



**A WORD FROM KIM**

It's hard to believe that it is November already. We've had a great start to November and it there has been a whirlwind of events happening. The clocks were turned back last Saturday as Daylight Savings Time has ended and 'Old Man Winter' arrived early. I've had to shovel our path already and my frozen chrysanthemums are wondering what happened! Good thing I've got my snow tires on already!

I would like to take this opportunity to remind our snowbirds that are heading south to book a 'check up and cleaning appointment' before you leave. Make it a priority to have the integrity of your denture checked so that that are in tip top shape! Be preventative to avoid any possible mishaps!

Last weekend both Cindy & I had attended a Fall Leadership Convention for the Kinsmen and Kinettes of District 1. It was very informative and well worth attending. I am also looking forward to attending two more denture courses this month.

In closing, we are selling the famous Rheo Mint Chocolate Smoothies that are made in Stratford, Ontario for the Kinette Club of Collingwood. They are \$2.00 each and taste great! Below are a few pictures of my daughters from this past Halloween!

Looking forward to seeing you soon!

*All the best,*

*Kim*



**THE AFFECTS OF DRY MOUTH WITH DENTURES**

One of the most common issues in the mouth is a condition known as Xerostomia, otherwise referred to as a dry mouth.

Dry mouth is the feeling that there is not enough saliva in your mouth and it feels dry or sticky. Everyone has a dry mouth occasionally, but if you have a dry mouth and have dentures, it can be uncomfortable.

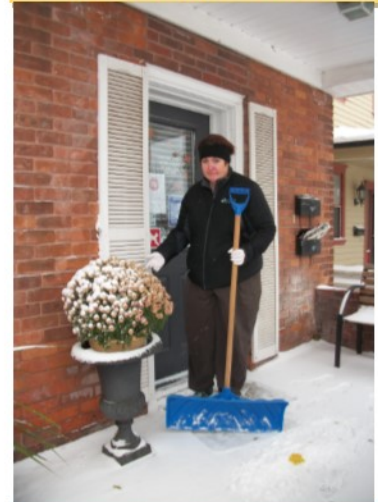
Some of the symptoms for dry mouth are: bad breath, cracked lips, split skin at the corners of the mouth, frequent thirst and hoarseness of the voice.

Dry mouth could be caused by; medication, illness, breathing through one's mouth regularly, dehydration, radiation treatment, ageing, smoking and excessive alcohol intake.

You might wonder how this affects your dentures? Dentures are made to replace your missing teeth and surrounding tissue. When your mouth is dry the denture tends to feel loose. Saliva is necessary to help keep your dentures in place. Without saliva to provide lubrication your denture causes friction and rubs against the gums. In addition, you may get a sore spot or a possible infection if not treated. If this happens then you should book an appointment with Kim to check the "fit" of your denture. If nothing needs to be done to the denture, an oral lubricant or denture adhesive may help to cushion the gums and sometimes sucking on a sugar free candy can help to create saliva.

Thankfully, the conditions are usually treatable although it involves pin-pointing the cause of the problem to get rid of it. Those with more severe cases should see a doctor for possible medication. The best solution for individuals that are unable to wear dentures comfortably due to a severe dry mouth condition would be to consider having implants with an implant supported denture. This could be a life changing experience as this treatment is comparable to having your natural teeth again! For more information, please call Kim for a 'free consultation'.

**"WE LOVE TO MAKE YOU SMILE"**



**KIM DADSWELL, DD**

**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.**



**KAHLUA PECAN, BROWN SUGAR BAKED BRIE**

1 whole wheel brie, 16-19 oz

1 cup Kahlua

1 cup light brown sugar

1 cup pecans

Bake brie with top cut off but not removed @ 350 degrees for 15 minutes. At the same time in a med. Saucepan heat Kahlua & brown sugar til syrupy. Add in pecans and pour over brie. Serve with Keebler crackers. Enjoy!

