



SMILE WITH CONFIDENCE

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

## The Tongue Trick

A very popular and effective solution for bruxism!

Many of our patients have told us that the Tongue Trick is an extremely effective way for them to help relax their facial muscles and reduce bruxism, the clenching and grinding of teeth and a high risk activity that can cause serious dental problems.

The Tongue Trick – Place your tongue lightly behind your upper front teeth just where the gum tissue touches your teeth. When you do this your upper and lower teeth naturally separate just a few millimetres and all your facial muscles relax like a still pond without even a ripple. The “Trick” part is to make this your “go to” position – while driving your car, watching TV, working on your computer – whenever you can.

It really works, doesn't cost anything, is drug free and you can never leave it at home!

Thank you for referring your friends and family! It's the nicest compliment we can receive.

## invisalign® The clear way to get the smile that shows off the real you



Invisalign - the clear way to the smile of your dreams

If you're ready for a smile that will transform your appearance, Invisalign is the answer. Invisalign is the ideal way to invisibly adjust your smile and straighten your teeth without interfering with your day-to-day life.

With a series of clear aligners that you switch out about every two weeks the Invisalign system will gradually guide your teeth into place. Invisalign is a custom-made system designed for your teeth and each aligner is individually manufactured from medical grade polymer with exact calculations to ensure a perfect fit.

### Invisalign is:

- Customized – each aligner is custom fitted to the precise impression of your teeth
- Effective – even before your treatment is completed the alignment of your teeth will be improved and you will be enjoying the benefits of an improved smile
- Clear – Invisalign is virtually invisible and the clear aligners allow you to improve your smile without the metal wires or bands normally associated with braces
- And, also great for teens!

Ask us today about your FREE consultation to discover if Invisalign is right for you. For more information view our online video at [www.techtowndentistry.com](http://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.

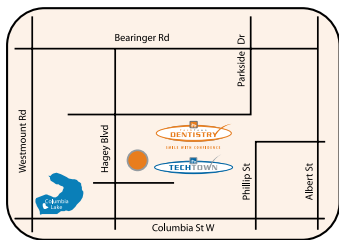
**519-746-7333**

## Hours

**Monday to Thursday** . . . . . 8am to 5pm

**Friday** . . . . . 8am to 2pm

### TechTown Dentistry



Dr. Doug Jones and Dr. Tim Sellner



## Did you know...

Chronic inflammation anywhere in your body puts you at increased risk of heart disease, stroke, diabetes and other disorders. You can easily improve your body's immune response against inflammation by incorporating these four easy steps into your day:

1. Eat lots of fruits and vegetables
2. Get moderate exercise
3. Develop a personal stress management program
4. Take vitamin and omega 3 supplements

**Remember – Healthy gums never bleed. Never, ever!**

*“Family is a quilt; one generation is stitched to the next, and gratitude for each other is the thread that holds us together.”*

Noah benShea

## Team News:

### Congratulations to:

- Alana and Nate married June 20
- Caren & Jeff and Claire & Jason are engaged
- Dr. Sellner and wife Hayley are expecting their first child in December

### Goodbye to:

- Trina, Dr. Sellner's assistant who has moved back home to Timmins to attend nursing school

### And a warm welcome to:

- Crystal, Dr. Sellner's new assistant

### More reasons to celebrate!

- Brenda celebrated her Mom's 80th birthday with a family cruise to Alaska in May
- Dr. Jones and family welcomed new granddaughter Emily Rose, a sister for McKenzie
- Dr. Jones' son Andrew will be married on January 23 at Kicking Horse, B.C.

**Congratulations also to Dr. Jones who has been appointed to the KidsAbility Board of Directors.**

Check our website for more information on caring for your dental health [www.techtowndentistry.com](http://www.techtowndentistry.com)

Your world needs your **smile.**



Healthy Smiles at any age – Dr. Jones' parents with their new great granddaughter Emily Rose



## TECHTOWN DENTISTRY

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