

**A publication of Dr. M. Tanen, BSc, DDS**  
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## **Visit our New Website**

Our website is now live. Please visit us at **uplandsdentalcentre.com** and please tell your family and friends who may be in need of a new dentist.

We are also collecting e-mail addresses for faster and more efficient communication and to reduce paper usage. Please send us a note to **info@uplandsdentalcentre.com** so we can add you to our address book. You can also let us know your e-mail address by phone or at your next visit.

Many thanks to Dr. Tanen's daughter, Atara, who designed and created the practice's website as a surprise birthday present.

## **Receive a Gift for Referring New Patients**

Would you like to receive a \$20 gift certificate while doing a favour for a friend? Refer a friend or relative to our dental office and choose your gift certificate from the GAP, Shoppers Drug Mart, or Canadian Tire as a token of appreciation from us.

Our practice continues to grow by referrals from our patients. We welcome new patients and we always make time for your friends and family. We greatly appreciate your confidence and patronage.

## **Play Safe**

If you or your children play sports, then it is important to play safe. This includes wearing a protective mouth guard to safeguard your teeth. Dr. Tanen can provide custom mouth guards to ensure you and your children are well protected from injuries.

## **We Are Here to Help You**

Our hygienists, **Kristen, Amela, Lisette, and Jennifer** continue to provide outstanding care to our patients within our expanded hygiene care programme.

**Dr. David Zins** continues as a general practitioner dentist with a particular interest in root canal treatment. Dr. Zins provides root canal treatments to our patients when treatment by an endodontic specialist is not required. This is part of our ongoing efforts to provide our patients with complete and integrated dental care all in one location.

**Albert Esses** is a denturist and continues to provide our patients with excellent services for removable dentures. These services include relines and repairs of existing dentures as well as fabrication of new partial and full dentures. Albert Esses has chair time scheduled in our office as part of our ongoing effort to provide our patients with complete and integrated dental care in one location.

## **Perfecting your Smile**

**Bleaching** is a popular way to whiten teeth and can dramatically change a person's physical appearance. While at home the patient wears a custom-made bleaching tray that holds the bleaching gel against the teeth. Almost always bleaching procedures are less invasive and less expensive than other aesthetic procedures such as crowns and veneers.

**Bonding** is a treatment that is used to repair chipped or stained teeth and to reduce gaps between your teeth. Bonding can also be used to make your teeth appear younger. Bonding can improve your appearance and self-image. **Ask us if either bleaching or bonding are appropriate for you.**

## Your Child's Dental Health

Here's how you can help ensure your child has healthy teeth in the future:

1. Your child's first teeth are vital in helping your child eat, learn to speak properly, to developing a good self image, and to hold space in the jaw for the adult teeth.

2. Start with positive infant feeding habits and good nutrition. Practice smart snacking - healthy snacks without sugar. Save the sweets for mealtimes when increased saliva flow helps neutralize the effects of sugar

3. Guard against baby bottle decay and excessive thumb sucking. Never put your baby to sleep with a bottle containing anything other than water and do not dip your child's pacifier in sweets.

4. Brush and floss your child's teeth until he or she is able. Flossing is very important for baby teeth because it enables you to clean between the teeth where the toothbrush can't reach and where most cavities and gum disease start.

5. Schedule your child's first dental visit sooner than later. The first visit with the dentist should take place by age 3. It is important to introduce a child to your dentist before a problem develops so your child can develop positive feelings about his or her dentist.

## New Regulation for Some Prescription Medications

As of November 1, 2011 Ontarians are required to provide identification to their dentist in order to receive a prescription for certain narcotic or controlled substance medications. That same identification, such as a driver's license, will then be needed to pick up the prescription from the pharmacist. This change to the regulations does not affect the vast majority of prescriptions, just a limited number of stronger prescriptions.

## Is it Time for An appointment?

Naturally, all of our patients are different. Therefore we schedule your dental checkups based on your particular needs. We need to see you often enough to diagnose and treat any problems and to take preventive actions. That's usually once every three to six months.

If you brush and floss regularly and you don't have any noticeable tooth or gum troubles, you may be tempted to delay your appointment. **Please don't!** The reason is simple - only a dentist is trained to spot potential problems and to provide the right treatment. Noticing a problem early means much easier treatment than if a problem isn't noticed until later.

A regular professional checkup includes a screening for unusual or small problems that might become big ones. This covers the early warning signs for gum disease, infections, cavities and even oral cancer.

Your checkup will most likely include a thorough cleaning to remove tartar buildup and provides an opportunity for us to stay in touch and to answer any questions or concerns you may have.

Taking good care of your teeth and gums should be a habit. So, if you think you need a checkup, give us a call. Remember that regular dental appointments are a good long term investment in your health.

## Your Oral Health Team

Dr. Mel Tanen	.....	Dentist
Dr. John Virtue	.....	Dentist
Dr. David Zins	.....	Dentist
Albert Esses	.....	Denturist
Kristen Jenkinson	.....	Hygienist
Amela Bjelic	.....	Hygienist
Lisette Reines	.....	Hygienist
Jennifer Resnick	.....	Hygienist
Sue Peck	.....	Office Manager
Shawna Boileau	.....	Dental Assistant
Elaine Tanenzapf	.....	Receptionist

## Hours

Monday	.....	10:00-7:00
Tuesday-Thursday	.....	8:30-6:00
Friday	.....	8:30-1:00
Sunday	.....	one Sunday every month 9:00-1:00