



# HOME OF DENTISTRY

## January

Magical Smile Newsletter

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# Teeth Whitening FOR Life

“If you would  
create  
something,  
you must be  
something.”

Johann Wolfgang

Fact or Myth?



Many people in Scotland and all over the world have been fascinated with the idea of the Loch Ness Monster and the possibility of it's existence.

It was calculated some time ago that if the Loch Ness monster truly exists, it could only be about as big as a 12 year old as there is only enough fish in the loch to feed a 31 kg (about 67 lb) creature.

Scientists used sonar to estimate the number of fish in the lake and came up with an annual food supply of 93 kg. Since a cold blooded animal like Nessie would need to eat about three times its body weight each year, it could only weigh about 31 kg.

*A sparkly smile has been coveted since time began. In one way or another, the quest for a bedazzling smile has been gaining popularity by leaps and bounds. In fact, over the last five years, the number of tooth whitening procedures has increased by a staggering 300%. The first and most crucial step, when embarking upon the holy grail of a sparkling smile, is to see your general dentist.*

*Consequently, the dental industry has answered that need with a ton of different whitening options.*

### **Extrinsic vs. Intrinsic**

Your dentist must first diagnose the cause of your lackluster smile before setting upon the appropriate course of action. There are two different categories of tooth stain: extrinsic and intrinsic stains. Extrinsic stains are classified as outside agents located on the outer surface of the tooth. Intrinsic stains occur when pigmented materials are incorporated into dental tissue.

Extrinsic stains are more commonly known by the dental layperson. Certain foods, liquids and substances contain chromogenic agents that are known to stain teeth. These are tea, coffee, red wine, soda and tobacco products. Be aware that if it stains your t-shirt, it'll stain your teeth!



### **Vital vs. Non-Vital**

Once the cause is confirmed, your general dentist will be best equipped to prescribe the appropriate whitening product. There are two types of bleaching techniques: vital and non-vital. Vital bleaching means the discoloration is confined exclusively to the enamel. Vital bleaching can cause tooth hypersensitivity and gum irritation. Both reactions are purely temporary and vary from person to person.

Non-vital whitening is used for discolored teeth that have been root canalled (pulpless). This treatment is known as walking bleach as the hydrogen peroxide formulation will remain inside the tooth between appointments. This whitens the tooth from the inside out.

Don't wait, call your Dentist to schedule an appointment to start getting results now!

## **Did You Know?**

Trump attended the Wharton Business School, after which he joined the family real estate business. As a talented deal maker, he was able to secure loans with little collateral in the 1980s and created an empire in real estate, casinos, sports, and transportation, becoming something of a celebrity in the process.

By 1990, however, the effects of recession left him unable to meet loan payments. Although he shored up his businesses with additional loans and postponed interest payments, increasing debt brought Trump to business bankruptcy and the brink of personal bankruptcy. Banks and bondholders had lost hundreds of millions of dollars, but opted to restructure his debt to avoid risking losing even more in a court fight.

By 1994, Trump had eliminated a large portion of his \$900 million personal debt and reduced significantly his nearly \$3.5 billion in business debt. While he was forced to relinquish the Trump Shuttle (which he had bought in 1989), he managed to retain Trump Tower in New York City and



control of his three casinos in Atlantic City. He opened a new hotel and office building in New York City in 1996. In 1999, Trump indicated an interest in running for president on the Reform party ticket in 2000.

In 2004, Trump became the executive director and star of the NBC reality show, The Apprentice.

Dinner parties are a fun way to entertain friends and family. When you plan to have a lovely evening with friends, you may feel overwhelmed by the details to work out and expenses that can add up fast. But with a little imagination and these creative and inexpensive ideas, you can have a beautiful dinner on a budget.

### Before the Party

Leading up to the party, you'll want to take care of a few tasks that will make the night go smoothly and be more fun for you and your guests. Will your party be a casual get-together or a fancy affair? What kind of food will you serve? The theme of the night is up to you, but prior planning makes it easier to accomplish imaginative ideas while staying within your budget.

### Invitations

Ask your friends to your dinner party in style with these economical invitations. Start with plain white or cream-colored 3" x 5" cards. Choose a spool of 1" velvet ribbon in a dark, rich color like red, purple or blue. Cut a piece of ribbon to fit the length of the card and glue down firmly along the opening edge of the card. Write the guests' name nicely just above the ribbon and carefully write the party details inside the card in a matching color. Feel free to use a different type of ribbon to match



your party's theme.

If it fits with your plan for the night, ask your guests to dress up to add a little luxury to even the simplest dinner party. No matter if you're serving pizza or pork loin, getting dressed up will make everyone feel special. If your party is going to be casual, make sure to let your guests know this ahead of time as well.

### The Menu

Planning your menu ahead will give you time to look for deals on vegetables, cuts of meat and other ingredients instead of buying at the last minute. You'll end up with better items for less and the food you really want to serve.

When shopping, also consider how you will be presenting your food and how it will look on the plate. Adding appetizing color can be as simple and inexpensive as buying red potatoes, vibrant carrots or colorful bell peppers. As a low-cost added touch, type your menu out in an elegant font listing each course and drink selections. If you're hosting a more casual party, choose a simple font that fits with a laid-back event. Print a copy for each guest and put one next to each place setting.

### Food Presentation

The way you present your food can make all the difference between an everyday meal and a memorable dining experience. Our desire for food is driven by what we see, so a beautifully presented plate or platter will up the elegance and the appetites of your friends and family.

- A simple and budget-friendly way to present food is to use ingredients from your dishes as garnish on the plates. Sprigs of thyme, rosemary, cilantro or Italian parsley add color and scent to make your meal more enticing. You can also add color and flavor with a complementary garnish such as wedges or slices of lemon, lime or orange.

- If you're serving food from platters, try presenting a meat entrée surrounded by colorful vegetables or instead of tossing a salad, arrange the vegetables in rows with the brightest on the outer edge and the greens in the center.

- Use stem ware to present a decadent-looking, but simple dessert. Layer the ingredients of your choice in a glass—for example, chocolate pudding or mousse, whipped cream and raspberries, strawberries, coconut or chocolate shavings to top it off.

**Have Fun & Be Creative!**

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them."



## Top 10 New Years Resolutions

1. Spend More Time with Family & Friends
2. Fit in Fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Travel More
7. Get Out of Debt
8. Learn Something New
9. Help Others
10. Get Organized



# This news is all about you...

## With Heartfelt Thanks For Your Referrals

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank those who were kind enough to recommend my services to their friends.

**Thank you sooooo much!**

## Welcome New Patients!

There's no question that I have the BEST patients on the entire planet.

My business is built on word of mouth advertising and I'd like to thank those who were kind enough to recommend my services to their friends.

## Special Offer

We will credit your dental account with **\$100** towards any cosmetic treatment you may need or want upon completion of your regular exam.

Call Dr. Harjinder Girn today at 905-785-8444 to schedule your appointment and get started on your beautiful smile!

## Patient Quiz!

Last Month's Quiz Question:  
What do you call a weekly television program about people getting washed?

Answer: A soap opera

This Month's Quiz Question!  
There's one in every corner and two in every room.

What is it?

**ANSWER: The letter "O"**