



TechTown
DENTISTRY

SMILE WITH CONFIDENCE

DR. TIM SELLNER • DR. DOUG JONES

What is Xylitol?

Xylitol is a natural way to prevent tooth decay. It is a sweetener commonly found in fruits and vegetables and is produced in your body as a normal metabolic intermediary.

Xylitol can be found in health food stores in the form of gum, lozenges, and powder, and as an ingredient in many dental products such as toothpastes and rinses.

Dental Benefits of Xylitol:

- Reduces the risk of tooth decay by controlling oral bacteria
- Reduces plaque formation and adherence to tooth enamel
- Increases salivary flow to repair and remineralization damaged tooth enamel
- Has medical, antibacterial properties. Studies show that when administered to children, xylitol reduced the rate of upper respiratory and middle ear infections.



DR. TIM SELLNER

DR. DOUG JONES

Your world needs your
smile.

Introducing CariFree



Helping you to achieve and maintain your best dental health is important to us.

To assist you in effectively reducing your risk of decay we now offer CariFree™ Anticavity Rinses. Used in combination with good homecare habits, CariFree™ will help you to reduce the bacteria that cause tooth decay and help you become cavity free.

Tooth decay is the result of a bacterial infection in your mouth that occurs when the acid created by that bacteria forms a "cavity". This is often caused by a consistently acidic oral environment due to decreased salivary flow, sugary or acidic diets or through conditions such as acid reflux disease. Dental restorations, or fillings, are the conventional way to treat

tooth decay however, they do not reduce the acid-producing bacteria in your mouth. CariFree™ rinses help to treat the unhealthy bacteria in your mouth by neutralizing decay-causing acids using xylitol and fluoride, which are clinically proven to help repair and remineralize your teeth.

CariFree™ helps you to fight tooth decay and is an effective treatment for both adults and children.

Ask us if CariFree™ is right for you.



Healthy gums never bleed. Never ever!

For more information ask any of our team members or visit www.techtowndentistry.com

TECHTOWN DENTISTRY CORE VALUES

KINDNESS • EXTRA MILE SERVICE • INTEGRITY • QUALITY

Accepting New Patients

Call 519.746.7333

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

Insurance Plans Accepted

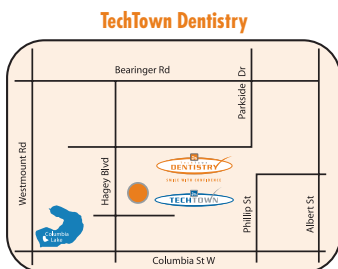
We electronically file your claims for faster processing. Ask us for more information.

Hours

Monday to Thursday..... 8am to 5pm
Friday..... 8am to 2pm

Holiday Hours

Closed December 23-26 & 30.
Happy Holidays to you and your family.



A Message from your Hygienist...

What is Gum Recession?



Receding gums, also known as gum recession, is the loss of gum tissue resulting in exposure of the root surface of a tooth. It can be isolated or affect any number of your teeth on both the inner and outer surfaces of the teeth. Gum recession doesn't happen overnight, and in the majority of cases will happen progressively over a number of years. It is most commonly caused by aggressive tooth-brushing but can also be the result of clenching or grinding your teeth, an improper bite relationship, or inadequate plaque removal resulting in the build-up of tartar along the gum line.

Common signs and symptoms of gum recession include:

- Teeth appear longer than normal
- The roots of teeth are visible, which can result in a change in tooth colour toward the gum line
- Spaces between teeth seem larger
- Increased sensitivity to hot/cold or when touching along the gum line
- Cavities occur along the gum line

Depending on the severity of your gum recession, treatment options can vary. In moderate to severe cases often a referral to a gum specialist will be recommended to further explore your treatment options.

Remember, healthy gums never bleed. Never, ever!

Team News:

Exciting news to share about the TechTown Dentistry Team



Tiffany

Announcements:

Congratulations Crystal and Justin on the arrival of baby Ella!

Welcome:

Tiffany, as Dr. Sellner's new Assistant.

Professional Development –

an important part of our ongoing education

Hygienists, Caren and Alana, are a part of a study group that discusses periodontal disease, treatments and risk factors.

Accepting New Patients & Referrals

We welcome referrals of your friends and family.



SMILE WITH CONFIDENCE

www.techtowndentistry.com

TECHTOWN DENTISTRY

340 Hagey Boulevard Suite 207 • Research + Technology Park, University of Waterloo, Waterloo, Ontario N2L 6R6
519.746.7333 info@techtowndentistry.com



Join us on Facebook – Watch for new product updates & information on maintaining your dental health