

## Make a Great First Impression With Whiter Teeth

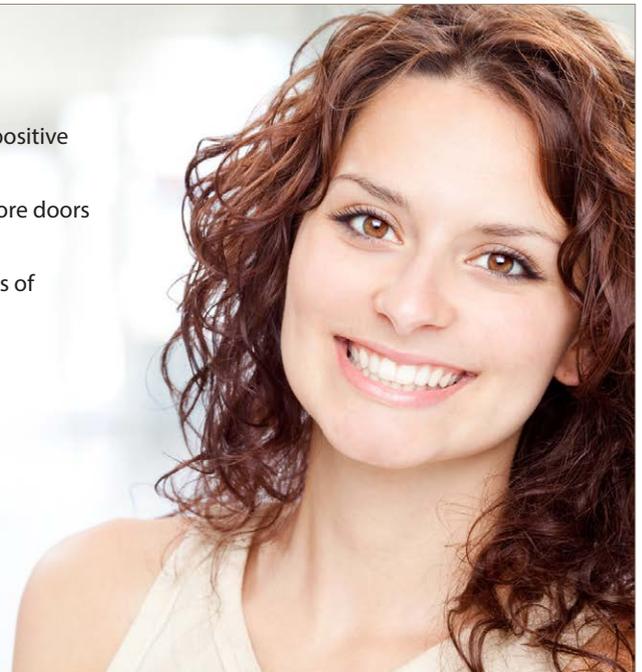
Did you know that your smile is more than just a smile? Smiling is proven to have a positive effect on your mental, physical, and even financial well-being.

That's why it's important to learn how to whiten teeth now. You'll be able to open more doors with your smile.

If you're less than impressed with your teeth color, you're not alone. The main culprits of tooth stain are everyday foods, beverages, and habits like the following:

- Coffee and tea
- Red Wine
- Sugary sports drinks
- Cola, fruit soda, and other soft drinks
- Tomato sauce
- Curry dishes
- Balsamic vinegar
- Smoking cigarettes
- Bad brushing habits

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### THE BEST WAYS TO GET YOUR CHILD TO BRUSH THEIR TEETH



Download at [www.dentrixdentalcare.com](http://www.dentrixdentalcare.com)



## Composite Fillings

Composite fillings are also called plastic, or white, fillings. Getting this kind of filling depends on where the tooth is in your mouth. We bite down hard on our back teeth (molars), so a plastic filling may not be a good choice.

More info:  
<https://dentrixdentalcare.com/composite-fillings>

## Did you know...



Tooth Decay is the most common childhood disease. Tooth decay in children is five times more common than asthma, four times more common than early childhood obesity, and 20 times more common than diabetes.

Source: American Academy of Pediatric Dentistry



## Dental Emergencies

If you have a broken tooth, a possible infection, or an excruciatingly painful toothache, you don't want to have to wait for an appointment. At Dentrix DentalCare, we're available as soon as you need us. We can resolve your emergency dental problems before they get worse.

Contact us at 403-288-5500 for our Market Mall location or 403-289-9908 for our North Hill location. We will get you in to see an emergency dentist as soon as possible!

### DOWNLOAD The Ultimate Guide To Cosmetic Dentistry

Get the PDF on our website



## Refer a Friend

Do you know someone who can use our services? We always welcome new patients. Whether it is a friend, family member or colleague, we will make sure we provide them with the same professional treatment you expect from Dentrix DentalCare. Refer new patients to:  
<http://dentrixdentalcare.com/new-patients/>

## Sign Up for Our Newsletter

Sign up for our monthly newsletter and receive new PDF newsletters (exactly like this newsletter) containing tips to keep your smile sparkling. Sign up at:  
<http://www.dentrixdentalcare.com/newsletter/>

## Make a Great First Impression With Whiter Teeth *continued*

First and foremost, you need to start brushing your teeth the right way, twice a day. That said, exposure to these teeth-staining agents over time will still lead to a dingy smile. Moreover, simple aging can naturally discolour your teeth too! To understand how teeth stains occur in the first place, let's quickly discuss the unique structure of your teeth:

- A tooth's outer layer is called the enamel.
- Your natural tooth colour is a combination of light reflecting off your enamel coupled with the dentin layer underneath.
- Some people have thick enamel, whereas others may have thin enamel. The density of your enamel is dictated by your genes. However, if you have thinner enamel, your dentin comes through much easier.
- Your enamel attracts something called pellicle. This is actually a thin coating that sticks to the enamel layer. However, it creates a porous surface that locks in stains.

## Whiter Teeth Are More Professional

Teeth whitening is one of the most rewarding cosmetic dentistry treatments you can receive. In fact, one Procter and Gamble research study even set out to learn the overall impact whiter teeth had on confidence and professionalism.

Their findings sent a clear message:

- During a job interview simulation, 65% of survey participants were viewed as more professional.
- 61% of participants exuded more confidence.
- 59% of adults were more outgoing during social simulation exercises.

For more information on Whiter Teeth, go to <https://dentrixdentalcare.com/make-great-first-impression-whiter-teeth/>

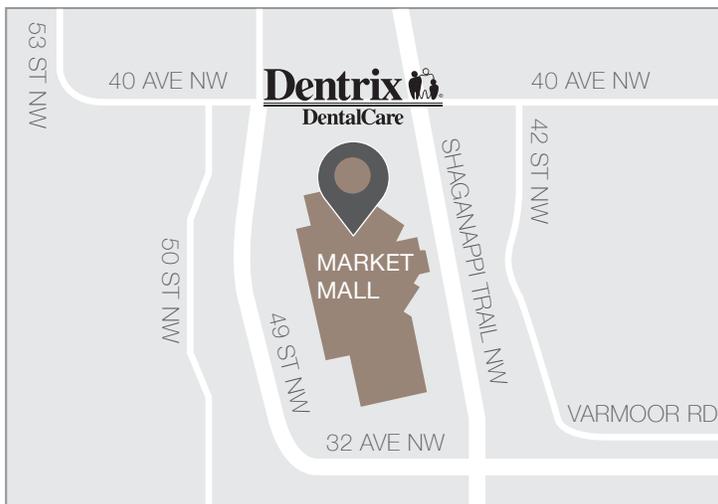
## Fun Stuff for Kids

Every month we have fun stuff including brushing charts, brushing games, colouring sheets and certificates to help children succeed with their daily brushing routine. You can download these at: <http://dentrixdentalcare.com/category/fun-stuff/>



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