



BEAUTIFUL Smiles

Produced to improve your dental health and awareness

WINTER 2014

from the team

We hosted our first ever *Invisalign*[®] Day on January 15th. We gave patients who came in to learn more about *Invisalign* the opportunity to receive \$500 OFF of their treatment and a **free** whitening session.

Our goal is to help our patients to be truly happy with their smiles, and *Invisalign* is an easy way to do that without affecting your regular day to day routines. In fact, we have three team members in our office that have *Invisalign* right now! Do you know which ones? Probably not, because even though they are wearing their plastic aligners all day when you see them, the aligners are almost invisible!

Check out our Facebook page and follow one of them as she goes through treatment!

Yours in good dental health,

The Slave Lake Dental Team

Fall In Love **With Your Smile Again ...**

Have you fallen out of love with your smile? Let us help you with that!

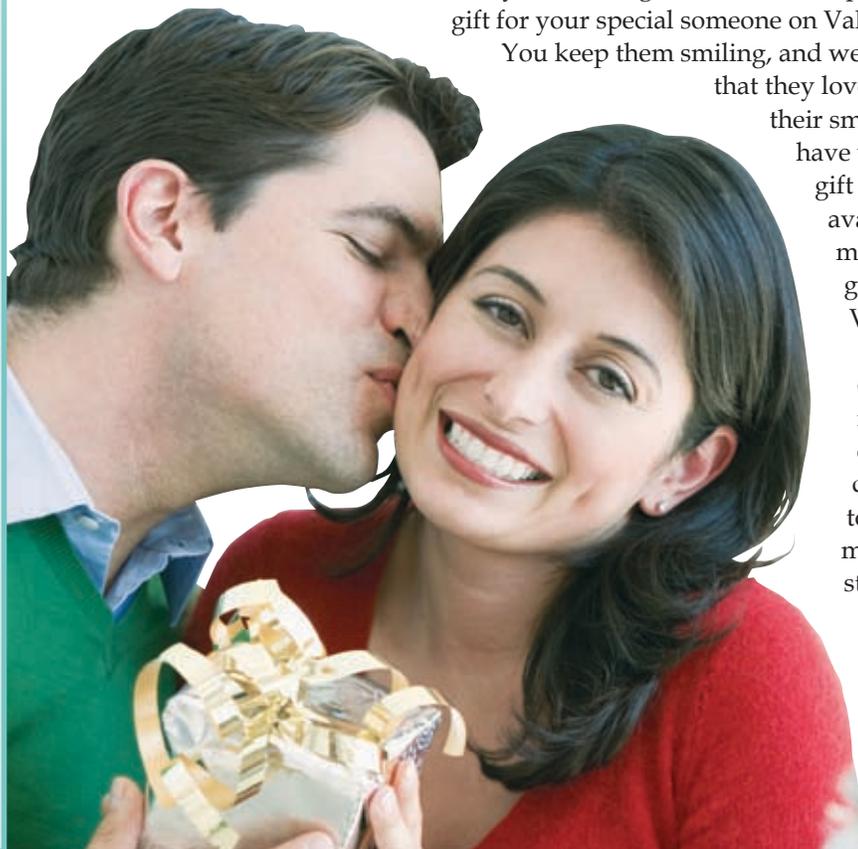
At Slave Lake Dental, we offer in-house whitening sessions to restore the glow in your smile. Now, for a limited time only, you can become a part of our "*Pearly White Program*" and keep your teeth looking brighter all year 'round!

A membership entitles you to UNLIMITED whitening sessions for just \$29 a month. Better yet, if you prepay for a full year membership it's just \$239! (That's over \$100 in savings!)

A "*Pearly White Program*" membership is the perfect gift for your special someone on Valentine's Day.

You keep them smiling, and we'll make sure that they love showing off their smile! We also have whitening gift certificates available that make a great gift for your Valentine!

Give one of our team members a call for more details or to get your membership started today!





Want Clean Healthy Teeth?

Floss is the boss!

The next time you think, "I'll floss tomorrow," or the kids say, "We promise to floss in the morning," you might want to revisit your oral healthcare strategy.

While brushing removes surface plaque, it misses up to 40% hiding between teeth! This is worrisome because plaque buildup cannot only lead to tooth decay, but also to gum disease which is linked to over 200 other diseases.

Flossing isn't difficult, but kids may need a refresher and seniors who belong to a generation that never learned how to floss might need a lesson. Call today to ensure your family's regular checkups are scheduled, and we'll give everyone a flossing refresher.

**Call TODAY
to book your family's
regular checkups.**

The Top 8 Links...

How poor oral health impacts overall health

At any age, poor oral health can eventually lead to periodontal (gum) disease, a chronic inflammatory disease which has been linked to a long list of inflammatory conditions including...

- diabetes
- heart disease
- stroke
- cancer
- respiratory disease
- Alzheimer's
- rheumatoid arthritis
- osteoporosis.

Approximately 75% of adults have some form of gum disease. Research suggests that it can be transferred to others through saliva, so a simple kiss or just sharing a snack or even blowing on food to cool it down can put children and couples at risk of transmission. Gum disease is often silent – progressing without symptoms – but warning signs may include swollen, red, or bleeding gums, mouth infections and tenderness, bad breath, and loose teeth. But the good news is that gum disease can almost always be prevented. If it starts, it can be treated, and sometimes even reversed.

It's important for the whole family to commit to a good oral healthcare regimen, including regular dental checkups. Together, we can work to help keep you and your family healthy!

With "know how," a touch of motivation, and a little self-discipline, excellent home care goes a long way to ensure a healthy smile for life.



Safety Is Priceless!

Use custom mouthguards

Play is the new word of the day. Whether you're enjoying family fun time or your favorite sport, just getting out and *playing* should always make you smile. Just make sure you protect that smile with the best mouthguard.

Custom-made personalized mouthguards:

- Offer top-notch protection
- Fit comfortably & stay in place
- Allow you to talk & breathe easily
- Growing jaws & new teeth can be accommodated regularly

Mouthguards protect more than just the teeth and face. There is also evidence that they reduce the incidence and severity of concussions. Everyone, including grownups, should wear a mouthguard during activities that put them at risk for injury, for example, hockey, football, basketball, and even mountain biking.

Like any sports gear, a mouthguard will wear out. Bring yours along to every checkup to confirm that it's providing optimum protection.



Combat Sugar Cravings...

FOLLOW THESE 3 TIPS!

If you think your family has "sugar on the brain," you would be right. The brain uses nearly 80% of your daily sugar intake. It's programmed to crave sugar's energy-rich sweetness, and it sends out a nice pleasurable sensation when satisfied. How do you control sugar intake? **TRY THESE 3 TIPS!**

- 1 Keep blood-sugar levels steady. Eat 3 meals and 2 snacks daily.
- 2 Keep mind and body occupied. Enjoy physical activities away from the cookie jar.
- 3 Refuel the reserves. Get enough sleep and daily nutrients to fight fatigue-induced cravings.

Sugar-related obesity and type-2 diabetes are on the rise, and sugar can cause irreversible damage to teeth and gums, along with hours of missed school and work due to discomfort and the need for repair. For a healthy future, use sugar sparingly, and always brush and floss afterward.

Smile Whitening 101

Answers to the most frequently asked questions

Everyone wants a healthy white smile, but how do you decide which treatment is best for you?

Q. What's the difference between dentist-supervised whitening and drugstore kits?

A. Dentist-prescribed home systems and in-office treatments are customized to your unique needs.

We can determine the most effective whitening procedure for you based on the type and extent of the staining and the location and number of restorations you have.

Q. Will whitening brighten my restorations too?

A. No, but let's discuss options so that older restorations don't sabotage your new bright smile.

Q. At what age is it safe to start whitening?

A. Sensitive pulp is closer to the surface in younger teeth, so age 18 is usually considered the youngest age to avoid irritation. Our guidance is important!

Q. What options do I have if I need to repair damaged or discolored teeth?

A. There are many ways to repair teeth, and even improve their shape, while making them look whiter. Beautiful white bonding or porcelain veneers can correct damage and imperfections, and old silver-colored fillings can be replaced by attractive tooth-colored ones.

If you want a bright dazzling smile, there are many options to suit your needs and budget! Ask us about them!



Forget About Braces...

Invisalign[®], a revolutionary orthodontic technique that has improved the smiles of thousands of patients uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

"All those years with my teeth like they were I still can't believe it they are straight. I love it! The day I was in the clinic and Dr. Terri mention that she could fix my teeth with the Invisalign at that time I didn't know anything about it but I was so happy just hearing the words that my teeth could be fixed.

I would recommend Invisalign 100%. I just love Dr. Terri and her staff

We welcome you to arrange a consultation to discover how *Invisalign*[®] can give you the smile you've always wanted!

they are so awesome ... Actually my daughter is getting the Invisalign in the new year!"

Thank you all so much,
Theresa



Theresa is an actual patient of Dr. Pukanich

office information



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www.slavelakedental.ca



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SlaveLakeDental](https://www.facebook.com/SlaveLakeDental)

Show Us Some Love!

You could win...

We would love to hear from you. What do you think about our office? Leave a review at www.SLDreviews.com during the month of February and your name will be entered into a draw to win a *Sonicare*[®] *Diamond Clean* toothbrush, and other great gifts!

May not be exactly as shown

Have you heard about The Smile Project?

Do you think that The Smile Project is a good fit for an activity or organization that you're involved in? Please visit www.10000smiles.ca to contact us or for more details!

