



ARE VENEERS FOR YOU?

If you're not completely happy with your smile, but have shied away from asking about solutions because you think they may involve complex procedures, then please call us to learn how easy and effective dental veneers may be able to solve your cosmetic dental issues.

Dental veneers are strong, thin, composite or porcelain tooth-coloured "shells" applied on top of healthy, albeit visually imperfect, teeth. In addition to creating beautifully aligned, perfectly shaped teeth, they can also protect the surface of your teeth.

Veneers Can Provide a Smile Solution For:

- Dull or stained teeth that don't respond to whitening
- Worn tooth enamel
- Chipped teeth, due to an accident or previous decay
- Slightly uneven teeth
- Front teeth that appear too short
- Front teeth with a small gap between them
- Slightly crowded or overlapping teeth

You'll be interested to know that dental veneers can not only create an immediate improvement to your overall look, they can also extend the brightness of your smile due to their stain-resistant quality.

Please ask us if dental veneers may be YOUR perfect smile solution!

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 \$215.

Offer expires June 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 spring ... at last! While you're in the mood to do some spring cleaning, why not take a minute to make an appointment for a dental visit, to brighten up your smile too?

A simple teeth cleaning session is a great way to refresh your smile for the new season, and to meet our staff and check out our dental practice, which is right in your neighbourhood!

Whether you're due for a regular re-care appointment, have a specific dental problem you'd like us to look at, or if you've been wondering about cosmetic improvements — from teeth whitening to a complete smile makeover — please call us today to set up a convenient time for you to come in for an appointment, or for a complimentary consultation.

We look forward to seeing you soon!

Yours in dental health,

Dr. Nasrin Sabu & Dr. Shauna Horrigan

LONGFIELDS DENTAL



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



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 Sabu



NOW ACCEPTING NEW PATIENTS!

Call Today to Book Your Appointment

INSIDE:

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

THE STICKY REALITY OF GUMMY VITAMINS



What are the most effective ways to maintain healthy teeth and gums? Regular brushing, flossing and dental checkups go far, as does watching what we eat and drink. Supplementing our diets with vitamins is an easy way to ensure we're getting all the recommended nutrients for both dental health and overall health; even young children can often benefit from a multivitamin. But can the benefits of that same vitamin backfire on your child's dental health? Possibly, especially if it's a "gummy" vitamin.

You may already recognize that any sweet, sticky or gummy candy is detrimental to your dental health. Add gummy vitamins to this list. The reason is that, due to the amount of time they stay in contact with your teeth, sticky candies and vitamins tend to bathe your teeth with sugar for a long period of time.

Gummy vitamins contain significantly more sugar per serving than standard multivitamins, and their sticky nature can allow them to stick to teeth all day long, giving bacteria lots of time to feed on the sugar and initiate decay.

If your child will only take vitamins in a gummy form, be sure to floss their teeth and brush them thoroughly immediately after, to remove any bits of the gummy vitamins from on and in-between teeth.

DENTAL HACKS

CLEANING WITH DENTURE TABLETS

You may be interested to know that denture tablets can make more than just your dentures sparkle! Here are some tips on household cleaning with denture tablets:

- Diamond rings and earrings. Drop a denture tablet into a cup of warm water, then add your diamonds. When the tablet stops fizzing, remove the diamonds and rinse and dry carefully, being sure to plug the sink first!
- Enamel cookware, stained cups, mineral stains in glass vases. Fill the stained container with warm water and drop in one or two tablets. Allow the tablets to finish fizzing, then notice the difference!
- Porcelain toilet bowls. Drop a tablet in the toilet, leave for 20 minutes, then flush. Your porcelain throne will sparkle!



THE SCIENCE OF SPIT

While not exactly a go-to conversation topic in most social circles, saliva — or "spit" — is actually (believe it not) a somewhat interesting subject!

In case you're called upon to deliver some fascinating facts about saliva at your next social event, please feel free to draw upon the following:

- Each person has hundreds of salivary glands in their mouth that produce four to eight cups of saliva a day.
- If you don't produce enough saliva naturally, you can buy artificial saliva.
- If you produce too much saliva, injecting Botox into salivary glands can help diminish the drool.
- Scientists can tell approximately how old a person is by analyzing their saliva. This can potentially help solve crimes by analyzing the traces of saliva left in a tooth bite or on a coffee cup, to narrow down the age of a suspect to within five years.

You may already recognize the importance of saliva in helping you talk, swallow, taste and digest food. In fact, if you're taking certain medications, or suffer from Sjögren's syndrome or from other diseases that affect the salivary glands, or if you're experiencing dry mouth as a result of aging, you may already be feeling the effects of a dry mouth and therefore, difficulty in conducting all of those regular functions.

Saliva may not be your favorite subject, but since it affects so many everyday functions, let's discuss dry mouth or any other concerns before it triggers not only dental decay, but also adversely impacts other aspects of your life.

FRESH SPRING ROLLS

Ingredients – Wraps:

- 1 bunch baby asparagus, washed, trimmed
- 1 Tbsp. olive oil
- Freshly ground pepper
- 1 cucumber, 1 carrot, ½ red pepper, cut into matchsticks
- 2 c. cooked vermicelli noodles
- Lettuce leaves
- Fresh basil, cilantro or mint leaves, minced
- 1 pkg. rice paper wrappers

Ingredients – Sauce/Dip:

- 2 Tbsp. each fresh lime juice, rice vinegar
- 1 Tbsp. garlic chili sauce
- 1 Tbsp. each fermented fish sauce, water
- 1 Tbsp. sugar
- 2 garlic cloves, chopped
- 2 tsp. fresh ginger, grated
- 1 Thai chili, minced (optional)

Directions:

1. Whisk together sauce ingredients. Set aside.
2. Preheat oven to 400°F (205°C).
3. Toss asparagus with oil and pepper. Roast 10 minutes, or until tender.
4. Fill a large, shallow dish with warm water. Dip a wrapper into the water, then lay it flat on a plate.
5. Place a lettuce leaf on the wrap, then layer vegetables, noodles and herbs.
6. Fold two edges inward, grasp an unfolded edge and tightly roll the wrap. Set aside, and repeat with remaining ingredients.
7. Serve with sauce to dip.



SUDOKU

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

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

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