

Aponia Dental

Compliments of Dr. Brandon Wong

Greetings from your Neighbourhood Dentist!



Dr. Brandon Wong
780-944-1999

Dear Neighbour,

If one of your New Year's resolutions was to take better care of your health, why not start today by making some time for a dental visit? Good general health has, in many cases, been linked directly to good dental health, so starting off 2011 with a visit to the dentist is a smart step in the right direction!

Our office is currently accepting new patients. Whether it's regular dental services you need or cosmetic options for a whiter, straighter smile, we'd be happy to meet with you to discuss your individual needs.

Make a resolution to ensure that your teeth, gums and entire mouth are professionally checked on a regular basis. We look forward to seeing you soon!

Sincerely,

Dr. Brandon Wong & Team

HOW CAN WE HELP YOU?

Many patients think of their regular dental visits simply as a chance to have their teeth professionally cleaned a couple of times a year, and to check for cavities and gum disease. While this is indeed an important part of your checkups, we'd like you to know that our dental practice is about so much more.



For example, you may feel that your breath is not as fresh as you'd like it to be, and you have questions on which is the most effective mouthwash, and why. We can explain how to evaluate mouthwashes based on pH, alcohol content and therapeutic effect, to help you make your most educated choice.

Speaking of choices, you know you need to brush your teeth twice a day, but is there one toothbrush that's better than the rest? We will discuss the factors unique to you, before recommending the toothbrush that's right for your situation.

Tooth whitening is another subject patients often have a lot of questions on. Ask us to give you the facts on different tooth whitening procedures, and find out more about the many claims regarding tooth whitening toothpastes, mouthwashes, and the differences between professional tooth whitening and drugstore solutions.

Today's dentistry has the means to ensuring good oral health and the most attractive smile possible. And we're happy to give you the information and direction you need in order to make the right choices for you and your family.



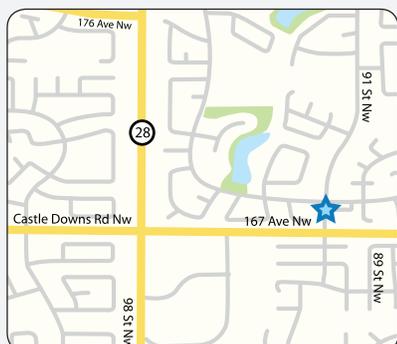
Aponia dental is proud to welcome Dr. H.S. Dhillon to our practice. Dr. Dhillon is a new York University trained dentist who brings a comprehensive and current approach to dentistry. If you are in the search for a compassionate and knowledgeable dentist to treat all your dental needs from achieving a healthy mouth to that perfect NY smile, Dr. Dhillon is willing and ready to work with you. Dr Dhillon is excited to join our team and is looking forward to providing the excellent care Aponia patients expect.

16751 - 91 Street, Edmonton, Alberta T5Z 2X4 • Tel: 780-944-1999

FEBRUARY 2011

Dr. Brandon Wong

Phone: 780-944-1999



16751 91st NW, Edmonton, AB T5Z 2X4
(Located behind the Mac's and Esso in the Lakeview complex.)

APONIA FAMILY DENTAL

16751 91st NW
Edmonton, AB T5Z 2X4

Phone: 780-944-1999
Fax: 780 473-4856
Web: www.aponiadental.ca

Office Hours:
Mon.: 9 a.m. - 5 p.m.
Tues., Thurs.: 7 a.m. - 5 p.m.
Wed.: 7 a.m. - 4 p.m.
Fri.: 9 a.m. - 2 p.m.
2 Sat. a month: 8 a.m. - 3:30 p.m.

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BRUSHING UP ON THE PERFECT SMILE!

Most of us don't think too much about brushing - it's just something that we do automatically. Our kids are shown the proper way to brush when they're at the dentist, but how many of us have had a refresher course lately? Let's take a minute now to brush up on some basic tooth brushing skills!



The first thing to do is to ensure that you have the proper toothbrush - one with soft, rounded bristles. Whether you prefer a manual toothbrush or electric toothbrush, the selection of toothbrushes these days can be overwhelming, so don't be afraid to ask us for suggestions on the one that would be best for you.

When you're comfortable with your choice of toothbrush, you'll want to review these simple brushing guidelines:

Don't rush your brush! An egg timer on your bathroom counter should help you keep track of the 2 to 3 minutes that you should take to clean your teeth properly.

Easy does it ... start off by placing the toothbrush bristles at a 45-degree angle to your teeth, where your gums and teeth meet. Brush using a gentle touch, to avoid gum irritation or damage.

Aim for an all-around, thorough cleaning - that means your

chewing surface, your outer surface ("cheek side") and your inner surface ("tongue side"). For fresh breath, don't forget to brush your tongue too!

Finally, make sure you replace your toothbrush every three or four months, or sooner if the bristles become frayed or if you have battled a cold or flu in the meantime.

Now that you've mastered the proper brushing technique, don't forget about flossing! Flossing removes the plaque and debris that collects between the teeth and under the gumline, where your toothbrush can't reach. Ask us to give you a demonstration on the best flossing techniques next time you're in the office.

Regular, thorough flossing and brushing is a simple, yet effective way to remove the bacteria that causes tooth decay and gum disease. Take care of your teeth, and they'll reward you with a lifetime of healthy smiles!



DO I HAVE GUM DISEASE?

Do I Have Gum Disease?

Gum disease may be painless in the early stages, and, as such, it can sneak up on you without your being aware of it. Take a minute now to review this list of symptoms, to see if you might have some form of gum disease.

Are you experiencing:

- Gums that bleed when you brush your teeth?
- Red, swollen or tender gums?
- Gums that have pulled away from your teeth?
- Persistent bad breath?
- A change in the way your teeth or partial dentures fit together when you bite?

If you smoke, you should be aware that smokers are more likely than non-smokers to develop periodontal (gum) disease, and risk tooth loss. In fact, research indicates that over 40 percent of daily smokers over age 65 have lost their teeth!

If you're a smoker, or if you notice any of the warning signs above, please call us to discuss gum disease in further detail, and talk about your dental treatment options.

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Phone: 780-944-1999

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an Aponia Candidate?
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appointment today.**



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