

## HOW TO SHAPE UP, FAST!

Do you have teeth that, while healthy, are cosmetically imperfect due to uneven lengths between one tooth and the other, or because of a slight overcrowding? Don't let those minor issues ruin your otherwise perfect smile. Instead, please ask us about enamel shaping, or contouring — a quick, economical, pain-free in-office procedure that can smooth out your smile in just one dental visit.

Tooth contouring can be about more than just a cosmetically pleasing smile, it may also help correct small problems with your bite and even improve your overall dental health by removing "hiding spots" where a minor overlap between teeth allows tartar and plaque to build up where your toothbrush and floss may not reach.

Tooth contouring is often combined with whitening (for a brighter smile), bonding (to fill in any small spaces between teeth), or veneers (to smooth over any tooth imperfections). Please ask us to explain how these procedures can create a beautiful, summery smile, often faster and less expensive than you may think!



LONGFIELDS DENTAL 613-823-9666

## 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 October 31, 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 Longfields Drive, Unit 101 Ottawa, ON

## Welcome to Your Neighbourhood Dental Practice!

Dear Neighbour,

If summertime means vacation time for you, give yourself peace of mind by having a dental health checkup before you head out of town. After all, you don't want any dental problems to get in-between you and your summer smile!

Please give our neighbourhood dental office a call today to find out about all the dental work we can tick off your list of concerns, from a general cleaning, solving any overdue teeth and gum problems, to teeth whitening for a bright, summery smile, to even a complete smile makeover.

We look forward to introducing ourselves, and our dental services, to you and your family!

Yours in dental health,

*Dr. Nasrin Saba & Dr. Shawna 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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**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.**  
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A Comfortable, Caring & Friendly  
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## NOW ACCEPTING NEW PATIENTS!

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INSIDE:

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

www.longfieldsdental.com

## THE WINDOW TO YOUR HEALTH

During your dental visit, we're on the lookout for more than just gum and teeth issues. For example:



**Oral Cancer.** Because early indications of oral cancer don't necessarily hurt, someone who has it may not know about it until their dentist finds it during a regular dental visit.

**Diabetes.** Your dentist may be the first to notice some signs of diabetes, whether it be dry mouth, sore, loose or decayed teeth, burning mouth or tongue, chronic bad breath, gingivitis, or swollen, sensitive or bleeding gums.

**Osteoporosis.** While loose teeth and teeth that fall out unexpectedly can be a sign of advanced gum disease, they can also be indicative of the first stages of osteoporosis.

**Halitosis,** or bad breath, can come from a number of different sources, from gum disease to medical conditions.

**Acid Reflux.** You may suffer from heartburn, bloating, bad breath and other symptoms of acid reflux but may not know that's what they're caused from until your dentist notes the effects of the acid on your teeth.

**Temporomandibular Disorders (TMD)** symptoms, often triggered by teeth grinding or clenching, may include headaches, pain in the face, jaw, neck and shoulders, earaches or ringing in the ears.

**A Sinus Infection.** Inflammation of the sinuses after a cold, flu or allergy attack can feel like a toothache. Let us check out any pain in and around your mouth to be sure.

### DENTAL TIP



#### ORAL CANCER LOOKOUT

Possible signs of oral cancer include:

- Any irritation or swelling on the lip or in the mouth.
- A lump in the neck that lasts longer than two weeks.
- Velvety red or white patches in the mouth, or ulcers or sores that do not heal.
- A lump in the lip, mouth, gums, tongue or neck, or a thickening in the cheek.
- Unexplained pain and/or bleeding in the mouth.
- Loose teeth, or dentures that no longer fit.

While these symptoms could certainly be from any number of different causes other than oral cancer, they do necessitate further investigation.

## BAD BREATH BUSTERS

**What's the best way to bust the bad breath that stems from garlic consumption, or other foods with similar properties such as onions, leeks and chives?**

According to a study published by the Journal of Food Science, mint leaves, apples and lettuce are the most effective foods to nibble on to reduce garlic breath.\*

But what if you haven't eaten any of these odourous foods, and your breath is still more funky than fresh? There are lots of angles to investigate.

Take "morning breath" for example. Saliva works as nature's mouthwash by washing away the bacteria and volatile sulfur particles that trigger bad breath, or "halitosis." When we sleep, however, saliva production decreases and our mouth dries out, providing the perfect environment for odour-causing bacteria to thrive.

Dry mouth can also be a side effect of being on certain medications including antihistamines, decongestants, and drugs for high blood pressure or depression, as well as a result of diseases that affect the salivary glands, like diabetes or Sjögren's syndrome. It can also be a sign of chronic sinus infections or a respiratory infection, postnasal drip, liver or kidney problems, or even chronic acid reflux.

Coffee and alcohol can be major triggers of halitosis as both contribute to a dry mouth, while tobacco — whether you chew it or smoke it — is a significant risk factor in the development and progression of periodontal disease (gum disease). Chronic bad breath can often be traced back to bacteria — the root of many dental problems — as bacteria is directly linked to dental cavities and gum disease. Keeping excess bacteria in check is a continual process, beginning with proper dental hygiene.

**Take the important step in keeping your whole mouth healthy and your breath fresh by booking your next dental care session today.**



\* Journal of Food Science, Vol. 81, Nr. 10, 2016

## GRILLED CORN SUMMER SALAD



### INGREDIENTS:

- 4 whole corn on the cob
- 1 Tbsp. olive oil (not necessary if grilling corn)
- 2 Tbsp. mayonnaise
- 3 Tbsp. sour cream or plain Greek yogurt
- ¾ c. Parmesan cheese, finely grated
- 1 Tbsp. jalapeño peppers, deseeded and finely chopped
- 1 c. coriander/cilantro leaves, roughly chopped
- 1 c. shallots/scallions, finely sliced
- ½ red onion, finely chopped
- Juice of 1 lime, to taste
- Salt & pepper, to taste
- ½ c. Cotija or Feta cheese, crumbled (optional)

### INSTRUCTIONS:

1. Either grill the corn and cut the cooked corn kernels off the cob for the salad, or cut the kernels off the raw cobs and cook in a large skillet: Heat 1 tablespoon oil in a skillet over high heat. Add the corn and shake to spread it out. Cook, stirring occasionally, for 3 minutes or until the corn is cooked and slightly charred.
2. Transfer corn kernels into a bowl.
3. Into bowl of warm kernels, stir in mayonnaise, sour cream or yogurt, and Parmesan. Add remaining ingredients, stir well, and adjust lime juice, salt and pepper to taste. Serve warm or at room temperature.

## SUDOKU

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

### 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

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

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