



## A Word from Kim

Happy New Year! Start 2017 with a New Year's resolution towards good oral health! "New Year, New Smile!" Deciding to improve your oral health is one great way to start off the year! If you are missing teeth or are not wearing your dentures, then we can help to enhance your appearance and improve your oral health! Missing teeth can cause you to have a prematurely aged look and make you appear unhappy even when you're not, not to mention it's also harder to eat!

We all make New Year's resolutions, but many of us are not likely to follow through. Turning over a new leaf can be tricky, but finding a way to stick with it, will benefit you! You're worth it! Call us to book your free consultation and to see how we can help you get started!

Please join me in welcoming our newest team member! Sandra a student from George Brown College is training to be a Denturist and she will be shadowing me for the next four months. We are all very excited to be working with her to share our knowledge and expertise.

In closing, take charge of your overall oral health and I look forward to seeing you in the New Year!

"We Love To See You Smile!"

Happy Holidays,

Kim



## What is a Dental Implant?

Dental Implants provide a solution to the long-time problem of ill-fitting and uncomfortable dentures.

A dental implant is a small dental "post" or "screw" that is placed in the jawbone as a substitution for a natural tooth root. This provides a strong foundation to support or secure a partial or full denture.

Dental implants are the closest possible replacement for natural teeth and the is optimal way to restore your natural smile. They have a long clinical history and an excellent success rate of about 95% with proper care. Dental implants can be used to replace a single lost tooth or many missing teeth.

Dentures secured on dental implants are more stable and feel more 'real' compared to conventional dentures. When dentures are secured and more stable in the mouth, a greater variety of foods can be chewed effectively without dislodging the dentures. Often harder and more nutritious foods can be reintroduced into your diet, since chewing them effectively is no longer an issue. Many patients who have chosen implant secured dentures are pleased and comfortable for the first time since they lost their natural teeth. They no longer feel as if their dentures will 'slip' when speaking or laughing and they have improved confidence with their smile.

Some benefits of Dental Implants are; improved ability to eat foods that you may avoided, decreased denture movement, increased denture comfort, significant decrease in bone loss at implant sites, improved self esteem and a reduced palate in an upper denture which increases taste and the texture of food.

## Recipe

Healthy Oatmeal Cookies (super easy)

2 ripe bananas  
1 cup of quick oats



Preheat oven to 350 degrees.

Mash bananas and mix in oats. If you so desire, you can add; a handful of chocolate chips, crushed walnut pieces, cinnamon or raisins.

Bake for 15 minutes on greased cooked sheet. Cool & Enjoy!



Kim Dadswell, Denturist

**We have a full service denture lab on the premises which is cost effective for our patients.**

**If you like our service, "please tell someone". If you don't, then "please tell us."**

**Call our office to schedule an appointment that is convenient for you.**

**Our practice continues to grow by referrals from our patients.**



## Helpful Tips

When brushing and soaking your dentures, take a moment to also brush your gums and tongue using a soft tooth brush.

It's also a good idea to massage your gums with your index finger which increases blood circulation and keeps the gums healthy.

Good denture care means protecting your gums and remaining teeth for partial denture wearers.



"We Love To Make You Smile"