

Ask the Professionals



youngdentistry SMILE CARE

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Q: What are my options for replacing a missing tooth?

A: I'm so happy you are going to replace that tooth. You will be back to your old self in no time and ready to take on a jumbo turkey leg like a viking or something.

Permanent replacement solutions for a single missing tooth fall into two categories. Bridges and dental implants.

A bridge utilizes the teeth on either side of the space to support a false tooth. This can be a great option if those neighbouring teeth have had medium to large-sized fillings placed in them, because the bridge will essentially 'crown' these teeth and strengthen them. The downside is that they are harder to clean and floss and may need replacing due to the relatively small crime of getting a cavity on one of these supporting teeth.

So most of the time, a dental implant is the treatment of choice. A titanium screw is placed into the extraction site and a false tooth attaches onto this implant after a period of healing. No worries about tooth decay or overly stressing the neighbours. They are strong, comfortable, and natural looking. Best of all you can tell your friends that you are now partially bionic!

There are many different factors that need to be considered before deciding what is right for you. So speak to your dentist and get your tooth back. You will be happy you did.

MANON Dulude Ph.D., RP



COACHING AND COUNSELING SERVICES

905-873-9393

info@coachmanon.com

The concept of 'happiness' according to Positive Psychology pioneer **Martin Seligman**, is that happiness has three dimensions: the Pleasant Life, the Good Life, and the Meaningful Life. These three dimensions can be viewed as levels along the happiness continuum. We may experience the Pleasant Life when we've learned to appreciate basic pleasures such as companionship or nature. With the Good Life, we discover and apply our unique strengths. For a Meaningful Life, we use our strengths for a purpose greater than ourselves. **Studies suggest that the following seven habits may lead to happiness:**

1. **Express your heart.** People who have one or more close friendships are happier
2. **Cultivate kindness.** Volunteering or caring for others can make you happier.
3. **Nutrition and Exercise.** Regular exercise may improve mental well-being.
4. **Find your flow.** This is a joyful state that comes from doing something you enjoy.
5. **Discover meaning.** Spirituality is closely related to the discovery of greater meaning in our lives.
6. **Discover and use your strengths.** And use them for purposes greater than our own.
7. **Treasure gratitude, mindfulness, and hope.** Grateful people have been shown to have greater positive emotion, a greater sense of belonging and lower incidence of depression and stress.

If you are looking for a path to shift from "Pleasant Life" to a "Meaningful Life", consider a conversation with Manon Dulude PhD, RP, PCC, BCC. Manon can be reached at 905-873-9393 or info@coachmanon.com

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Coming Events

Coming Events

Coming Events

Vehicles
Wanted/Wrecking

Dry Stone Wall Workshop at Scotsdale Farm!

Date & Time: Saturday, October 14th
Sunday, October 15th
9am - 4pm

Location: Scotsdale Farm
13807 Tralalgar Road North
Georgetown, Ontario

Cost: \$200 per person
includes lunch and refreshments.



The Scotsdale Farm dry stone restoration workshop is designed for beginner and intermediate level wallers. Participants will be taught fundamental principles and techniques including bonding, batter, hearing and through stones. There is also a curved portion of the restoration wall. This workshop is hosted by Dry Stone Canada in partnership with the Ontario Heritage Trust. To register, visit www.drystonecanada.com and click on 'Dry Stone Canada Workshops' tab



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Accommodations
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Garages Sales

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(Misc.)

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CarpetDeals.ca

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(Misc.)

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