp. lime juice
- 1 Tbsp. fresh cilantro, chopped
- 2 green onions, sliced
- 1 small jalapeno pepper, chopped

Tacos:

- 1 lb. cod fillets, rinsed and patted dry
- 1 tsp. chili powder
- ½ tsp. each ground cumin, dried oregano, garlic salt
- 8 corn tortillas, warmed
- 2 c. cabbage, shredded
- ½ c. Cotija or feta cheese, crumbled (optional)

Directions

1. Preheat oven to 425°F.
2. Stir together all salsa ingredients; set aside.
3. Place cod on 2 large sheets of parchment paper. Rub spices into cod and wrap fish in parchment paper to form packets. Place packets on a baking sheet and bake for 15 to 18 minutes.
4. Arrange pieces of cooked cod into each tortilla and top with shredded cabbage, mango salsa, and cheese if desired.

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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