



Aponia Dental

Greetings from your Neighbourhood Dentists!



Aponia Dental 780-944-1999

Dear Neighbour,

We are coming to the end of 2013, which will mark 6 years of transforming Aponia Dental, however, our work is ongoing. We have a lofty goal to eliminate gingivitis and decay within North Edmonton!

We have built an effective group of hygienists; Tessa, Lutfaya, Susan, Susanne, Caitlin, Amy, Elena, who have been assisting in building systems to ensure that patients are aware of their recommended hygiene frequency and understanding their current periodontal health.

A lot of patients are concerned about insurance coverage, however, if you could achieve close to the recommended frequency, you're getting better than the average health care.

Furthermore, our hygienists will discuss the cavity fighting tools available, from the xylitol sugar mints, which help slow cavity-producing bacteria to the intense demineralizing toothpaste.

We at Aponia Dental are hopeful for the day when residents of North Edmonton have a cavity-free smile!

Dr. Brandon Wong & Team

A HEALTHY SMILE IS ALWAYS IN STYLE!



Somehow, between the hustle and bustle of everyday life and the often-inhospitable weather, the need to schedule your continuing care and dental hygiene visit may have fallen by the wayside. If so, please call today for an appointment – here's why.

Great dental care is one of the most important investments you'll make in your life. Your specific dental visit schedule will depend on individual issues such as amount of plaque and calculus buildup, decay rate, your susceptibility to gum disease and specific health issues such as diabetes, immunosuppressive diseases or even pregnancy, that tend to lead to a higher risk of gum disease.

What should you expect during your regular continuing care sessions? First we'll look for any

deterioration in fillings, crowns or other restorations, new decay, signs of periodontal (gum) disease, root cavities (decay in the roots of teeth exposed by receding gums) and impacted wisdom teeth. We'll also perform a detailed check for unusual sores or changes in your oral tissue that may indicate oral cancer. To ensure that bacteria is removed from around and below the gum line, we will include scaling and polishing procedures to remove plaque, calculus and stains from teeth. If the calculus is not removed, it irritates and inflames the gums, ultimately leading to gum disease, which is the leading cause of tooth loss in adults.

If you haven't already made your next dental appointment, please call us today to reserve a convenient time for you. We look forward to hearing from you soon!

NOVEMBER 2013

Confirm & Win!

**Weekly Draws!
Ask Us How!**

APONIA FAMILY DENTAL

**16751 91 St. NW
Edmonton, AB T5Z 2X4**

Phone: 780-944-1999

Fax: 780-473-4856

Web: www.aponiodental.ca

Office Hours:

Mon., Tues., Thurs.: 7 a.m. - 5 p.m.

Wed.: 7 a.m. - 4 p.m.

Fri.: 8 a.m. - 2 p.m.

Selected Sat.: 8 a.m. - 3 p.m.

Our Services Include:

- General Dentistry
- Tooth Removal
- White Fillings
- Crowns • Bridges
- Braces • Invisalign®
- Implants
- **Now Offering Nitrous Sedation!**

New Patients Welcome!

Emergency Treatment Available!

Want to Join our Team? Apply Online at www.AponiaDental.ca!

TIPS FOR A SILENT NIGHT

If you're one of the approximately ninety million adults in North America who snore, or a long-suffering partner of one of those snorers, you'll be interested in hearing about some suggestions to tone down the decibel level in your bedroom.



Here are some "Stop Snoring" suggestions:

- 1. Avoid heavy meals, alcohol, muscle relaxants and sedatives before bed.** Anything that relaxes the tissues around the head and neck will restrict air passages, which tends to make the snoring worse.
- 2. Fight nasal congestion.** Try nasal strips and a humidifier in your room to help keep your nasal passages clear.
- 3. Lose weight.** There's a strong association between obesity and snoring. Yet another incentive to aim for a healthier weight.
- 4. Quit smoking.** Aside from the health dangers associated with smoking, smoking also irritates your airway and can cause inflammation.

5. Sleep on your side. Sleeping on your back can allow your tongue and the soft tissue at the back of your throat to slide back and block your airway, leading to snoring.

6. Talk to us about a dental appliance designed to stop snoring. In some cases, a simple mouthpiece may be all you need to help keep your airway open.

While it's the subject of many jokes, snoring can also be a serious problem, associated with sleep apnea and other critical health concerns. Take the first step to a quiet night's sleep by acknowledging the issue and investigating possible solutions, including a call to the dentist's office.

MISTLETOE-READY!



You never know who you're going to run into at holiday parties, so why not ensure that your smile is always photo-ready and that your breath is kissably-fresh too?

Teeth whitening is an easy, quick way to add instant appeal to your overall appearance. Dentist-issued teeth whitening is especially effective, as it's fast, safe and customized to your exact requirements.

Want to ensure that your breath is as fresh as your appearance? Common problems with bad breath can be controlled by following these four simple steps:

- 1.** Brush all the surfaces of your teeth at least twice a day, and brush your tongue too – up to 50% of the bacteria in your mouth can be found hiding on the surface of your tongue;
- 2.** Floss daily to remove any hidden food particles;

3. Keep your mouth moist with frequent sips of water;

4. Maintain regular dental checkups to check for periodontal disease – a treatable cause of bad breath – during your routine gum exam.

A beautiful smile is a healthy smile, so take the time now to reserve an appointment to check out your dental health. While you're here, ask about the many cosmetic dentistry choices now available. Today's dentistry offers safe, effective and affordable options to ensure you achieve the dazzling smile of your dreams!

Call today to book a convenient time to come in and discuss how best to brighten, whiten and freshen your smile just in time for the holidays!

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Aponia Family Dental

Phone: 780-944-1999

**Complimentary
Orthodontic
Assessment - Are
you an Aponia
Candidate?
Simply call
for your
appointment
today.**



Like to make people smile? Join Our Team at Aponia Dental!

Aponia Dental is looking for talented people to join our team and help provide Edmonton with outstanding dental care.



The Aponia Dental Team!

Whether you're a dental hygienist, a dental assistant or someone who has great client care skills and is interested in working with people in a front office position, we'd like to talk to you!

Ready for a career that will challenge, excite and inspire you?

Please email your resume and cover letter to:

officemanager@aponiadental.ca

We look forward to meeting you soon!

