

WINTER 2021

GARRISON WOODS DENTAL NEWSLETTER

(403) 685-4792 | info@garrisonwoodsdental.com | www.garrisonwoodsdental.com



With the festive season upon us, we would like to take this opportunity to wish you and your families a wonderful Christmas and a Happy Healthy New Year. Thank you so much for your continued support and we look forward to seeing you in 2022!

Holiday Hours

Our office will be closed on the following days:

- December 24 to January 2 for Winter Holidays
- February 19 to February 21 in observance of Family Day
- April 15 to 16 in observance of Good Friday

If you have a dental emergency, please contact one of the following offices:

- Sierra Dental at (403) 297-9600
- Signal Hill Dental at (403) 246-3663
- Emergency Dental YYC at (587) 351-2243

Thank you for being an important part of our practice family.

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Meet Our Dentists

Our team ensures your overall oral health is top priority. We provide a complete approach, whether it's to maintain oral health or in need of much more complex procedures, we are here to help you. Please contact our office to book an appointment with one of our two dentists!



Dr. Trofimuk is originally from Edmonton, where he completed his Doctor of Dental Surgery at the University of Alberta in 1986. Shortly after graduating he moved to Calgary where he has been practicing dentistry ever since.

He strives to create an environment that is welcoming, respectful and compassionate. He uses individualized, personal care. This personal care extends to all of his general dental services.

Outside of the office Dr. Trofimuk and his wife Bernadine keep busy with their three boys.



Dr. Qing was born in Calgary and grew up in Saskatchewan, where she graduated with her Doctor of Dental Medicine from the University of Saskatchewan. She is thrilled to be back in Calgary and close to the mountains.

While Dr. Qing enjoys all aspects of general dentistry, she is always taking courses to advance herself. She is certified to administer oral sedation, has additional training to remove impacted wisdom teeth, and is a member of Spear Education for comprehensive treatment planning. Dr. Qing is passionate about building rapport with patients and making the dental experience a comfortable one.

Outside of dentistry, Dr. Qing grew up volunteering with Special Olympics and Best Buddies. Her brother is a Special Olympic world champion in swimming! In her spare time, she enjoys piano, dancing, skiing and hiking.

Cranberry Brie Bites Recipe



YIELDS: 24	PREP TIME: 0 HOURS 20 MINS	TOTAL TIME: 0 HOURS 35 MINS
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INGREDIENTS

1 (8-oz.) tube crescent dough
Cooking spray, for pan
Flour, for surface
1 (8-oz.) wheel of brie
1/2 c. whole berry cranberry sauce
1/4 c. chopped pecans
6 sprigs of rosemary, cut into 1" pieces

DIRECTIONS

1. Preheat oven to 375° and grease a mini muffin tin with cooking spray. On a lightly floured surface, roll out crescent dough, and pinch together seams. Cut into 24 squares. Place squares into muffin tin slots.
2. Cut brie into small pieces and place inside the crescent dough. Top with a spoonful of cranberry sauce, some chopped pecans, and one little sprig of rosemary.
3. Bake until the crescent pastry is golden, about 15 minutes.

Garrison Woods Dental

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UPDATED OFFICE HOURS FOR 2022

Monday: 7:00am - 3:00am

Alternating Tuesdays:

10:00am -6:00pm / 7:00am-6:00pm

Wednesday: 10:00am -6:00pm

Thursday: 7:00am - 6:00pm

Friday: 7:00am - 3:00am

Alternating Saturdays:

8:00am - 3:00pm

Sunday: Closed

Protect Your Teeth This Winter

Like the rest of the body, the teeth is no stranger to sensitivity, especially in the cold. If exposed to the cold, the teeth might sustain some damage if not properly taken care of. It is even more important to protect your teeth and mouth this winter, with ailments like the flu and COVID-19 that could infect your bodies, and not offer additional breeding ground to bacteria. The mouth is the gateway to many diseases and also a key component of a healthy immune system, so it is all the more important to pay attention to your oral health.

Here are a few ways to protect your teeth this winter:

- **Follow your daily routine,** always: Suffering winter woes like a headache or sore throat that makes it hard to get out of bed can make daily routines such an impossible task. Even so, one way to combat these ailments is to make sure our mouth is clean and healthy so bacteria doesn't breed in the mouth. Make sure to stick to your daily hygiene routine - floss, brush, rinse - so you will not find yourself with dental woes on top of what winter season may bring.
- **Pay attention to what you eat:** Winter season always calls for sweet treats and delicacies to cheer us up in the cold. Hot cider, hot chocolate, and sweet pastries contain too much acidity and sugary goodness we all crave and unfortunately, are not the best of friends for our teeth. Make sure to consume in moderation and keep the sugar levels in your mouth in control. The sugar in your food can affect your enamel and make your teeth sensitive to the cold. You may consider switching your hot chocolate for an herbal tea. And remember to drink plenty of water to help rinse away the sugar!
- **Rinse, gargle, repeat:** Nausea and vomiting can happen at any time of the year, but big holiday meals are known for causing acid reflux and heartburn for many people. Some acid residue can remain in the dental cavity when you experience vomiting or acid reflux that could damage your teeth if not cleaned properly. Remember to rinse with water or a mouthwash that contains fluoride and gargle to get rid of the bacteria and neutralize the acids.

This winter, keep these tips in mind and enjoy a healthy mouth, teeth, and body! Don't forget to keep safe always and keep in mind that a healthy mouth is a healthy body!

HOLIDAY GIFT IDEAS

Give the gift of a bright and healthy smile this Christmas!



Philips
Zoom
Whitening
Pen
\$20.00



Philips Tooth
Whitening Gel
\$55.00



Philips
Brush
Head
\$10.00



Philips
DiamondClean
Electric
Toothbrush
\$189.00



Philips ProtectiveClean
Electric Toothbrush
\$78.00



Philips For
Kids
Electric
Toothbrush
\$50.00



Clinpro 5000
\$15.00



Opti
Rinse
\$12.00



MI Paste
\$25.00