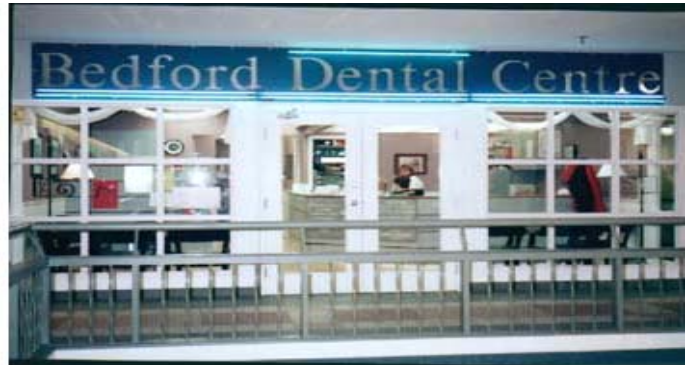


NEWSLETTER

PUBLISHER TZ

Bedford Dental Centre News

A new year and lots of exciting changes for 2004. *This* is our 10th newsletter. Since we published the last one in November 2003, Dr. Smith has upgraded to CERAC 3, to assist the immediate fabrication of ceramic fillings, crowns and partial crowns. We also have state of the art Intra-Oral cameras to help us better diagnose and inform you before, during and after dentistry is performed.



News from out Front at Bedford Dental Center

We are committed to your comfort during your visit to our dental office. Please feel free to ask us for any information regarding your visit, your insurance or any of the procedures about which our professionals have informed or advised you.



Peggy, Angela, Rosalind, Cathy and Cortney

Bedford Dental Centre is still "ON-LINE"!! Look us up at www.bedforddentalcentre.ns.ca. We will be putting our newsletters on the web to help keep you informed. Our e-mail is bedforddentalctr@ns.sympatico.ca

ORAL HYGIENE SPRING CLEANING TIME:

April is Dental Health Month and what could be a better time to spring clean your smile!

Your Hygienist can help you learn the steps to taking care of your teeth and gums.

By taking the proper steps to good dental health you will have a bright healthy smile for a lifetime and feel good about yourself.

1. **Eat Happy Healthy Foods!**
2. **Brush correctly every morning and every night (2-3 minutes)**
3. **Floss away – Every day**
4. **Tune up with a dental check-up!**

A discussion about restorations:

FAQ: -

1. How long (on average) are my white plastic or silver fillings going to last?

The usual life of a standard filling ranges from 8-12 years and is dependent on numerous factors the most notable being the actual size of the filling compared to the size of the tooth and the person’s chewing habits.

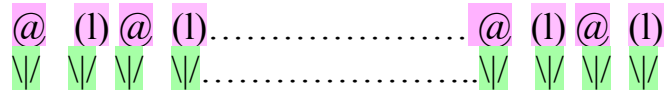
2. Are there restorations (fillings) which last longer than the usual range of 8-12 years?

Yes. Many types of restorations last a range of 20-30 years. Some examples of these types of restorations are **Porcelain, Ceramic or Gold**. These are recommended especially when the “filling” extends over half the tooth, in which case we may recommend a protective crown (cap).

We recommend that our clients consider the “long term” once their dental health is stable.

Please note the smiling faces of our ***Children on The Cavity Free Wall of Fame***
Show off Your Smile and Others will Smile back !!

HOW TO PLANT A GARDEN



FOR THE GARDEN OF DAILY LIVING

PLANT THREE ROWS OF PEAS:

1. *Peace of mind*
2. *Peace of heart*
3. *Peace of soul*

PLANT FOUR ROWS OF SQUASH:

1. *Squash gossip*
2. *Squash indifference*
3. *Squash grumbling*
4. *Squash selfishness*

PLANT FOUR ROWS OF LETTUCE:

1. *Lettuce be faithful*
2. *Lettuce be kind*
3. *Lettuce be patient*
4. *Lettuce really love one another*

NO GARDEN WITHOUT TURNIPS:

1. *Turnip for meetings*
2. *Turnip for service*
3. *Turnip to help one another*

WE CONCLUDE OUR GARDEN WITH THYME:

1. *Thyme for each other*
2. *Thyme for family*
3. *Thyme for friends*

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE.

THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW.

