

SMILES

A publication of Dr. M. Tanen, BSc, DDS

Visit our New Website

uplandsdentalcentre.com

Our website is now live. Please visit us at **uplandsdentalcentre.com** and please tell your family and friends who may be in need of a new dentist.

We are also collecting e-mail addresses for faster and more efficient communication and to reduce paper usage. Please send us a note to **info@uplandsdentalcentre.com**

so we can add you to our address book. You can also let us know your e-mail address by phone or at your next visit.

Please let us know your cell phone number as well so we can update our records.

20th Anniversary

20 years of service in Thornhill

Dr. Mel Tanen has passed the twenty year milestone in Thornhill, having had taken over the practice of the late Dr. Murn Walker in 1993 and then the practice of Dr. John Little in 1998. Dr. Tanen looks forward to many more years serving his patients' needs with quality and personalized dental care.

Receive a Gift for Referring New Patients

Would you like to receive a \$20 gift certificate while doing a favour for a friend? Refer a friend or relative to our dental office and choose your gift certificate from the GAP, Shoppers Drug Mart, or Canadian Tire as a token of appreciation from us.

Our practice continues to grow by referrals from our patients. We welcome new patients and we always make time for your friends and family. We greatly appreciate your confidence and patronage.

We Are Here To Help You



Our hygienists, **Kristen, Amela, Lisette, and Saeward** provide outstanding care to our patients within our expanded hygiene care programme.

Dr. David Zins is a general practitioner dentist with a particular interest in root canal treatment. Dr. Zins provides root canal treatments to our patients when treatment by an endodontic specialist is not required. This is part of our ongoing efforts to provide our patients with complete and integrated dental care all in one location.

Albert Esses is a dentist and provides our patients with excellent services for removable dentures. These services include relines and repairs of existing dentures as well as fabrication of new partial and full dentures.

In the News

Passport Guarantors

When applying for a passport, Passport Canada no longer requires that the guarantor be a professional such as a dentist. Eligible guarantors now include any adult Canadian citizen who has a Canadian passport that is not beyond one year of its expiration date and who has known you for at least two years including your own family.

Prescription Medications

As of November 1, 2011 Ontarians are required to provide identification to their dentist in order to receive a prescription for certain narcotic or controlled substance medications. That same identification, such as a driver's license, will then be needed to pick

up the prescription from the pharmacist. This change to the regulations does not affect the vast majority of prescriptions, just a limited number of stronger prescriptions.

Speed Traps

Always drive safely and buckle up. Please note there are often speed traps at the south of the office at the bottom of the hill on Yonge Street near the Women's Golf Club coming north, and north of the office at the corner of Yonge Street and Bunker Road coming south. Always stay within the speed limit and arrive safely.

Five-point Prevention Plan

1. Brush your teeth and tongue at bedtime and in the morning.
2. Floss daily to reach between your teeth where your toothbrush doesn't reach.
3. Eat a well-balanced diet, avoid sticky sweets, and avoid alcohol and tobacco products.
4. Don't wait until it hurts - see your dentist for regular checkup and professional cleanings.
5. Maintain your health with a healthy lifestyle and regular medical checkups.

Update on Dr. Tanen's Family

Congratulations!

Congratulations to Dr. Tanen and his family on the recent marriage of their oldest daughter, Atara, to Danny. Atara is studying at the Ontario College of Art and Design. Danny is an urban planner and works at the Heritage Department at the City of Vaughan.



Ezra graduated high school and is spending his gap year in Israel. Adina will be graduating high school in June, 2014 and continues to volunteer for multiple charities. Ben is in middle school and is perfecting his break dancing.

Uplands Dental Centre

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