



TechTown
DENTISTRY

SMILE WITH CONFIDENCE

DR. DOUG JONES ■ DR. TIM SELLNER ■ DR. SUZANNE CZIRAKI

Reduce Your Risk of Tooth Decay What's New

Chewing gum and lozenges containing 100% xylitol can play a valuable role in the prevention of tooth decay. Xylitol, a naturally occurring sugar, helps to raise pH levels by making your saliva less acidic, increases your saliva flow and creates an environment whereby tooth enamel can remineralize becoming stronger and more resistant to tooth decay. The bacteria that are responsible for tooth decay are reduced in number because they are unable to use or metabolize xylitol.

Look for *Spry* mints and gums containing xylitol at health food stores and this spring 3M's Dental Division will also have products available.



X-PUR paste makes your mouth less acidic (raises your pH level), adds minerals which remineralize your tooth enamel, decreases sensitivity and reduces the levels of decay causing bacteria in your mouth.

Tooth Decay in Children



Dr. Jones' daughter Lindsay and grand-daughter McKenzie

Did you know?

Tooth Decay is:

- The second most common cause of school absenteeism
- Five times more common than asthma in children
- Can be transmitted by sharing a spoon with young children or licking their pacifier
- **In most cases Tooth Decay is preventable!**

The Ontario Dental Association's Special Report *Tooth Decay in Ontario's Children: An Ounce of Prevention – A Pound of Cure* is a call to action for parents, government and the community – we all need to work together on prevention.

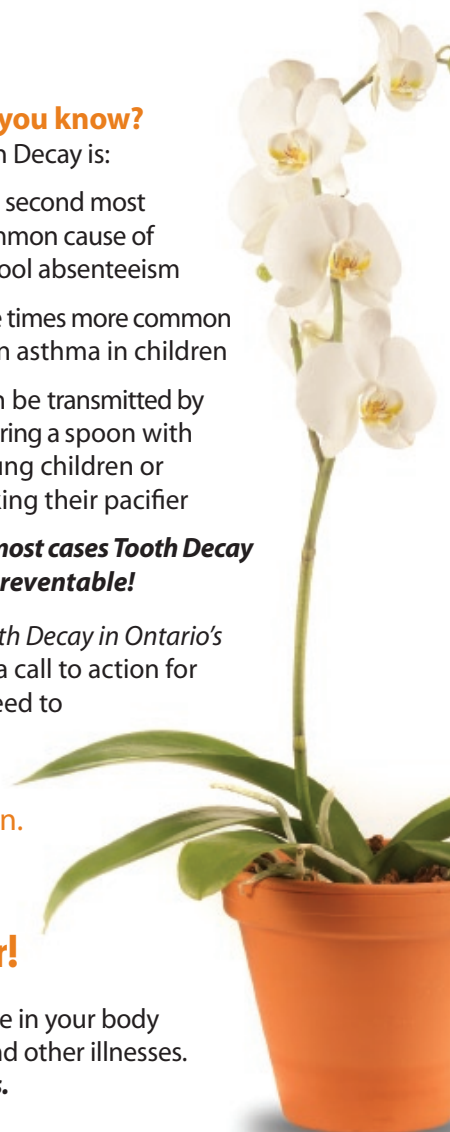
See the enclosed 10 Tips on *How to Reduce your Child's Risk of Tooth Decay* for more information.

Healthy Gums Never Bleed. Never, Ever!

Chronic gum inflammation or inflammation anywhere in your body places you at increased risk of heart disease, stroke and other illnesses.

For more information ask any of our team members.

You can also visit www.techtowndentistry.com



TECHTOWN DENTISTRY CORE VALUES
KINDNESS ■ EXTRA MILE SERVICE ■ INTEGRITY ■ QUALITY

Accepting New Patients
Call 519.746.7333

Accepting New Patients & Referrals

We welcome referrals of your friends and family who want to grow their dental health confidence.

The TechTown Dentistry Dental Health Advantage

We listen to what you want and together we develop an innovative plan and path to achieve your dental health goals. Your plan is simple, balanced and focused and it fits into your lifestyle. Discover your opportunities to grow and protect your dental health confidence.

Our Patients Smile with Confidence.

The TechTown Dentistry Patient Charter of Rights

We believe you have the *Right to know*. So we promise to tell you what we see. And you have the *Right to choose* - what you feel is best for you and when and how to fit your choice into your lifestyle.

Dental Emergencies

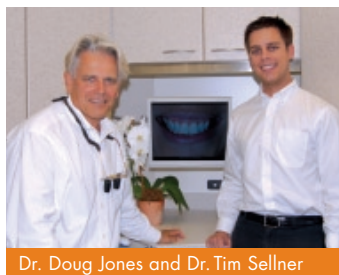
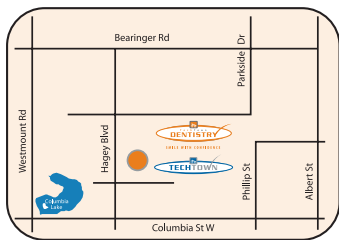
In the event of a Dental Emergency outside of business hours, call our office for instructions on contacting the Dentist on call.
519-746-7333

Hours

Monday to Thursday 8am to 5pm

Friday 8am to 2pm

TechTown Dentistry



Dr. Doug Jones and Dr. Tim Sellner



Invisalign



Before using Invisalign



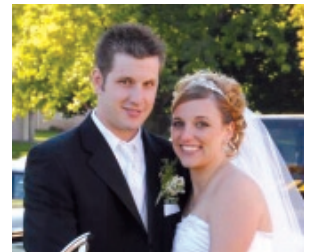
After using Invisalign

Invisalign orthodontic treatment eliminates crowding and improves the bite relationship. Treatment by Dr. Suzanne Cziraki.

Visit www.techtowndentistry.com or www.invisalign.com for more information.

TEAM NEWS

Congratulations from everyone at TechTown Dentistry to Practice Administrator Gina & husband Geoff on their marriage.



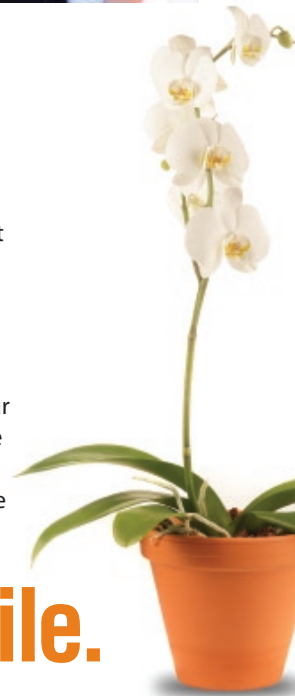
Congratulations also to hygienist Caren on her engagement to her fiancé Jeff.

THE TONGUE TRICK Reduce Your Risk of Bruxism

Many people clench or grind their teeth as a habit or stress management strategy – and many have no idea they do this other than by being told “You grind your teeth when you sleep!” Bruxism - clenching or grinding your teeth, increases your risk of dental problems.

What is the Tongue Trick? Place your tongue lightly behind your upper front teeth just where your gums touch your teeth. When you do this, your teeth separate slightly and all your jaw muscles relax. The trick is to make this your ‘go to’ position while driving, watching TV, reading, working at your computer and trying to fall asleep. It’s free, you can’t leave it at home and it works!

Your world needs your **smile.**



TECHTOWN DENTISTRY

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