



Dr. Joseph Salim's

smile update

Produced for the Patients of Sutton Place Dental Associates

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fromthedentist

Time For Reflection

Remember what matters during holidays

The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special holiday thank you!

Yours in good dental health,

Dr. Joseph Salim

turnthepage

Brushing, biking, recycling!

Vitamin D-licious!

7 smile-saving solutions!

*To A Joyful Present &
A Well-Remembered Past*



*From all of us at
Sutton Place Dental Associates*

Thank you for all your referrals. We appreciate them!

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.



A New Reason To Smile

Dr. Salim offers implants

When we lose teeth as adults, our primary concern is the annoyance of having to contend with a gap in our bite. We do not realize that there are

far greater concerns than difficulties biting and chewing. Bone, like all living tissue, must work to remain healthy and strong. When teeth are

removed the bone that held them in becomes weak and begins to erode away. Bridges and dentures do fill the gaps, but they do nothing to stop bone erosion. Once again science has provided the answer – dental implants.

A dental implant is a tiny threaded post made from titanium alloy, a strong, biocompatible metal. Through a tiny incision the implant is threaded into the jaw or mandible becoming actually fused with the bone. Once fused, this durable, permanent post is ready to receive your ceramic replacement tooth. Not only is the restored tooth stable and ready for use, the bone below the gum is regularly exercised, stopping bone erosion in its tracks!

We are excited to announce that Dr. Salim is eager to offer this breakthrough procedure to you. Whether you require a single implant or a full-mouth restoration, she is available at your convenience.

Please let family and friends know that they have a whole new reason to smile. They can book their implant consultation with Dr. Salim today.

office information

Sutton Place Dental Associates

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Office Hours

Mon-Fri 9:30 am – 7:00 pm
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Dr. Mina Elahi Pediatric Dentist
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Inspired By your referrals

This is the perfect time to look around and appreciate all that we have received. We think it's important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment – and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

We hope that you will continue to benefit from our services and send your thoughtful referrals our way.

We look forward to seeing you throughout the new year!

**Zoom!®
Whitening Special**

Do you or someone you love have dull, stained teeth?

Right now, and into the New Year, Dr. Salim is offering \$100 OFF Zoom! Whitening.

Now only **\$450**

Come in or call today and put a little extra sparkle into your smile!