



Dr. Art Stoyshin
DENTIST



Winter 2010

3506 Tecumseh Rd. E., Unit 3, Windsor, ON N8W 1H6

519-944-6358



Our new website:

www.drstoyshin.com

Check us out... Online payments, see our promos & news

Please contact us at 519-944-6358.

Hours

Monday	8-7 pm
Tuesday	8-4 pm
Wednesday	8-4 pm
Thursday	8-4 pm
Friday	8-2 pm



Cracked Tooth Syndrome

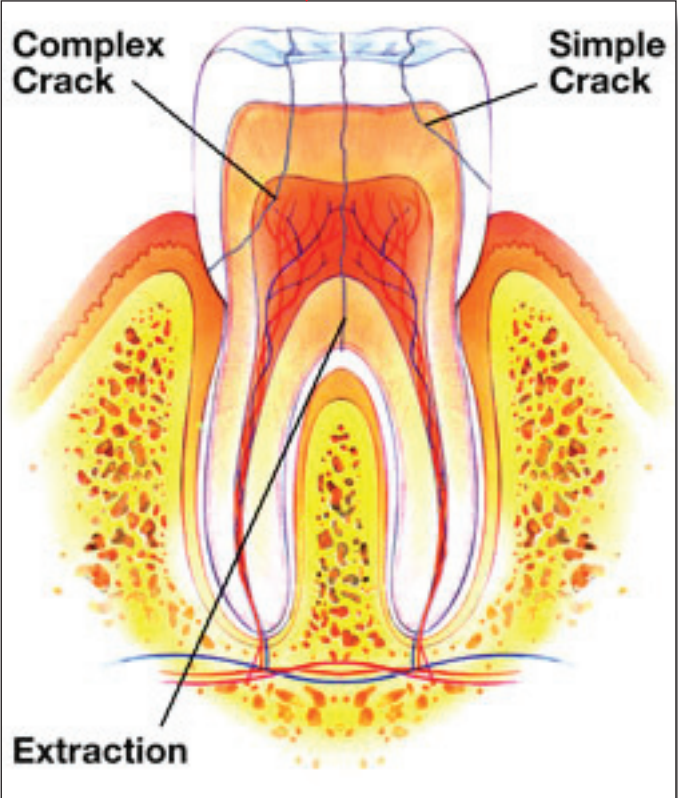
What is it? Cracks that are too small to appear on x-rays. They appear on molar teeth and in patients who clench or grind their teeth.

Sometimes a patient's normal bite causes so much pressure on the opposing tooth that it cracks.

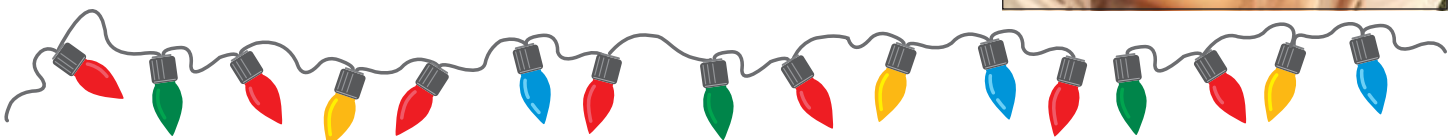
Symptoms? Pain in the tooth when you bite or chew, and sensitivity to cold temperatures. Because the pain and symptoms are not consistent all the time, it can be difficult to diagnose.

Treatment? Wearing a splint or night guard can help prevent this syndrome. However, if Dr. Stoyshin has diagnosed a cracked tooth, depending on the severity of the problem, the tooth can be restored with a crown to protect and keep the tooth intact. If the crack affects the pulp or nerve of the tooth, a root canal treatment is recommended. In severe cases, the tooth may need to be extracted or removed as some cracks extend into the root and under the bone.

That is why at your check up and cleaning appointment, intraoral pictures are taken to get a closeup view of your molar teeth and teeth with large fillings to see if there are any cracks starting to appear.



Introducing **BOOST**, our new in office top performing whitening system! Good news is that there is no need for a heat generating light. Also, we have gift certificates available for in home whitening kits and any service we offer.



To all our patients and their families, we would like to thank you for your trust in us to take care of your dental needs. Here's wishing you the very best of this holiday season!

Dr. Art, Cathy, Stacey, Joanne, Michelle, Mira and Melanie

Classic Tiramisu

Ingredients

- 20 oz nonfat Greek yogurt
- 3 oz mascarpone cheese
- 2 tablespoons dry Marsala wine
- 1/2 cup + 2 Tbsp Splenda
- 20 ladyfingers
- 1-1/3 cups brewed cold espresso
- 2 tablespoons unsweetened cocoa powder



Method

In a medium bowl, combine yogurt, mascarpone, Marsala and Splenda. Whip ingredients on high speed for 1 minute. Scrape down sides and continue to whip until smooth, about another 30 seconds.

Arrange 10 of the ladyfingers in the bottom of an 8x8 inch glass dish. Using a pastry brush, brush the ladyfingers with 1/2 of the espresso. Spoon 1/2 of the mascarpone mixture over the ladyfingers, making sure to spread evenly.

Top the mascarpone layer with the remaining ladyfingers, and repeat the soaking process with the remaining espresso. Spread the remaining mascarpone mixture over the ladyfingers. Cover the Tiramisu lightly with plastic wrap and chill in the refrigerator for at least 1 hour or up to 24 hours.

Use a sieve to spkle the cocoa powder evenly over the top and serve! Enjoy!!