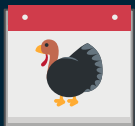


# TOOTH OR CONSEQUENCES

OFFICIAL NEWSLETTER OF ALTIMA DENTAL CANADA



**NEW  
PATIENTS  
WELCOME**



## Upcoming Events and Promotions

### SEPTEMBER

Up to **30% OFF** for  
post-secondary  
students

### OCTOBER-DECEMBER

**Use It or Lose It!**  
Use your dental  
insurance benefits  
before end of year

*Ask your clinic for more  
information on local  
events and promotions!*

## Fall In Love With Your Smile!

Swimsuits are being packed away and beach towels are being thrown to the back of the closet after another exciting summer season. With autumn upon us, it's important to understand how to maintain optimal oral health in the coming cooler months. Let's look at a few fall-friendly oral health tips.

If you suffer from sensitive teeth when the cool weather arrives, you're not alone—many do! This could be nature's way of telling you there is damage to the tooth or gums. Cold sensitivity could be the result of several factors, including cracked teeth, gum shrinkage, thin enamel or tooth bruising. If you experience tooth sensitivity this fall, give your nearest Altima Dental Centre a call.

Your child has been waiting for Halloween all year, and while it is important that they enjoy trick or treating, dental health is vital. To help mitigate oral health issues, teach your child how to manage their candy supply.

Some still wait for their dental professional to contact them to schedule their next visit. If you've not seen us for a while and are looking for a time to get back on track, the end of the year could be the ideal time to begin a refreshed oral health regimen. You might also find that your dental insurance plan allows for another appointment before the end of the year.

Your friends in dental health,

*The Team at Altima Dental*

P.S. Referrals are always appreciated

# 7 Different Types of Dentists

BY ALTIMA DENTAL



When you think of a dentist, chances are, you think of a general family dentist who performs your regular cleanings and checkups. But that is just one specialty in the field of dentistry. From performing complicated oral surgeries to fixing misaligned teeth to creating dentures and cosmetic dental fixtures, there are many types of dentists who are passionate about helping you achieve the best oral health.

## 1) General Dentists

A general dentist takes care of your mouth on a regular basis. General dentists monitor your oral health and are able to help guide you if you need extensive dental surgery, orthodonture, or dentures. Their work primarily revolves around preventative oral care. This includes:

- Dental cleanings
- X-rays
- Patient education
- Repairing cracked or chipped teeth
- Teeth whitening

## 2) Orthodontists

Orthodontists specialize in facial and dental irregularities. Typically known as dentists who install braces, orthodontists' care extends much further. They are responsible for correcting misaligned teeth, jaw bones, and facial structures. Sometimes this includes designing custom headgear, retainers, facemasks, Invisalign®, or other appliances to correct your smile.

## 3) Endodontist

Endodontists specialize in endodontic therapy which is

used to maintain the teeth. This type of dental specialists most commonly performs root canals. Root canals are necessary when the inside of the tooth (the pulp) becomes damaged, inflamed, or rotten through injury or decay and needs to be removed.

## 4) Pedodontist

A pedodontist (or pediatric dentist) specializes in dental care for children. They are similar to general dentists, but are trained to handle behavioural issues while treating children and adolescents. Children require more hands-on care when it comes to dentistry, since they have not yet established a healthy oral care routine.

## 5) Oral Pathologist

Oral pathologists study the different causes of diseases that occur in the mouth that affect the jaw, lips, teeth, and cheek structures. If you have abnormal coloring on your gums or growths inside your mouth that are visible on an X-ray, pathologists will often biopsy the affected area and test for underlying diseases or conditions that are harmful. If the structures of your mouth are infected, damaged, or diseased, the rest of your body can suffer.

## 6) Oral and Maxillofacial Surgeons

Oral and maxillofacial surgeons perform any type of surgery that involve the mouth. Oral surgeons lay the groundwork for future dental work, as they improve bone structures, teeth, and other cosmetic features that are required before any other dental procedures can occur. Oral surgeons perform these types of procedures:

- Tooth extractions
- Reconstructive surgeries
- Cleft palate or cleft lip surgeries
- Biopsies
- Tissue extractions
- Facial infections
- Sleep apnea treatments
- Surgical jaw corrections

## 7) Periodontist

Periodontists focus on preventing, diagnosing, and treating various gum diseases and conditions. If you notice gum sensitivity or bleeding during brushing and flossing, a periodontist will help diagnose and treat your issue. They are also responsible for treating extreme gum disease (periodontal disease), installing dental implants, and performing cosmetic skin grafting on gums. Periodontists often work with general dentists on creating comprehensive prevention and treatments plans for their patients.

# Old Fashioned Pumpkin Pie

## Ingredients

- 2 large eggs plus the yolk of a third egg
- 1/2 cup packed dark brown sugar
- 1/3 cup white sugar
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground cardamom
- 1/2 teaspoon lemon zest
- 2 cups pumpkin pulp purée from a sugar pumpkin\* OR 1 15-ounce can of pumpkin purée (can also use puréed cooked butternut squash)
- 1 1/2 cup heavy cream or one 12 oz. can of evaporated milk
- 1 good crust
- \* To make pumpkin purée from scratch, cut a medium-small sugar pumpkin in half. Scrape out the insides (reserving the pumpkins seeds to roast) and discard. Line a baking sheet with Silpat or foil. Place the pumpkin halves cut side down on the lined baking sheet and bake at 350°F until a fork can easily pierce them, about an hour to an hour and a half. Remove from oven, let cool, scoop out the pulp.
- Alternatively you can cut the pumpkin into sections and steam in a saucepan with a couple inches of water at the bottom, until soft (strain before using). If you want the purée to be extra smooth, press the pulp through a food mill or chinois.
- Special equipment: 9-inch pie dish

## Method

**Step 1:** Preheat your oven to 425°F.

**Step 2:** Beat eggs, mix in sugars, salt, spices, lemon zest: Beat the eggs in a large bowl. Mix in the brown sugar, white sugar, salt, spices—cinnamon, ground ginger, nutmeg, ground cloves, cardamom, and lemon zest.

**Step 3:** Add pumpkin and cream: Mix in the pumpkin purée. Stir in the cream. Beat together until everything is well mixed.

**Step 4:** Pour into pie shell and bake: Pour the filling into an uncooked chilled or frozen pie shell. Bake at a high temperature of 425°F for 15 minutes. Then after 15 minutes, lower the temperature to 350°F. Bake for 45 to 55 minutes more. The pie is done when a knife tip inserted in the center comes out wet but relatively clean. The center should be just barely jiggly. (About half-way through the baking, you may want to put foil around the edges or use a pie protector to keep the crust from getting too browned.)

**Step 5:** Cool on a rack: Cool the pumpkin pie on a wire rack for 2 hours. Note that the pumpkin pie will come out of the oven all puffed up (from the leavening of the eggs), and will deflate as it cools. Serve with whipped cream.



Altima  
DENTAL

UP TO

30% OFF

FOR  
POSTSECONDARY  
STUDENTS



# Prevent Tooth Decay With Halloween Candy Alternatives

BY COLGATE



Halloween is a night for trick-or-treat, goblins, superheroes, princesses and lots of fun. However, it is also a time for the almighty sugar rush and tooth decay. Halloween just wouldn't be the same without any candy, so let your child indulge in a piece or two, saving the rest to be rationed throughout the week. Most important is to emphasize good dental hygiene along the way — arguably the best brushing they have done all week.

As a conscientious parent, why not pass out candy alternates to the kids to at least cut down on the candy they receive? Here are some ideas to keep the fun in Halloween and also keep those pearly white teeth happy.

## Smart Trick-or-Treat Giveaways

Gone are the days when parents would normally bake and prepare food snacks that are a little more health conscious. In place of homemade goods, provide prepackaged treats that are sanitary, safe and easy to pass along to the kids. Also, consider some non-food giveaways. Here is a list to keep handy when you are doing your holiday shopping.

### Edible treats:

- Small boxes of raisins, cranberries and other dried fruits in their own packaging.
- Individual packages of trail mix.
- Small packages of potato chips and pretzels.
- Little boxes of animal crackers.

- 100-calorie packages of cookies, chips and crackers (baked and low-fat).
- Juice boxes, 100 percent juice.
- Sugarless chewing gum.
- Low-sugar fruit leather.
- Packaged cheese and crackers or peanut butter crackers.
- Fruit cups in their own juice or applesauce.
- Packets of sugar-free cocoa mix.
- Individual packages of pumpkin seeds.

### Non-food giveaways:

- Stickers (Halloween-themed or general, scented or not).
- Crayons.
- Small coloring books.
- Halloween pencils, unsharpened.
- Plastic finger rings, glow-in-the-dark bracelets or other jewelry.
- Novelty party toys.
- Temporary tattoos.
- Small rubber balls.
- Bottle of bubbles and blower.
- Plastic animals and toy soldiers.
- Small musical kazoo.

When you return home from trick-or-treating, make sure to go through your child's Halloween bag to search for unwrapped edibles, items that may not be safe and toys that are not age-appropriate. Also, if your child has an allergy, check the labels of each item. Explain to your child that healthy choices in food treats are better for overall health and prevent tooth decay, and toys last longer and give children hours of fun. Be unique on your block this year by passing out smart treats — you and the children's parents will be happy you did!



# Coffee Alternatives That Won't Stain Your Teeth:

## White Tea

Although the black and green varieties have antioxidant powers, they can still stain your teeth. Teeth are more tolerant of white tea, which comes from the same plant as green tea, but is minimally processed. This means that more of the healthy perks are preserved in the tea. Your local café typically has a variety of all types of tea, including the white variety. Research shows that tea helps prevent cavities and gum disease.

## Yerba Mate

Yerba Mate is an antioxidant-rich tea grown in South America. It's naturally caffeinated and it's made of leaves from holly trees in the South American rainforest. It is strong, like coffee, but full of antioxidants and is slightly reminiscent of chocolate.

## Rooibos Herbal Tea

Rooibos has been called the coffee drinkers' tea, because it has a nutty flavor. It's technically a tisane and not a tea, so it doesn't have the same teeth-staining ingredients that many teas have, so it will have a very low potential to stain and is still a nice, warm beverage to sip.

Take advantage of your dental insurance benefits before the end of year!



Use it  
or  
Lose it

## Ready to Improve Your Smile?

Nothing looks fresher and more attractive than a straighter, more perfect smile. Our goal is to give you the best smile possible, so ask us about our smile enhancement options.

Why is a dental routine important?

- What's in your mouth reveals much about your overall health.
- A good oral hygiene routine keeps gum disease at bay and helps you prevent cavities.
- A good routine can help you keep your teeth as you get older.

**Call us today to book your next dental appointment and stay on top of your dental routine!**