

Take Care of Your Veneers!

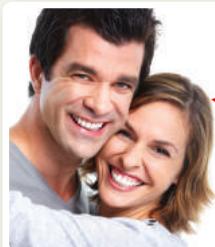
Smiling bright with a new set of dental veneers? Considering dental veneers as an integral part of a planned smile makeover? Follow these tips to prolong the life of your beautiful new pearly whites!

- 1. Practice good dental hygiene.** Brush at least twice a day and floss daily to prolong both the health and beauty of your smile.
- 2. Protect your teeth.** If you play sports, ask us about a custom-made sportsguard. If you grind your teeth, let's discuss bruxism treatment. If you use your teeth to open things, stop now! It can be very damaging both to natural teeth and to porcelain veneers.
- 3. Be mindful of staining your teeth.** While porcelain veneers are typically stain resistant, your other, non-veneered teeth will continue to stain according to your lifestyle choices. For a continued match between your veneers and natural teeth, come in for regular cleanings and whitening.



BANK STREET DENTISTRY 613-241-1010

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, 2017. 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

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

Make 2017 the year you'll make your oral health a priority!

The number of continuing care dental visits you need depends on specific dental issues such as your dental hygiene, your plaque and calculus buildup, your decay rate, your susceptibility to gum disease and specific health issues such as diabetes, immunosuppressive conditions or even pregnancy, which can lead to a higher risk of gum disease.

Remember, don't wait for it to hurt! 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 large problem that was ignored.

Please call today for a no-obligation dental discussion!

Yours in dental health,

Dr. Nasrin Saba, Dr. Andie Wiseman and Team



BANK STREET DENTISTRY



1189 Bank Street
Ottawa, ON K1S 3X7



Our Services Include:

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- Restorative Dentistry
- Root Canal Treatment
- Periodontal Therapy
- Full/Partial Dentures
- Night Guards/Sport Guards
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- Digital X-Ray

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Compliments of Dr. Nasrin Saba



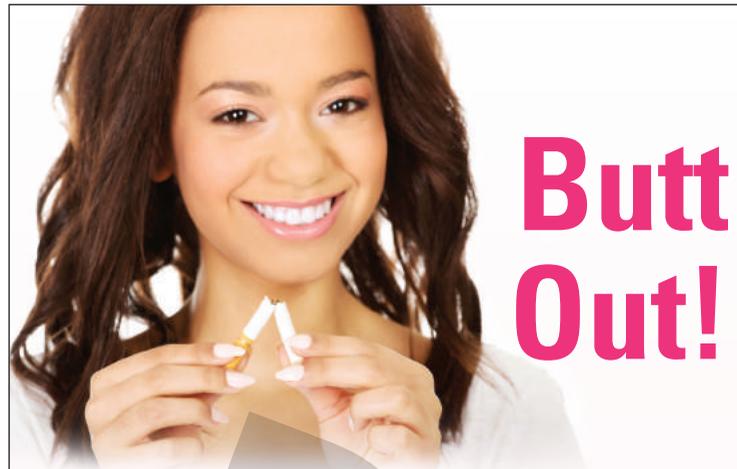
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INSIDE:

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

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Butt Out!

Did you make a New Year's resolution to give up smoking or chewing tobacco? Here are some facts to reinforce your wise decision.

1. Smoking cessation has immediate health benefits: It starts lowering your blood pressure and reducing your pulse after only 20 minutes, while long-term benefits include a reduced risk for coronary heart disease, stroke, lung cancer, and other cancers.
2. In addition to your general health, tobacco has a huge impact on your oral health, from the smell of your breath to the color of your teeth to the long-term condition of your gums and mouth. Tobacco can stain teeth and cause them to fall out as a result of gum disease, and can also cause cancer of the mouth, lips, and tongue.
3. Last but not least, calculate the amount you spend on tobacco to see how quitting leads to improved physical AND financial health!

TOOTH TIP



To Brush or Not to Brush?

Can brushing your teeth immediately after eating or drinking do more harm than good?

Acidic foods and acidic or carbonated drinks can temporarily weaken tooth enamel, so instead of brushing right away, rinse your mouth with plain water and then wait an hour before brushing your teeth to avoid any damage from toothbrush abrasion.

In the meantime, remember that a cube of cheese is a great way to finish a meal, as it reduces the effects of acidic foods and drinks on your teeth. Chewing sugar-free gum after eating or drinking is also a great way to stimulate saliva, wash away remaining food and protect your teeth and gums in-between meals.

Why Do My Teeth Hurt?

A toothache is one of the most miserable feelings in the world. It can sometimes be caused by a daily habit that, with proper recognition, can simply be modified. Other times it can stem from something serious like a dental abscess, which needs to be treated immediately.

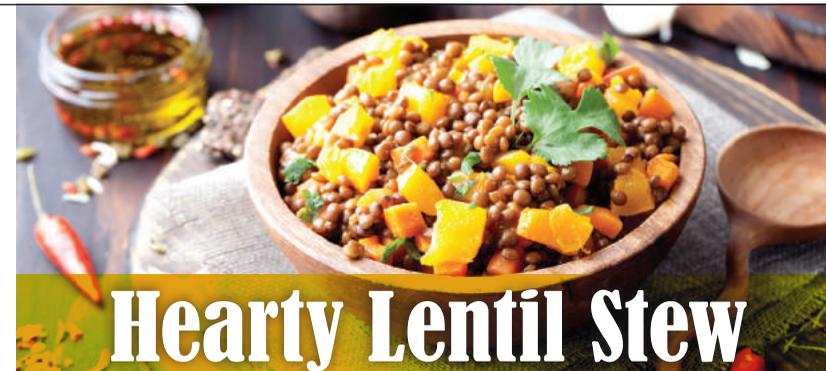
Common toothache triggers are tooth decay, a damaged filling, a cracked tooth or infected gums. If you've been suffering from a toothache for more than a day or two, call us now to schedule a dental visit. If the pain is severe, or you have a fever, earache or pain when you try to open your mouth wide, you'll want to have it looked at immediately.

Some other causes of tooth pain or sensitivity include:

- Overusing certain mouthwashes or tooth-whitening toothpastes.
- Receding gums. Gum tissue covers and protects the roots of your teeth, but if your gums have receded due to periodontal disease or from brushing your teeth too hard, that layer can pull away from teeth, exposing the ultra-sensitive roots.
- Enamel erosion. Frequent exposure to acidic foods and drinks, and even frequent tooth grinding, can erode the protective outer layer of the teeth (the enamel), to expose the sensitive dentin underneath.

Sometimes switching to a soft-bristled toothbrush and using a toothpaste designed especially for sensitive teeth may be all you need, while other times dental work may be necessary for both your optimum dental health and your comfort.

Let's discuss your sensitive teeth and dental concerns to find a solution that will bring back your smile!



Hearty Lentil Stew

Ingredients

- 1 ½ Tbsp. olive oil
- 1 bay leaf
- 1 tsp. garlic, minced
- ½ c. onions, chopped
- ½ c. celery, chopped
- ½ c. carrots, peeled and chopped
- 2 c. uncooked brown lentils, rinsed and soaked
- 1 Tbsp. minced chili pepper
- 4 c. vegetable broth
- 1 ½ c. pumpkin, diced
- 1 c. cherry tomatoes, halved
- Salt and pepper to taste
- 2-3 sprigs of basil, finely chopped
- 2-3 sprigs of cilantro, chopped
- Greek yogurt and extra virgin olive oil (optional)

Directions

1. In a heavy-bottomed pot, heat olive oil and add the bay leaf.
2. Stir in minced garlic, onions, celery and carrots. Sauté for a few minutes.
3. Drain lentils and add to the pot. Stir in chili pepper and two cups of broth. Cover and simmer for 30-35 minutes until the lentils are almost cooked through.
4. Add the diced pumpkin, cherry tomatoes and remaining broth to the pot. Stir thoroughly, cover and simmer for 20-25 minutes. Check mid-way and add salt, pepper and more broth or water if necessary.
5. Once the pumpkin is cooked, stir in basil.
6. Top with Greek yogurt, cilantro and a drizzle of olive oil 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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