



Brimley

dental centre



Greetings from Dr. Monica Dinca and the entire staff at Brimley Dental Centre!

First and foremost, I'd like to thank all the patients I've had the pleasure of meeting and treating over the past year. Providing you and your loved ones with dental care has been one of the most fulfilling experiences in my dental career and I look forward to helping all of you build and maintain healthy smiles for life!

We would like to inform you about our state-of-the-art equipment acquisitions. **Our intra oral cameras** we have recently installed provide fast and accurate images to better explain the required treatment options. We now use the **new curing lights** which are both high-powered and efficient during delicate restorative procedures. Our **advanced computer software** program allow us to submit all your insurance claims electronically resulting in less paperwork and prompt reimbursements from your insurance company.

At our office, we always want to provide our patients with a comfortable and convenient experience. We are now pleased to offer **wisdom teeth surgery, gum surgery, implants placement** and **bone grafting** under intravenous **sedation**, thanks to our experienced associate Dr. Carol Waldman.

We are pleased to introduce you our new Office Manager, **Anca** who is very excited to be the newest member of the Brimley Dental Centre team. She looks forward to assisting you with any inquiries and building communicative relationships with all of our valued patients.

Last but not least, we invite you to visit our website at **brimleydental.ca** and "like" us on **Facebook** to keep informed about office updates, services, treatments and important facts about your oral health. Our doors are always open to new patients and we welcome and appreciate your kind referrals of family and friends.

We look forward to seeing you very soon!
Dr. Monica Dinca

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Why is it important that I visit my dentist every 6 months?

Well, you might be surprised to learn the extent of what really goes on during your regular check-up. In addition to cleaning and polishing all the visible and hidden surfaces of your teeth, we also check for many potential problems. Tooth decay, oral cancer and periodontal (gum) disease are just a few examples of problems that can have serious consequences if left undetected.

We recommend that our patients visit our office at least twice each year to ensure their optimal oral health and to help avoid serious and costly problems. In certain cases, we may even recommend 3 or 4 visits per year in order to properly treat conditions that require more regular attention.

Maintaining a regular dental appointment schedule isn't just good for your teeth, it's an important part of your overall health.

BUTTERNUT SQUASH SOUP



Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium broth
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

Directions:

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften approximately, 3 to 4 minutes. Stir in butternut squash (squash can be fresh or frozen), thyme, broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is tender, approximately 30 minutes. Let the soup cool and carefully purée in small batches in a blender. Be careful with this step and let the soup cool before you blend! Put the small batches into soup pot and reheat stirring together. Add a piece of fresh parsley and serve with a fresh loaf of bread!



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