

"C" IS FOR SMILES!

At this time of year, you may be looking to increase your vitamin C intake in order to battle the colds and flus that come with the season. You'll be happy to know about another benefit of vitamin C, which is that it can help fight harmful bacteria and keep your gums healthy to support a strong, secure smile.

When gums are healthy and strong, they reinforce the underlying tooth-supporting ligaments and bone. Vitamin C is one of the vitamins necessary to keep connective tissue healthy so that gums stay tight to the teeth, and teeth stay secure in the jawbone.

If you already have gingivitis—inflammation of the gums, and the first step towards periodontal disease—vitamin C, together with professional dental care, can help with bleeding gums. If your gums are left unchecked, you may find pockets opening up between the gums and the teeth, which will allow bacteria to get in. As periodontitis, or gum disease, sets in, your gums will bleed, your teeth will become sensitive to pressure and then if not treated, can become loose to the point of falling out.

Please ask us about all the ways to keep your smile strong and healthy!

LONGFIELDS DENTAL IS PROUD TO OFFER:



FREE consultation and FREE take home whitening with complete new patient exam, X-rays and cleaning.

**Offer good in absence of gum disease. Regular price \$219.*

Offer expires April 30, 2018. 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.

LONGFIELDS DENTAL 613-823-9666

Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

Welcome to our very first Local Dental News, a newsletter especially produced to bring you practical tips and information on everyday dental health issues. Whether it is a guide to brushing and flossing effectively or options on whitening your teeth, we hope to bring you the information that you need to ensure good oral hygiene and health, and leave you smiling! Let us know what you think of our new newsletter, and what topics you would be interested in reading about in the future. As we look forward to another exciting new year, we encourage you and your family to set a goal of making dental health a priority.



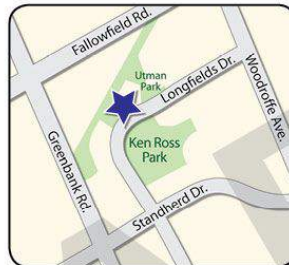
If you have dental insurance benefits, it's worth taking a few minutes now to review what your dental insurance plan covers, and to schedule your first checkup of the new year.

When you schedule your next dental visit, please ask us about teeth whitening too. There's no better pick-me-up during the dark days of this season than with a whiter, brighter, sunnier smile. We look forward to meeting you soon!

Yours in dental health,

Dr. Nasrin Saba

LONGFIELDS DENTAL



613 Longfields Drive, Unit 101
Ottawa, ON K2J 6J2



Tel.: 613-823-9666
Email: info@longfieldsdental.com
Web: www.longfieldsdental.com

Office Hours:
Monday: 9:00 to 4:30
Tuesday: closed
Wednesday: 9:00 to 4:30
Thursday: 9:00 to 5:00
Friday: 9:00 to 5:00
Saturday: 9:00 to 1:00 (once a month)

New patients welcome.
Emergency patients seen promptly.
Direct billing to insurance.
Appointment request 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

The information contained in this newsletter is not designed as dental advice, but rather as a means to encourage interest in your dental health and communication with your dentist. Whole or partial reproduction of this newsletter is forbidden without the written permission of the publisher. © Market Connections Inc. 2018, Phone: (800) 795-8021, Website: www.dentalhealthnews.org



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!

GAG YOUR GAG REFLEX

Do you have a sensitive gag reflex? If so, try some of these suggestions during your next dental visit:

- Breathe through your nose while we work on your mouth. (If necessary, take a decongestant or apply a nasal strip before your appointment to keep the nasal passageways open.)
- Try distraction techniques, from meditation to humming to listening to music on your headphones. Some people find physical distractions work too, like forming a fist with your left hand then inserting your left thumb into that fist and squeezing it. It may sound silly, but you can also focus on wiggling your toes, or on keeping one foot at a time slightly elevated from the chair.
- When getting a dental impression, ask if you can sit up in a more upright position, with your head tilted forward. This will discourage the impression material from oozing back toward your throat.

Let's discuss your gag reflex and other concerns before starting any dental procedure, to make sure your appointment is as comfortable as possible.

TOOTH TRIVIA



LIFETIME TOOTH TOTALS

- Over their lifetime, most people should expect to have 52 teeth grow into their mouth: 20 "baby" (temporary) teeth and 32 "adult" (permanent) teeth, including 4 wisdom teeth.
- Some people have congenitally missing teeth (for example, some people don't develop wisdom teeth) while others have extra, "supernumerary" teeth, like a double row of incisors.
- Some people never develop any teeth at all. This rare condition, characterized by the congenital absence of all teeth, is called anodontia.

PUT DOWN THAT TOOTHBRUSH!

You may think you're practicing good dental hygiene by reaching for your toothbrush immediately after indulging in coffee or tea, sodas, sports drinks, fruit juices, wine and other similar drinks, but in fact you may be surprised to learn that—because of the acidic or corrosive properties in these beverages—you may actually be doing your teeth more harm than good, and in fact risking brushing away your beautiful smile by brushing too soon!

It's important to recognize that many everyday beverages can affect both the strength and the brightness of your smile. That's because acidic foods and drinks temporarily soften tooth enamel on contact, and as such enamel requires time to recover before being scrubbed—and possibly damaged—by your toothbrush.

Instead of brushing your teeth right after drinking, reach for a glass of water and swish away the remnants of the beverages, then wait at least one hour for the enamel to harden.

To avoid enamel damage and stained teeth, consider these tips:

- Make smart food and beverage choices; consider their effect on both your oral and your overall health.
- If you choose to indulge, use a straw so that the drink bypasses your front teeth.
- Don't brush immediately. Rinse with water after having a drink, or have a piece of sugar-free gum to increase cleansing saliva flow.
- Floss daily, brush twice a day, maintain regular dental appointments, and also confirm with us what the ideal timing is for your teeth whitening treatments and touch-ups.

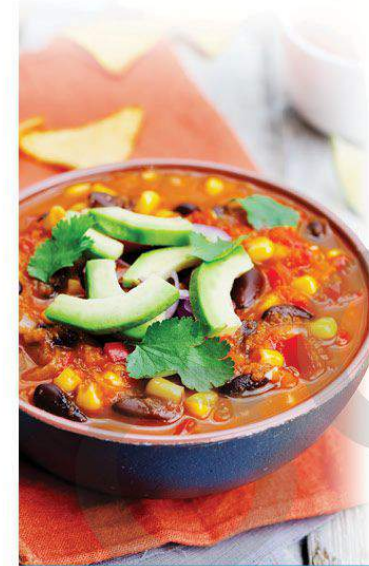
Please call today to set up a dental wellness check, to ensure your oral health is on track, and that your smile is as strong and beautiful as it can be!



Chipotle Bean Soup

INGREDIENTS

- 2 Tbsp. oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 sweet red pepper, diced
- 2 tsp. cumin
- 1 tsp. chili powder
- 1½ c. spicy salsa
- 4 c. chicken or vegetable stock
- 2 (15 oz.) cans red or black beans
- 1½ c. cooked corn kernels
- Salt and pepper to taste



OPTIONAL TOPPINGS

- Fresh cilantro
- Red onion, chopped
- Fresh avocado, sliced
- Tortilla chips, crumbled

DIRECTIONS

1. Heat oil into a large pot. Stir in onion, garlic and red pepper. Cook for about 5 minutes, until onions are translucent.
2. Stir in cumin and chili powder. Follow with the rest of the ingredients.
3. Heat to boiling, stirring occasionally, then turn to low and simmer, covered, for at least 30 minutes.
4. Serve with your choice of toppings.

SUDOKU

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

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

C	Z	P	E	Z	B	S	T	9
T	6	8	5	9	9	E	Z	7
5	9	Z	T	Z	E	6	P	8
Z	5	E	Z	6	P	9	8	T
Z	P	6	8	9	T	Z	5	E
8	T	9	5	Z	P	6	8	7
P	Z	9	8	E	Z	6	P	8
9	8	T	E	S	Z	6	P	8
6	E	S	P	T	8	9	Z	7