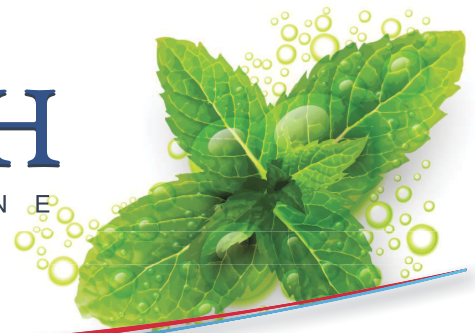




START FRESH

DENTAL HYGIENE



Why Start Fresh Dental Hygiene May Be...

Perfect for you & your family

For 20 years, Rose Dalla Pasqua, Registered Dental Hygienist and founder of the *Start Fresh*, has provided personalized care to our community. Rose's aim is to help you and your family achieve oral health, prevent more complex and costly treatments, and increase your overall quality of life.

Passionate about dental care, Rose's mission is to provide you with the gentlest care, the highest standard of treatment, and exceptional results.

1. We strive to provide wellness-based oral health care that is respectful of your total body health and emotional comfort level while receiving treatment.
2. Personalized nutritional care to improve your oral health which may benefit overall health.
3. Our goal is to provide a stress-free relaxed environment with no hurrying, no waiting, & flexible scheduling.
4. Fees based on 2012 *Ontario Dental Hygienists' Association* Fee Guide which is lower than current *Ontario Dental Associations* Fee Guide for dental hygiene services.
5. We can also come to you. Mobile home visits to nursing homes, seniors, and other patients with restricted mobility.

Enjoy a healthier mouth, fresher breath, and a more attractive smile! Our aim will be to provide great customer service. So give us a call now for your convenient appointment.

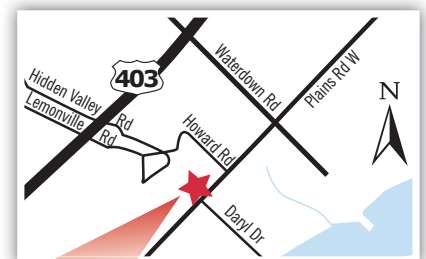


WE ALWAYS WELCOME NEW PATIENTS • CALL 289.335.0512



**GET ACQUAINTED
SPECIAL
\$132**

Includes: exam, (40 min scaling), and stain removal.



Start Fresh Dental Hygiene
1-181 Plains Road West, Suite 1
Burlington, ON L7T 0B1
289.335.0512

www.startfreshdh.ca

Exercise Improves Mental Health



Take action for a healthier mind

Did you know that physical health and fitness can improve your mental wellbeing? I'm sure you've all experienced it – you felt a bit low ... went for a walk or run ... then felt much better.

HERE ARE 3 CONNECTIONS TO KEEP TOP OF MIND:

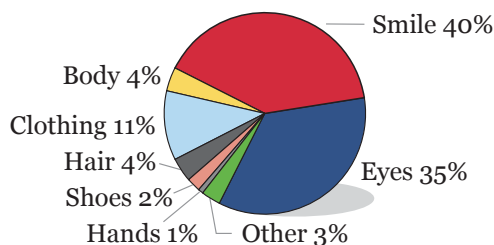
- **Depression:** Exercise is a known self-esteem and mood booster, but research shows that it can also help alleviate long-term depression.
- **Anxiety:** Physical activity helps reduce stress levels and calm anxiety.
- **Concentration:** Exercise improves concentration, plus it helps you sleep, which aids memory recall.

Join a local gym, practice yoga, work a 20-minute walk into your day, or just add more physical activities to your daily routine like taking the stairs. And don't forget your oral health... brush, floss, rinse, smile!

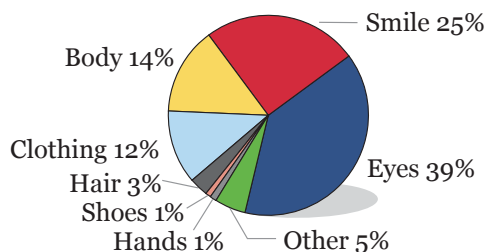
What We Notice First

You may not realize it, but your smile is one of the first things people notice about you!

What WOMEN notice first



What MEN notice first



Source: Baluke Dental Studios

Brighter Teeth & A Healthier Smile

A healthy diet and smart choices can help keep your teeth bright and your gums healthy.

WHAT YOU CAN DO

For good oral health, enjoy foods that are rich in vitamin C, D, calcium, and omega 3s. Avoid sugary or acidic food that can cause enamel erosion and coffee, tea, and red wine which tend to stain teeth.

WHAT WE CAN DO

We can clean and whiten your teeth to brighten your smile.

Together we can keep your pearly whites their most beautiful. Call us to book your teeth-whitening appointment. We look forward to seeing you soon!



Get Screened!

April is Oral Cancer Awareness Month

Studies show that people with periodontitis, or advanced gum disease, are four times more likely to develop oral cancer. This makes gum disease a serious and even a potentially fatal condition.

Bacterial infection, caused by chronic periodontitis, triggers an inflammatory response that has been known to activate cancer growth. Oral health is essential to general health at all stages of life, and avoiding gum disease can be as simple as: brushing twice daily, flossing every day, and having regular dental checkups and cleanings.

Preventing gum disease will also help reduce your risk for oral cancer and other serious illnesses, including breast and pancreatic cancers, heart disease, stroke, diabetes, and rheumatoid arthritis.

Monitor your oral health at home and if you have any of the following symptoms of gum disease, call us!

- Chronic bad breath
- Bleeding gums when brushing or flossing
- Loose or separating teeth
- Swollen or receding gums
- Any sore lump or infection that lasts more than two weeks.

As part of regular checkups and cleanings, we screen for signs of oral cancer because when found early, it has an 80 - 90% survival rate! We're here to help you stay healthy. Call and make an appointment today ... for your own peace of mind.

BERRY NUTTY TRAIL MIX

Preventing cancer when on the go!

Living a busy lifestyle? Who isn't! Keep your energy up with this delicious portable snack that's packed with powerful antioxidants, fiber, vitamins, and minerals. Many of the ingredients are proven cancer fighters. Just combine them and enjoy, another rich source of antioxidants!

- 1 cup air-popped popcorn
- 4 Tbsp each dried blueberries, cranberries, & cherries
- 3 Tbsp each chopped walnuts, sunflower seeds, pumpkin seeds, & cashews.





Dental Hygiene Presentation!

When:

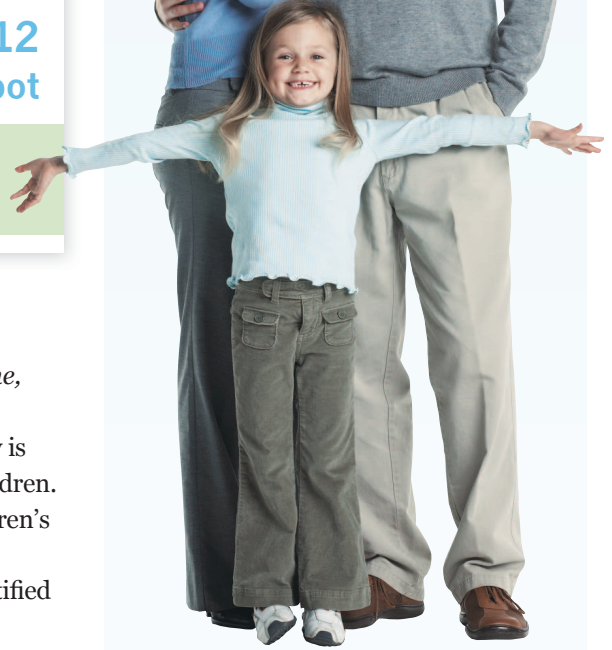
Thursday April 23rd at 7pm

Where:

**Aldershot Public Library
550 Plains Rd. East, Burlington ON**

**Call to 289.335.0512
to reserve your spot**

Come and learn how independent dental hygienists can treat your dental hygiene needs!



Meet Rose Dalla Pasqua...



Rose, the founder of *Start Fresh Dental Hygiene*, enjoys serving the Burlington area. She grew up in Hamilton and away from her office her top priority is spending time with her husband and their two children. In her spare time Rose loves to be part of her children's activities, as well as hiking, yoga, and cooking.

Rose, as a Registered Dental Hygienist and Certified Nutritionist, brings her patients over 20 years of experience. Her 11 years as a clinical instructor teaching future dental hygiene students ensures Rose's ability to explain your oral condition to you.

As your partner in prevention, Rose is passionate about dental hygiene and her goal is to provide you and your family with the best and most-convenient care possible. In addition to cleanings, teeth whitening, mouthguards, and performing oral cancer screenings, Rose believes in empowering you with the skills and nutritional knowledge needed to improve your oral and overall health.

During your visit, *Start Fresh Dental Hygiene* is dedicated in providing you with genuine family-focused care and value. Call to schedule your appointment today!

YOU'RE INVITED TO CALL 289.335.0512

Most Insurance Plans Accepted

- We help you understand your insurance and will submit claims to your insurer on your behalf.
- We make every effort to provide you with the finest care and the most convenient options.
- We will be happy to work with you to maximize your insurance benefits.

As A Registered Dental Hygienist, I Will Provide...

- Your comfort is our top priority.
- Preventive care, including sealants, oral care education & cleanings.
- Periodontal therapy.
- Desensitizing of teeth.
- *Wicked White™* Whitening for your brightest smile.
- Sportsguards to keep your smile safe.
- Nutritional counselling to benefit your oral health.

**SENIORS 60+
Receive 10% Off**