



Do I Need a Filling, a Crown or Veneers?

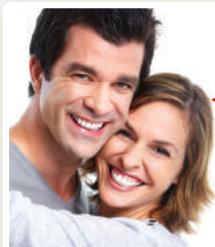
Your personal dental solution depends on the extent of damage in the affected tooth.

A dental filling is typically recommended for a tooth with minimal decay or damage while a dental crown — a new outer surface for the tooth — is often suggested when the affected tooth is severely broken or worn down, or has had large portions destroyed by tooth decay.

While dental veneers can be used to cover teeth that are slightly chipped, broken or cracked, they can also improve the appearance of slightly crooked or angled teeth, fill gaps between teeth, adjust minor size or length imperfections, and even brighten your smile if teeth whitening doesn't work.

Let's discuss your most attractive, effective smile solutions!

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.

Bank Street Dentistry • 1189 Bank Street, Ottawa, ON • Tel.: 613-241-1010

BANK STREET DENTISTRY 613-241-1010

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

Do you still have dental benefits to use up before the end of the year? Call today to schedule a dental visit, before your benefits expire!

We will conduct a thorough dental examination and recommend the number of continuing care appointments you ideally need throughout the year. This will depend on specific dental issues such as your plaque and calculus buildup, decay rate, your susceptibility to gum disease and specific health issues.

Remember, preventive dentistry is always less invasive, more comfortable and — like regular oil changes for your car — more cost-effective than later having to fix a problem that was ignored.

Please call us today to discuss how to achieve optimum dental health in the New Year!

Yours in dental health,

Dr. Nasrin Saba, Dr. Andie Wiseman and Team



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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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Compliments of Dr. Nasrin Saba



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INSIDE:

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

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Sunset Smiles

Seniors are living longer than ever and, due to greater dental care awareness, preserving their natural teeth longer than previous generations, too.

It's important for seniors, and in fact everybody, to keep their dental office informed about their current health conditions and medications. For example, many medications cause a decrease in saliva flow, which can lead to a dry mouth, subsequent dental decay — often showing up in the roots of teeth where the gums have receded to expose them — and possible tooth loss. It is imperative that dentists keep patients' medical records updated. Not only can this help explain some of the dental problems a patient may experience, but it can also prevent potentially harmful drug interactions within the dental office.

From a cosmetic standpoint, healthy teeth and gums are an integral part of a youthful smile, as is the whiteness of your teeth.

Let us help you achieve the healthiest, most attractive smile possible!

TOOTH TIP



A Second Life for Your Toothbrush

Your toothbrush should typically be replaced at the start of each new season, or thrown out and replaced earlier than that following a bout with a cold or flu. But why waste an otherwise good toothbrush once it's outlived its primary function? Boil your old toothbrush in a pot for four or five minutes then repurpose it for one of the following uses:

- Use with an abrasive cleanser to scrub around drains, faucets, vents and between bathroom tiles.
- Soak gold jewelry in a small bowl of warm dishwashing liquid and water, then gently scrub jewelry with the toothbrush. Rinse jewelry well and dry with a soft cloth.
- Sweep crumbs from between the keys of your keyboard.
- Use for personal grooming such as brushing eyebrows or moustaches.

Gift Yourself With The Perfect Smile!

With year-end festivities on the horizon, you're probably thinking about upcoming social occasions, and what you need to do in preparation. Before you start shopping for your party outfits, why not begin with the most impressive accessory of all: A beautiful smile!

If your teeth are stained, discolored or dull-looking, consider your teeth whitening options. Teeth whitening is one of the easiest, safest and most satisfying procedures available to improve your smile. Whether your teeth are discolored due to tobacco use, staining foods or drinks, or simply from the natural aging process, you'll want to hear about the options available in our office that will whiten and brighten your smile.

Another impressive smile improvement can be achieved with the application of dental veneers — wafer-thin porcelain shells that are bonded onto the front side of individual teeth to cosmetically correct a number of different tooth imperfections. If your teeth are healthy, but slightly crooked, or include gaps or chips, veneers may be the solution to fixing those minor smile flaws. Veneers can also provide an excellent solution for teeth that resist traditional whitening methods.

We offer solutions to solve your dental concerns, from the color of your teeth, to their shape, to anything else standing in the way of your optimum smile.

Please call us before you get caught up in the end-of-year rush, to ensure your picture-perfect holiday smile!



Simple, Elegant Crepes

Ingredients

- 1 c. all-purpose flour
- 1 Tbsp. sugar
- ¼ tsp. salt
- 1 ½ c. milk
- 4 eggs
- 3 Tbsp. unsalted butter, melted

Directions

1. Combine all ingredients in a blender. Purée for about 30 seconds, until mixture is smooth and bubbles form on top.
2. Heat a 12-inch, non-stick skillet over medium heat, and lightly coat with butter. Add 1/3 cup batter, tilt pan to completely cover the bottom of the skillet, and cook for two minutes, or until underside of crepe is golden-brown. Loosen with a spatula, then quickly flip the crepe and cook on other side for another minute. Slide crepe out of pan and repeat with remaining batter.
3. Serve warm crepes with fruit, jam or chocolate spread for sweet cravings, or cheese and sautéed mushrooms, spinach, ham or your choice of other fillings for a savory option.

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

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