



WINTER 20

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Black History Month 2014

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In Our Community

Black History Month

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*Inspirations from
Erin – Receptionist*



*“Believe with all
your heart, you will
do what you were
made to do.”*

In 1979, Toronto was the first municipality in Canada to officially recognize Black History Month, but it wasn't until 1995 that the House of Commons voted to establish it across the country. Black History Month helps Canadians to remember accomplishments and contributions made by black Canadians, who helped to make Canada the culturally diverse, compassionate, and prosperous nation it is today. Look at the list below for educational and interactive events that offer insight into the experiences of black Canadians throughout history.



In celebration to this Dr. Cherilyn Sterling Case, Althea and Uchi Dental Hygienists and myself Linda, PR /Mrkt Director visited with the grade 7 and 8 students at **Sir WILLIAM GAGE MIDDLE SCHOOL**, on February 27, 2014. The students hosted a career fair, and they extended a welcome to Sterling Dentistry. The ladies shared their narrative and how they reached their career goals, and encouraged students to explore various pathways of success. We were very excited, and impressed with the very well organized day, and we thank the students for interacting with us, and sharing their career goals with us.

Again we thank Ms. Aroso for extending the invitation to Sterling Dentistry, and we would love to visit the school again.

QuickTime™ and a decompressor are needed to see this picture.

Did you know?

Did you know that 70% of adults aged 35 – 44 years are missing at least one tooth due to accident, tooth decay, gum disease or dental fractures.



Dental implants and/or dentures are the most common options.

Dentures, although the quality has improved, they are not for everyone. If your dentures are not secured with denture adhesive, dentures may slip out while eating or speaking.

Partial dentures might promote infection and decay in other teeth if not fitted properly, which may increase the risk that you would need a filling on the adjoining tooth. That said, dentures may be the best choice for patients whose jaw and gums are weak or unhealthy.

If you are missing teeth and your jaw and gums are healthy you may benefit from **dental implants**, which are replacement teeth that are implanted surgically into the jawbone. With good oral hygiene, **dental implants** can last for 20 years or more. **Dental implants** are a popular choice for patients who have only one or two teeth missing, however they are definitely an alternative to dentures. As long as your gums and jaw are healthy, two or more implants can serve as a base to support for several replacement teeth.

Do you suffer from sensitive teeth?



Why does it happen? "Tooth sensitivity to extreme temperatures is most often due to an exposed root surface," says Dr. Euan Swan, manager of dental programs at the Canadian Dental Association (CDA).

Below the protective coating on the outside of our teeth is an area called dentin, which contains microscopic canals called tubules. "When the dentin loses its protective covering, the tubules allow heat and cold or acidic or sticky foods to stimulate the nerves and cells inside the tooth," explains Swan. But there are easy ways to treat this common issue.

Visit our website for ways to manage your sensitive teeth:
www.sterlingdentistry.ca

Sterling Dentistry is a Preferred Provider of Invisalign

We are proud to offer Invisalign.



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