

# TechTown DENTISTRY

SMILE WITH CONFIDENCE

DR. TIM SELLNER • DR. DOUG JONES

## Prenatal Nutrition: The Impact on Baby's Dental Health

It is especially important to eat a balanced diet during pregnancy because what you consume affects your baby's development, including their teeth. Your baby's teeth begin to develop between the third and sixth months of pregnancy, therefore an adequate amount of nutrients are needed during this time, specifically vitamins A, C and D, protein, calcium and phosphorous.



### Here are some ideas for eating well during pregnancy:

- Consume a variety of healthy foods such as fruits, vegetables, whole-grain products, dairy and lean protein. If nausea is a concern, then try several small portions of these foods in a day
- Avoid foods and beverages that are high in sugar
- Drink plenty of water throughout the day
- Eat foods that contain folate such as: asparagus, broccoli, leafy greens, legumes, papaya, tomato juice and oranges, as well as whole-grains fortified with folic acid such as: breads, cereal and rice. It is important to get folic acid during pregnancy to help prevent the risk of birth defects

### Eating a variety of foods

during pregnancy, especially ones that are most nutritious can sometimes be an impossible task, especially during those early months when feelings of nausea and lack-of-appetite can often take over. Keeping a journal of what you are eating and drinking during the day is a great idea to help monitor the nutrients that you are getting through your diet, and which nutrients you may not be getting enough of. Please consult with your Physician, Obstetrician or Midwife if you have any concerns with your prenatal nutrition.



Dr. Doug Jones & Dr. Tim Sellner

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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.**



**Our View on Flossing: The Response to CBC's Article**

You probably heard in the news this summer or on Social Media about an article CBC titled "No Strong Proof That Flossing Your Teeth Has Medical Benefit", and as your Dental Care Provider, we wanted to share our opinion. The article shares a study that was performed to test the efficacy of flossing, and the study concluded that "the majority of available studies fail to demonstrate that flossing is generally effective in plaque removal."

When it comes to plaque-removal, tooth brushing alone just isn't enough, you need to clean interdentally to remove the plaque bacteria present in the contacts of your teeth. This plaque bacteria, if left undisturbed, can lead to tooth decay between the teeth and inflammation of the papilla (the gums in between your teeth), which over time can lead to the irreversible loss of bone structure supporting your teeth. It has been proven that the health of your gums is associated with your overall health.

If you have a high risk level for getting tooth decay, sometimes interdental cleaning isn't always enough to prevent cavities - there are other factors such as dry mouth, systemic acids, poor diet, demineralization of enamel, etc. Other strategies may be recommended in conjunction to your good homecare to help reduce your risk of tooth decay.

It has been proven, over and over again, that good homecare strategies recommended by your Dental Care Provider, will help to improve and maintain your oral health. By not cleaning interdentally, you are not cleaning more than one-third of your tooth structure, leaving this plaque-bacteria behind, which doesn't make sense. The use of floss is often recommended to clean interdentally as it fits in most of the teeth's contacts, however, there may be a different interdental aid that is right for you, please ask at your next visit!

Reference: [www.cbc.ca/news/health](http://www.cbc.ca/news/health)

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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.

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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**

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**Hours**

Mondays . . . . . 8am - 7pm  
Tuesday to Thursday . . . . . 8am - 5pm  
Friday . . . . . 8am - 2pm

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**Team News:**

**Exciting news to share about the TechTown Dentistry Team!**

**Congratulations:** To our Hygienist, Alana! She and Josh are expecting their first child in January...It's a boy!

To Dr. Jones' Assistant, Casey! She and her husband, Steve, are expecting their second child in February!

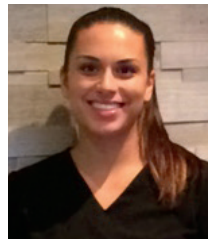
**Professional Development:  
An important part of our ongoing education.**

- Dr. Sellner has been active with continuing education. He recently participated in the Mouthguard clinic at RIM Park. He also looks forward to the upcoming Ontario Dental Association meeting where he is a local representative.

- Hygienists, Caren, Alana and Mandy are a part of a study group that meets often to discuss current research and topics regarding periodontal disease, treatments and risk factors.

**Volunteer Work:** Dr. Jones spent time in the Dominican Republic volunteering in a dental clinic earlier this year. He has also been active with continuing education taking courses with Clinical Research Dental and the Waterloo Wellington Dental Association.

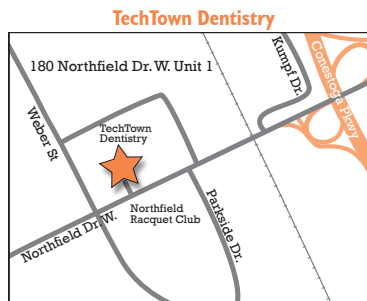
**Welcome:**



**Desiree, RDH**

We are excited to welcome Desiree to our team as a Dental Hygienist, she will be joining our team full-time as of December.

Hayley is back joining us Mondays.



**Accepting New Patients & Referrals** We welcome referrals of your friends and family.

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