

28-845 Dakota Street, Winnipeg, MB R2M 5M3 - Tel: (204) 257-1891 - Fax: (204) 257-1905

September is Sports mouth guard awareness month

During the month of September we are promoting the use of sports mouth guards. A properly fitted custom made mouth guard can:

- Help prevent concussions
- Reduce the probability of head and neck injuries
- Help protect the teeth and surrounding tissue during athletic activities

Thank You from Dr. Khalil Samhat

My having to say goodbye comes with mixed emotions. My 3 years in Winnipeg has provided me with some exceptional experiences. I have gained a lot of wisdom and knowledge. More importantly I have been honored to be able to practice my skill of dentistry here at Southside Dental. It has been an amazing time, and I want to thank you all for trusting me and allowing me to provide you with care. It is hard to believe this chapter of my life is over. As I now embark on a new chapter with my wife and children as we move to Ottawa. I will be practicing dentistry with my wife. We look forward to making Ottawa our new home, but will always fondly remember the warmth and kindness of the friends, patients and co-workers of Winnipeg.

Dr. Khalil Samhat

Welcome Dr. D'Arcy Pierce

We are pleased to announce Dr. D'Arcy Pierce will be joining the Southside Dental Team. Dr. Pierce joins us in September and we look forward to having her on the team.

September is Sports mouth guard awareness month Sports mouth guard tips Courtesy Southside Dental

- A custom made sports mouth guard needs to be examined periodically
- Do not cut or alter a custom made mouth guard
- Clean with mild dish soap, rinse well with cold water and store in a cool dry place

What if I wear braces what do you recommend?

First and most importantly if you wear braces you should still wear a mouth guard. We recommend the boil and bite style of mouth guard (over the counter product). Because the mouth is changing so rapidly during orthodontic treatment we also recommend that the appliance be refitted weekly so it does not inhibit the movement of the teeth.

How to handle trauma to the mouth?

- If trauma should occur to the mouth time is the most important factor.

- Call your dental office immediately and inform them of the type of trauma.
- Handle the exposed area as little as possible. Lightly pack the area with dampened tissue.
- Place the tooth under the tongue or in a glass of milk.
DO NOT TOUCH ITS ROOT.
- If someone qualified can place the tooth back in the socket immediately, do so.
- Reimplantation of knocked out teeth is a very difficult procedure and does not have a high success ratio. Following the above steps are important to give the dentist the best opportunity to save the tooth.

Calendar of Events

- ✓ **January** - I resolve to conquer my dental fears
- ✓ **February** - Heart health and oral care
- ✓ **March** - Nutrition Month
- ✓ **April** - Dental Health Month/Oral Cancer
- ✓ **May** - Smile so bright
- ✓ **June, July, and August** - What are you drinking?
- September** – Sports Mouth guard Awareness
- October** - Diabetes
- November** - Pregnancy Awareness
- December** - The gift that gives back- a great smile

From The Hygiene Department *Caring for your tooth brush!*

- After each use rinse it thoroughly with warm water
- Place it in a well ventilated area to air dry
- Replace it every 3 months or when the bristles flair

- Use a soft brush
- After you have been sick replace the toothbrush

Hey Kids

**Would you like to become a part of our
Cavity Free Club Open to All kids ages 3-12
Ask your hygienist for details**

Sports Teams

**During the month of September if 5 players
or more on a team have a custom fit mouth
guard made at Southside Dental
you will receive a 15% savings
per mouth guard.**

Go team Go!



**Call the office to book your team fittings
(204) 257-1891**

Enter to win our sports enthusiast draw!

**You can also read our newsletter online at
www.greatsmile1.com**

Southside Dental Centre
28-845 Dakota Street, Winnipeg, MB R2M 5M3
Tel: (204) 257-1891 - Fax: (204) 257-1905