

# Aponia Dental

## Greetings from your Neighbourhood Dentists!



## Aponia Dental Hosts Tooth Fairy Day 2011!

On August 20th, 2011, Aponia Dental hosted Tooth Fairy Day 2011 for the local community, and it was a HUGE success!

The purpose of the event was to have the children come and make crafts, meet our team, ask questions, and have fun at the dentist! We aim to provide one of the many positive experiences that children should have at the dental office so that if they do need treatment in the future, the dental treatment would be less traumatic.

We look forward to meeting you and your family. Remember, we're conveniently located near your home, and we have excellent facilities to take care of you and all your dental needs.

All the best,

*Dr. Brandon Wong & Team*

## Welcome Dr. Michelle Chong-Gragasin!

Dr. Michelle Chong-Gragasin is a graduate of the University of Alberta, where she obtained both her Bachelor of Medical Science degree and her Doctorate of Dental Surgery degree. During her training, Dr. Chong-Gragasin was actively involved in the Dental Students' Association and held several positions to represent her fellow classmates within the dental school. She also received recognition during those years from the Edmonton and District Dental Society, the Alberta Dental Association, and the International College of Dentists.

After practicing general dentistry for six years in Sherwood Park, Alberta, she is excited to join the Aponia Dental team and to serve the north Edmonton community where she was raised and currently resides with her husband and two young sons.



## LOL WITH CONFIDENCE!

**Trends may come and go, but a confident and healthy smile is a personal accessory that can make you shine in any situation, wherever you are.**

According to a study on the importance of smiles:

- 94 percent of respondents indicated that what they notice first when meeting someone is their smile.
- 84 percent of the survey respondents indicated that they felt an attractive smile was an important factor in getting a date.
- 75 percent felt that an attractive smile was an advantage when pursuing a successful career.

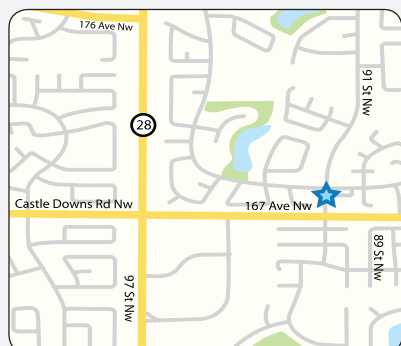
A healthy smile begins with healthy dental habits, and that means brushing properly and flossing every day to remove the plaque and debris that collects between the teeth and under the gumline, where your toothbrush can't reach. Even healthy teeth can be crooked, chipped, uneven or discoloured - all common dental problems that now have common solutions. There are a multitude of options available today, and we're happy to report that we have the technology to put the right, bright smile on your face!

Call us today to discuss what you would like to accomplish, and together we can decide the best method for reaching your goals. Let us improve your smile to reflect a new, more confident you!

OCTOBER 2011

Dr. Brandon Wong

Phone: 780-944-1999



16751 91st NW, Edmonton, AB T5Z 2X4  
(Located behind the Mac's and Esso in the Lakeview complex.)

## APONIA FAMILY DENTAL

16751 91st NW  
Edmonton, AB T5Z 2X4

Phone: 780-944-1999  
Fax: 780-473-4856  
Web: www.aponiadental.ca

**Office Hours:**  
Mon.: 9 a.m. - 5 p.m.  
Tues., Thurs.: 7 a.m. - 5 p.m.  
Wed.: 7 a.m. - 4 p.m.  
Fri.: 9 a.m. - 2 p.m.  
2 Sat. a month: 8 a.m. - 3:30 p.m.

### Our Services Include:

- General Dentistry
- Tooth Removals
- White Fillings
- Crowns • Bridges
- Braces • Invisalign®
- Implants
- **Now Offering Nitrous Sedation!**

**New Patients Welcome!**  
**Emergency Treatment Available!**

# TRICKY TREATS



Halloween candy is everywhere, which makes it hard to resist those "cute" little candy bars. The trick is to avoid turning those petite treats into a big dental disaster.

Know that it's not necessarily the amount of sugar we consume that's a problem from a dental perspective, but the amount of time that sugar stays on our teeth. For example, if you're trying to decide whether to pop a chocolate bar into your mouth or unroll a fruit leather strip, you might be surprised to hear that the chocolate is your better choice. The reason why is that the sticky fruit will remain on your teeth longer, while the chocolate will quickly wash away with your saliva.

Once a sticky, sugary treat finds its way between or behind your teeth, it encourages the formation of plaque, which feeds off the sugar and starch in the mouth to produce acid that attacks the teeth, eventually leading to tooth decay.

Remember to floss and brush thoroughly, immediately following your next sweet treat. At the very least, rinse your mouth out with water to get rid of the sugary evidence!

## WHEN IT'S NOT "JUST" A TOOTHACHE

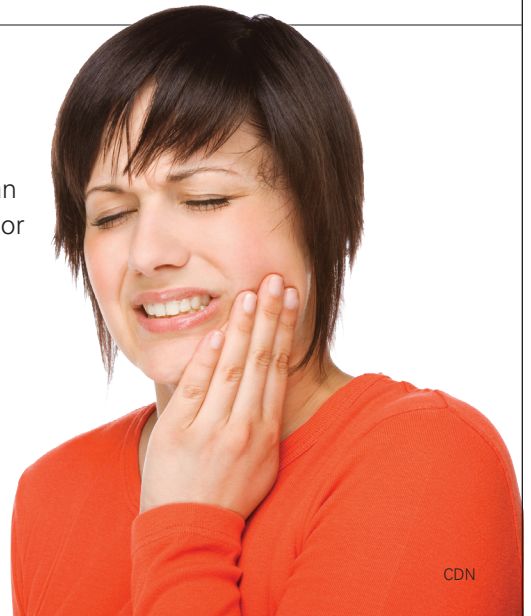
A toothache can present itself in a number of different ways. You may feel sensitivity to cold or heat, or pain when you bite down, or even a radiating type of ache after eating something very sweet.

While many toothaches are a result of dental decay or a crack in a tooth, you may also feel the same type of discomfort from nerve pain, sinusitis, or even sinus congestion from a cold, flu or an allergy.

The most serious type of toothache may be the result of a dental abscess, from an infected nerve in a tooth. It can intensify into an infection of the mouth, face, jaw or throat as bacteria extend from a cavity into the surrounding tissues.

In addition to a feeling of pressure, and an intense, persistent throbbing, the tooth may be sensitive to heat, and chewing or biting. Seek help immediately if you develop a fever, a swelling in your face or cheek, and tender, swollen lymph nodes under your jaw or in your neck. An abscessed tooth is the most dangerous of toothaches — if not treated, the infection can spread into your bloodstream, leading to severe complications.

**Don't wait for toothache pain to just "go away." Please call us so we can help identify and solve your dental discomfort.**



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Aponia Family Dental

Phone: 780-944-1999

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**Complimentary  
Orthodontic  
Assessment - Are you  
an Aponia Candidate?  
Simply call for your  
appointment today.**



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Strength Crest  
Whitestrips®**



Not to be combined with any other discount offer or insurance plan. Minimum fee only. Fees may vary with complexity of case. ADDITIONAL CHARGES MAY BE INCURRED FOR RELATED SERVICES THAT MAY BE REQUIRED IN INDIVIDUAL CASES.