



## A Word from Kim

Happy 1<sup>st</sup> day of May! Although it's raining outside and a little chilly, we all know that the nice weather is just around the corner, and I am really looking forward to it! May is a pretty special month, as we have Mother's Day and Victoria Day long weekend to look forward too! I would also like to mention that it is Cystic Fibrosis Awareness Month.

Both myself and Cindy are members of the Kinette Club of Collingwood. We will be joining over 10,000 participants across the county in a walk for a cure to help end CF on Sunday May 28<sup>th</sup>. The Kinette Club of Collingwood will be doing our walk at the Toronto Metro Zoo. If anyone would like to join us or sponsor us, then please call us or stop by the clinic. There will be an envelope @ reception. Thank you in advance for your support.

Now that the snow has melted, we have been busy welcoming home our snowbirds! This Spring has been very busy at our clinic and we were fortunate to have Sandra, a student Denturist helping us since January. It is now time to say good bye to her, as she will be heading back to school next week. We have enjoyed our time together and wish her all the best with her future endeavours.

Happy Mother's Day!

All The Best,  
Kim



## Noticeable Signs of Problem Dentures

Are you a caregiver to a senior or have a loved one that wears dentures? If you notice changes with the way that they are speaking or perhaps eating, then it might be time to have their dentures checked. Quite often denture wearers themselves don't recognize the changes. They get so used to compensating that they think that the changes are normal. For example, if the denture wearer is talking with a lisp or maybe they are eating less, it could be that their dentures are no longer fitting right and need to be adjusted. Sometimes it can be as simple as a relining, which is refitting the denture to the shape that their mouth has changed to. If dentures are worn, then chewing can become difficult as the teeth become dull. Chewing efficiently is the first step in digestion. Otherwise, it could lead to heartburn, acid reflux or other stomach related problems. In this case, new dentures may be required.

If new dentures are required, then consider these benefits. (1) A new denture can greatly improve your loved one's lifestyle. (2) Dentures can enhance facial features by supporting facial muscles and structures. (3) Proper fitting dentures will also improve self esteem. (4) Your loved one will be able to eat a wider variety of foods and increase their health. (5) Another great advantage for the denture wearer is the ability to speak more clearly.

Don't ignore signs of change in your loved one. Call us to book your complimentary, no obligation consultation appointment and get a free written estimate. The initial consultation will give the patient the chance to express their concerns and desires. It also allows the Denturist the opportunity to assess the oral conditions present and determine the best course of action. Denturists are Denture Specialists!

## Recipe



### CHICKEN CORDON BLEU

4 skinless, boneless chicken breast halves  
4 slices swiss cheese  
4 slices ham  
1/2 cup seasoned breadcrumbs  
salt & pepper



Preheat oven to 180 C. Line baking tray with baking paper. Pound chicken breasts to 1 cm thickness. Season both sides with salt & pepper. Lay one slice of cheese and ham atop each fleshy breast. Roll chicken, tucking in ends and secure with a toothpick. Place prepared baking tray and smother with breadcrumbs. Bake for 30—35 minutes or until cooked. Remove tooth picks, slice and serve immediately with your favourite side dishes. 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

To help eliminate odour causing bacteria on dentures, oral appliances, mouthguards and sleep apnea appliances use Mouth Off. It helps kill bacteria that can cause bad breath. Mouth Off is specifically formulated to help prevent contamination and it will help break the circle of infection. Mouth Off is easy to use and it is available in a convenient 60 ml bottle. Just rinse the appliance and spray on the freshening rinse and leave soak until you are ready to wear your appliance. We sell Mouth Off for only \$5.00 each.



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