



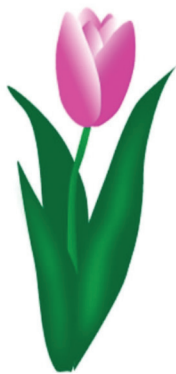
Dr. Art Stoyshin
DENTIST



Spring 2011

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

519-944-6358



APRIL
IS DENTAL
HEALTH
MONTH

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



The Importance Of Replacing Missing Teeth

Studies show that by the time we reach our mid thirties to mid forties, 69% of us will have lost at least one tooth. Some might be tempted to ignore this loss, especially if it is at the back of our mouth where it is not visible. We should not ignore the lost tooth. The loss creates a gap that if not filled, can have the following effect on our oral health:

1. It can change the way our jaw closes.
2. Surrounding teeth will begin to move to fill the space.
3. Food can become trapped, causing tooth decay.
4. Bone loss in the jaw over time.
5. Inability to chew food properly, thus contributing to nutritional and digestive problems.
6. Bite collapse of the back teeth resulting in more tooth loss and a flaring out or loss of the front teeth.

Our office offers a full line of tooth replacement options.



Single Tooth Replacement such as a "Dental Implant"



Multiple teeth replacement, such as a "Fixed Bridge" where the adjacent teeth are reshaped and act as anchors.



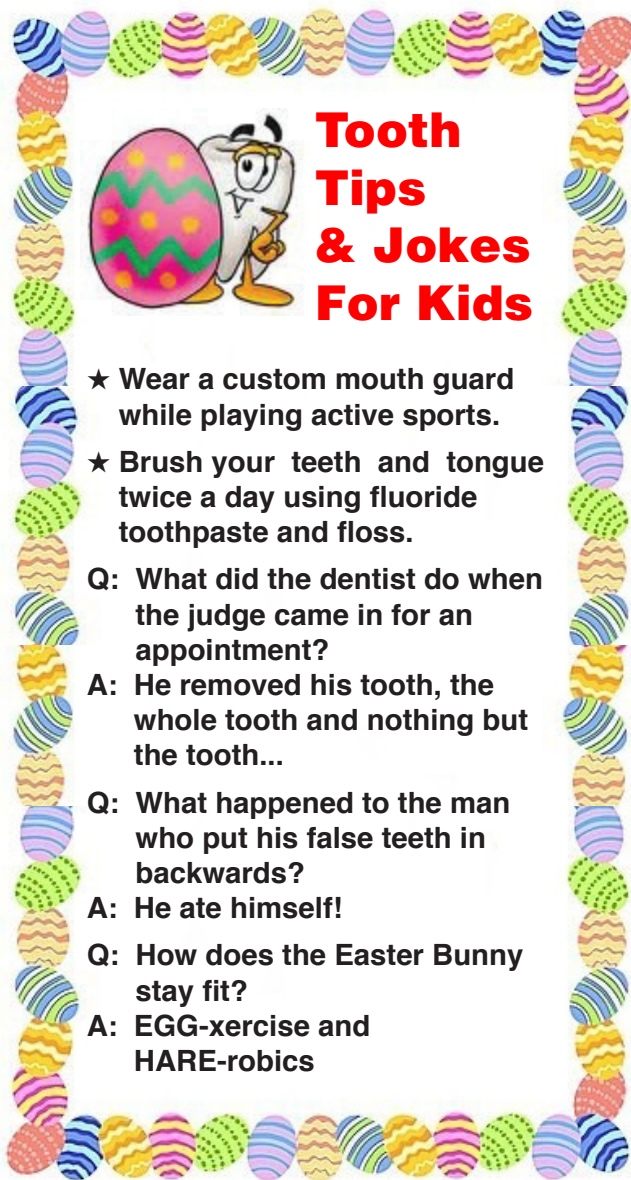
We also offer our patients the option of a "Removable Replacement, Partial or Full Denture."

EASTER DRAW

WIN a free 1 hour BOOST
Whitening Session

Value: \$500.00

Draw Deadline : April 30th, 2011
Enter online at www.drstoyshin.com or
come visit us.



Tooth Tips & Jokes For Kids

- ★ Wear a custom mouth guard while playing active sports.
- ★ Brush your teeth and tongue twice a day using fluoride toothpaste and floss.
- Q: What did the dentist do when the judge came in for an appointment?
A: He removed his tooth, the whole tooth and nothing but the tooth...
- Q: What happened to the man who put his false teeth in backwards?
A: He ate himself!
- Q: How does the Easter Bunny stay fit?
A: EGG-xercise and HARE-robics

Veggie Tortilla Pizza

Ingredients

- 1 tablespoon olive oil
- 1 medium zucchini, finely chopped
- 1 medium yellow squash, finely chopped
- 2 cloves garlic, minced
- 1/2 medium onion, finely chopped
- 1 package (10 count) low-carb whole wheat tortillas
- 3 ounces herbed goat cheese (optional)
- 1/2 cup shredded low-fat mozzarella
- 1 bunch fresh basil, chopped
- Salt and pepper to taste



Directions

- Preheat oven to 375 degrees F. In a medium saute pan, heat oil, add veggies, garlic, salt and pepper and cook until just softened, about 6 to 8 minutes.
- Lay tortillas on a baking sheet and top each one with veggies, cheese and fresh basil. Bake for 8 to 10 minutes, or until cheese is melted.
- Nutrition Info Per Serving (1 tortilla pizza):
Calories: 155; Total Fat: 7 grams; Saturated Fat: 3 grams;
Total Carbohydrate: 15 grams; Protein: 8 grams; Sodium:
404 milligrams; Cholesterol: 11 milligrams; Fiber: 9 grams