



Your smile is our Success.

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ACHIEVE THE WHITEST SMILE FOR YOUR SPECIAL DAY

Whether it's your birthday's, anniversary or your wedding day, Teeth Whitening is very affordable, effective way to freshen your look. Book a consultation for the **Lovely Couple** to discuss the smile that we can achieve for you.

Book today, at \$499.00 Reg \$700.00



Spring Cleaning

*This season encourages us all to put time aside to look after the cleaning routines that fall behind in the winter. Add dental cleaning to your **spring cleaning** list. Book your appointment today for your routine check-up and cleaning at 905-457-4445 or online at www.sterlingdentistry.ca*



Teeth Whitening Facts



In most cases, the natural colour of teeth is within a range of light greyish-yellow shades. Teeth naturally darken with age and their appearance can be affected by the accumulation of surface stains acquired from the use of tobacco products and the consumption of certain foods or drinks.

In addition, the perception of the colour of teeth is severely affected by skin tone and make-up. Independent of the real colour of their teeth, people with darker skin or who use dark makeup will look like they have brighter teeth.

Although teeth are not naturally meant to be completely white, many Canadians want a brighter smile. Responding to this desire, a wide range of "whitening" options has become available to consumers. These products fall into two main categories: surface whiteners and bleaches.



The difference between

Fever Blisters



And

Canker Sores



Fever Blisters Another name for cold sores, these tiny liquid-filled bumps are preceded by tingling, itching, and burning sensations. Fluid leaks from the sores and forms a crust that gradually falls off and heals. Fever blisters usually occur on the lips, throat, or around the mouth.

Causes of Fever Blisters Caused by the herpes simplex virus-type 1, fever blisters are either **contracted or inherited**. The virus lies dormant in the nerves until triggered by stress, injury, illness, or sunlight. Recurrent outbreaks can indicate underlying immune or dietary problems.

Canker Sores Usually on the tongue and inner lining of the cheeks, canker sores are painful ulcers that swell, rupture, and generally heal within two weeks. They are rarely associated with other diseases and **are not contagious**.

Causes of Canker Sores The leading cause of simple canker sores is stress and tissue injury. In complex cases, canker sores can point to a vitamin B-12, zinc, folic acid, or iron deficiency. Gastrointestinal tract diseases such as Celiac and Crohn's disease can contribute to the frequency of outbreaks.



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Your feedback matters to us. Share your dental experience with us @ Linda@sterlingdentistry.ca

Dr. St. Hillaire, DDS

Associate Doctor

Dr. St. Hillaire joined Sterling Dentistry in 2009. Prior to joining our team, Dr. St. Hillaire had his own successful practice in Mississauga for 18 years. He brings with him a wealth of experience and enjoys providing complete and comfortable care to all his patients. He is a member of the Ontario Dental Association, and the Michigan Dental Association.

One of his great joys is providing humanitarian dental services to individuals in countries that have little access to dental care. He has travelled to Peru, Philippines, and will be travelling to Paraguay this summer 2013 to provide services with a medical team.



Crest Oral B Contest Winners



Sterling Dentistry is a proud sponsor of the **Brampton Rose Theatre**

Sterling Dentistry had the privilege of hosting a booth at the recent *Boyz II Men Concert*, and the *Just For Laughs* comedy show in April. We thank the community members who came to visit Linda Eriksen, our Public Relations, Marketing Co-ordinator at our booth, and took a moment to fill out a ballot to join our monthly electronic newsletter mailing list. We are so happy to present our two winners, shown above, with their very own Crest Oral B Rechargeable Toothbrush system.

Words of encouragement



I have had the pleasure of having Sterling Dentistry provide my Family's dental needs for over 11 years and I have always been pleased with their great service! I always look forward to my visits as I am very particular and I appreciate the professional and efficient service that I receive. The venue is a house, inviting, warm, is in pristine condition and you can't help but feel right at home. Sterling Dentistry, thank you for your honesty, integrity, allowing your Family to treat mine and for being a Community Advocate! Bravo!

Regards, Cassifa

Did you know snails can have over 25,000 teeth – which are located on the tongue?

