

ORANGE FROST DRINK

Yield: 3 servings

2 Cups Milk 500ml

½ Cup Frozen Orange juice. . 25ml

½ Cup Ice 125ml

1. Combine Milk, frozen orange juice concentrate and ice in a blender.

2. Blend on high 1 to 2 min. or until ice is crushed and drink is smooth and frothy.

Preparation time: 5 min. Serving size: 1 cup (250 ml)

TOOTH TIP:

Chocolate milk is made from fresh white milk and it too is an excellent source of calcium. And on a per cup bases, chocolate milk contains less sugar than most unsweetened fruit juices. So, if chocolate milk is the only kind you and the kids like... go ahead, drink up!

DID YOU KNOW THAT YOU SPEND

4 -minutes a day

28 - minutes a week

112 - minutes a month

1344 - minutes a year

Brushing your TEETH?



Invisalign

So, your teenager has just been told she needs braces. She is upset because she doesn't want to be called "brace-face" or teased by the kids at school. You are thinking there is no other alternative to the metal brackets and wires needed to straighten your daughter's teeth. Well, think again. In most cases, due to a hugely successful new product called **Invisalign**, Dentists and Orthodontists alike are able to straighten teeth without all of the wires and brackets.



This new procedure uses a series of plastic aligners made specifically for your individual case. Photos and models are taken and sent to a manufacturing lab where advanced 3-D computer technology creates a series of clear custom-made aligners that gradually move your teeth.

You wear each aligner for about two weeks, moving on to the next set until your teeth are straight. These aligners are so clear, most people won't be able to tell you are wearing them.

So you see, your daughter/son can have beautiful straight teeth without worrying about being teased in the process.

To set up your consultation for **Invisalign**, call our office today. We will arrange an appointment with one of our three certified dentists free of charge!

DENTAL
HEALTH GROUP

DENTAL HEALTH GROUP

OFFICE INFORMATION

2 Locations to Serve you Better

Burlington Supercentre

2025 Guelph Line
Burlington, On L7P 4M8
Tel: 905.336.7071
Fax: 905.336.8157

Hours

Monday to Thursday	7:30am - 7:00pm
Friday	7:30am - 5:00pm
Saturday	8:00am - 2:00pm

Halton Family Health Centre

2951 Walkers Line 3rd Floor
Burlington, Ontario L7M 4Y1
Tel: 905.336.9646
Fax: 905.336.9647

Hours

Monday	8:00am - 7:00pm
Tuesday	8:00am - 6:00pm
Wednesday	8:00am - 5:00pm
Thursday	8:00am - 6:00pm
Friday	8:00am - 12:00pm
Saturday (alternating)	8:00am - 2:00pm

Book Your appointment

TODAY

Web site: www.dentalhealthgroup.ca



A Message From The Dentists:

Welcome to Dental Health Group! We still can't believe that we have been looking after residents of Burlington and the surrounding regions for almost two decades! It feels like it was only yesterday when we merged four different practices together and shared a vision where families and children came first. We strongly believe that the diversity of being part of a group practice

allows us to offer our patients personalized dental care. From children to their great grandparents, we provide all aspects of dentistry including restorative, pediatric and surgical. As you may know, we are staying at the leading edge of the explosion in cosmetic dentistry. However, our roots will never let us forget the importance of you as a patient, a person with individual needs.



Regular cleanings control disease

As scientists explore the connections between oral bacteria and disease, it is becoming increasingly evident that a regular visit to the dentist is an excellent investment in your long-term health and well-being. Professional cleanings by a dentist or dental hygienist can control the bacteria that cause gum disease and tooth decay and may help prevent serious illness. A thorough oral exam can also reveal other health concerns, such as nutritional deficiencies, infections, immune disorders, injuries and oral cancers. In addition to regular checkups, you should make a habit of brushing and flossing every day to remove bacteria before it hardens on your teeth and infects your gums.

Today, a visit to the dentist is no longer a luxury or an obligation to be put off to another time. It should be an important part of your normal routine and a long-term commitment to your overall good health. Call your dentist and book an appointment today your heart will thank you!

Common oral diseases increase health risks

Cavities, for example, are caused by a bacterial infection. In fact, cavities are one of the world's most-common infections (second only to the common cold) and affect more than five billion people. Gum disease is another type of low-grade infection that causes swelling and bleeding of the gums. When your body fights off bacteria such as these, it causes an immune response that can have serious consequences for your health.



IS YOUR CHILD'S DENTAL HEALTH IMPORTANT TO YOU?

It is to us, that is why we would like to offer you the following suggestions regarding your child's dental health that will aid in the prevention of cavities:

1. Have your child brush twice a day with a fluoride toothpaste.
2. Have your child floss daily (we can recommend the age your child should start flossing regularly-please ask us!)
3. Have your child eat nutritious and balanced meals and limit snacking.
4. Ensure your child visits the dentist regularly for professional cleanings and oral examinations.



THE EFFECTS OF GINGIVITIS

- Inflamed and swollen gums
- Bleeding when you brush and floss
- Can eventually lead to Periodontal Disease

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Calling All Two Year Olds

Calling All Two Year-Olds is guaranteed to make a child's first visit to the dentist fun and exciting. This free, introductory tour of our dental office has been designed specifically to appeal to the natural curiosity of energetic 2 year-olds. On this special day, our junior visitors and their parents will meet either, Dr. Cheryl, a general practitioner who has limited her practice exclusively to children for over 20 years, or Dr. Susan, a general practitioner at our Walker's Line Location. Both dentists have a gentle manner and reassuring approach that makes every visit to the dentist comfortable, relaxing and fun.

Moms and tots will receive a guided tour of our office and will visit our unique children's operator. The little ones will have a chance to explore the dental equipment and will take turns trying it out on Horace, our friendly dental mascot. Playtime in our colourful children's waiting area is a popular part of the program, as our pint-sized guests enjoy the many books, puzzles, videos and games that we have available. At the end of the tour, each of our guests will receive a special treat. We believe that introducing children to the world of dentistry in a pleasant, non-threatening manner helps them to develop a positive attitude to dental health. When a visit to the dentist is associated with fun and play, we have found that children are eager to participate in the process and much more willing to take care of their teeth at home. This program is entirely complimentary and parents are under no obligation to make further appointments with our office.

Parents interested in bringing their children to our Calling all Two Year-Olds program should call the Dental Health Group at (905) 336-7071 to register for our next scheduled tour.

A lifetime of good health begins with the very first visit!



DID YOUR KNOW?

That periodontal disease is linked to low weight pre-term births, osteoporosis, respiratory and heart disease, stroke and diabetes?



Zoom Whitening



Do you want noticeably whiter teeth and a great smile, but want immediate results?

Well then,
ZOOM!

may be the answer for you!

ZOOM! In office Whitening System is a revolutionary tooth whitening procedure. You may have seen it used on the hit television show Extreme Make Overs.

ZOOM! is safe, effective and very, very fast. In just a little over an hour, your teeth will be dramatically whiter. **ZOOM!** Whitening is the ideal solution for anyone who is looking to achieve immediate results. Compared to the days of wearing trays every night and waiting for the gradual whitening, **ZOOM!** is the perfect choice for today's busy individual.

You will notice dramatic results immediately upon finishing the **ZOOM!** treatment, and will receive before and after photos of the process so you can see first hand the amazing changes. In fact, in most cases, teeth get even whiter the first few days after the procedure. If achieving an immediately whiter smile is something you are considering, call our office to set up a consultation now. Let's get the process started.

We are committed because we care.