



Dr. Art Stoyshin
DENTIST



Summer 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

Hey Moms & Dads!

Summer is the perfect time for the kids to have their annual dental check up, cleaning, and fluoride application.

Call now to book and avoid the back-to-school rush!

Together, we can keep our children and grandchildren free from tooth decay.

Have a safe summer.



Can fluoride help adults?

Fluoride isn't just for children.

The use of fluoride can prove beneficial for both children and adults.

Young children were the main focus of early efforts to add fluoride to water. Now, research has shown that fluoride applied directly to teeth is just as important for fighting decay.

The regular use of fluoride helps to protect the permanent teeth from decay and sensitivity and allows patients to keep their permanent teeth much longer.

Many adults take medicines that can cause dry mouth.

They include antihistamines and medicines for allergies, anxiety, and high blood pressure and diabetes.

Decreased saliva flow can increase your risk for dental decay. Saliva helps to neutralize the acids. It also contains many minerals, including fluoride, that help keep your teeth decay-free.

By the time you're an adult, you may already have some form of periodontal disease which can cause gums to recede and expose more of your roots. To protect your teeth's roots, your hygienist can paint a fluoride varnish or gel on them.



Tooth Tips & Jokes

A Cheesy Way to Fight Cavities

Eating hard cheese after meals or as a snack can help prevent tooth decay. Cheese protects your teeth from bacteria, and has calcium that helps to rebuild your teeth.

Fluoride Is a Hero

The most important ingredient in toothpaste is fluoride. Good thing most popular toothpastes have it!

Jokes

Q: What did the vampire say after the dentist finished checking his teeth?

A: Fang you very much!

Q: What do explorers call it when they go searching for fossil teeth?

A: A molar expedition!

Q: Why did the male deer visit the orthodontist?

A: He wanted to get his buck teeth fixed!

Q: When the dentist went to the fair, what did he like even better than the roller coaster?

A: The fluor "ride"!

Fresh Strawberry Crepes (sugar-free)

Ingredients

5 large egg whites

1/8 tsp table salt

1 tsp vanilla extract

2 Tbsp unsalted butter, melted

1 cup fat-free skim milk

1 cup all-purpose flour

8 sprays cooking spray

1 pound strawberries, hulled and sliced very thin (about 3 cups)



Method

In a medium bowl, whisk together egg whites, salt, vanilla extract, melted butter, milk and flour until just combined.

Coat an 8- or 9-inch skillet with cooking spray; set over medium heat. When pan is hot, add 1/4 cup of batter and tilt skillet to cover entire bottom of pan with a thin layer of batter. Cook for 2 minutes; flip over. Top with about 1/3 cup strawberries; cook for 2 minutes more.

Fold crepe over and slide onto a serving plate; cover to keep warm.

Repeat with remaining ingredients; drizzle with honey.

Yields 1 crepe per serving.

Notes

To see if the pan is hot, add a few droplets of water – if they sizzle, the pan is ready.

These crepes can be filled with any berries you have on hand – or spread them with fruit preserves.