



First Impressions

In this age of social networking, it's very likely that clients and potential employers will check out your professional online profile. Does your photo convey a confident, attractive smile?

In many cases, success starts with a smile. In fact, American Academy of Cosmetic Dentistry studies confirm that three out of four adults feel an unattractive smile can hurt a person's chance for career success.

Improving your smile can be as simple as whitening your teeth or filling in a gap with easy and economical dental bonding. Dental veneers are also an excellent option for creating a beautiful smile, as they can change the shape, size and color of your teeth while filling in gaps and smoothing over slight tooth imperfections at the same time.

As first impressions tend to be established within the first ten seconds of meeting someone, let's work together to ensure your first impression is your best impression!

BANK STREET DENTISTRY 613-241-1010

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

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, before your benefits run out for this calendar year?



Also, if fall means a new sports season for the athletes in your household, don't forget to have them fitted for custom-made, dentist-issued mouthguards, which can protect not only their teeth, but may also help minimize the possibility of concussions.

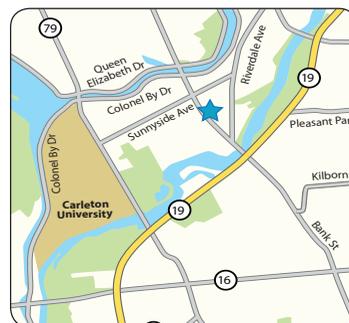
Whether it's for a regular continuing care appointment, a specific dental concern, or a cosmetic consultation, we look forward to seeing you soon!

Yours in dental health,

*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 December 31, 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.

Long in the Tooth?



Do your teeth look like they're getting longer? Do you get a jolt when you put something too hot, too cold or too sweet in your mouth? You may be suffering from receding gums.

Gums pull away from the teeth and recede for a number of reasons, from tooth grinding, to a poor bite, to brushing too hard, to gum disease brought on by not brushing and flossing properly or frequently enough.

Once gum disease progresses, in addition to your gums receding and teeth looking longer, you may notice the following symptoms:

- Red, swollen or tender gums.
- "Pink in the sink" – bleeding gums when you brush or floss.
- Sores in your mouth and/or pus between your gums and teeth.
- Persistent bad breath.
- A change in the way your teeth or partial dentures fit together when you bite.
- Loose, wiggly teeth.

All of the above symptoms need to be addressed immediately. Please call today with your questions, and to schedule a dental care appointment!

TOOTHBRUSH TURNOVER TIPS



When should you replace your toothbrush (or toothbrush head on an electric toothbrush)?

- 1. With each new season, or about every three months.** Toothbrush bristles simply wear out with use, meaning that with time, the bristles break down and aren't effective at doing the job of getting around and between your teeth.
- 2. After recovering from a cold or flu.** If someone in your household is sick, avoid the spread of germs by keeping your family's toothbrush heads from touching each other when stored in the bathroom, and discarding any toothbrush used by a sick person as soon as he or she recovers.

Replacing your toothbrush regularly is a smart and inexpensive way to encourage good oral and general health!

Stop By for a Smile Assessment!

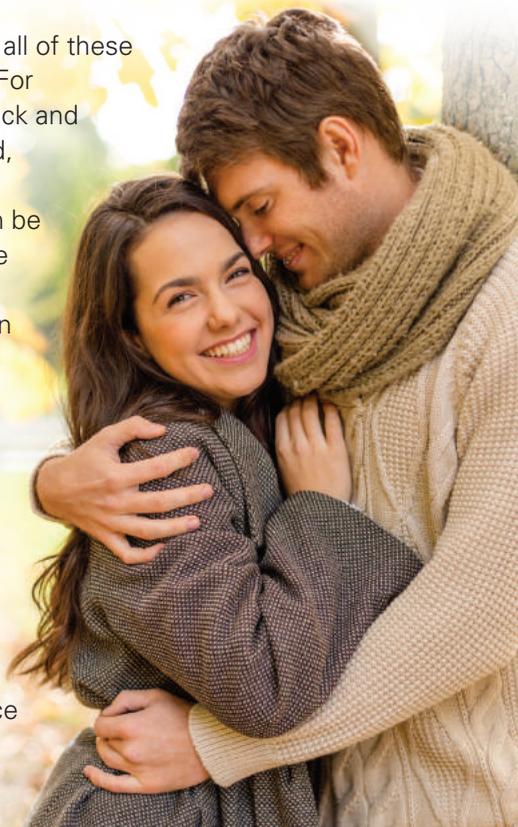
Cosmetic dentistry has grown tremendously over the past few years as people have come to recognize the rewards a confident smile can bring – both in the workplace and on a social level.

Should you consider cosmetic dentistry? Ask yourself the following questions, and the answer should be clear:

1. Do I feel self-conscious when I smile or laugh?
2. Do I have a habit of covering my mouth when I talk or smile?
3. Can people tell I'm a smoker by the shade of my teeth?
4. Do I worry about wearing white, in case it makes my teeth look more yellow?
5. Are there embarrassing gaps, or chipped, crooked or misaligned teeth in my mouth?

We offer cosmetic solutions to all of these common concerns, and more. For example, tooth whitening is quick and surprisingly affordable. Chipped, broken, poorly shaped, slightly crooked or discolored teeth can be transformed into an even, white smile with treatments ranging from bonded fillings to porcelain veneers to crowns, while missing teeth can be replaced with options like fixed bridges to "better than the real thing" dental implants!

Most cosmetic improvements are easier and more satisfying than you may think. Call us for a no-obligation consultation today and find out the difference a beautiful smile can make!



Maple Apple Crisp

Ingredients

- 5 apples (peeled, cored and sliced)
- ½ c. brown sugar
- ¾ c. maple syrup
- 1 tsp. ground cinnamon
- ½ c. rolled oats, uncooked
- 1 pinch salt
- ½ c. all-purpose flour
- ½ c. butter, softened

Directions

1. Preheat oven to 375 °F.
2. Place apples in a non-stick, 8"x 8" baking dish. Toss apples with maple syrup.
3. In a separate bowl, mix together rolled oats, flour, sugar, cinnamon and salt. Cut in butter until crumbly mixture is achieved. Sprinkle mixture over apples evenly.
4. Bake in oven until topping is golden brown, 35 minutes. Serve warm with ice cream, or at room temperature.

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

2	4	6	1	5	7	8	9	3
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