

Dr. R. Todd Appleton's.....

Tooth Times

Winter 2008

Office Philosophy

We are a caring team of dedicated, caring individuals working together to provide optimum dentistry in a friendly and comfortable environment

Office News...

You asked for it and here it is..... cable television has arrived!!!

Now you can enjoy all your favorite programs during your dental appointments on our overhead televisions!

Dr. Appleton's Fan Club

Dr. Appleton will be performing this spring in "My Fair Lady" in Port Perry.

Production runs from March 27th, 2008 to April 12th, 2008.

Be true to your teeth



and they'll never
be false to you

Our Thoughts On Diet Pop – Good for your waistline but not for your teeth.

You may think that because you are drinking diet soda that your teeth are safe from the danger of sugar.

We all know that sugar contributes to the development of tooth decay. What you may not realize is diet pop can do almost as much damage to your teeth. Diet sodas don't have any sugar, but they do contain larger amounts of phosphoric and citric acid to enhance flavour.

These acids attack the enamel that protects your teeth which means you're much more likely to get cavities and develop irritations, cracks and sensitivity to cold. People with orthodontic appliances (braces) may be even more prone to decay, especially if they do not practice excellent oral hygiene.

Any highly acidic drink can spell trouble including fruit juices and soda. Why not choose the very best thirst quencher? Water has no fat, no caffeine, and no acid!!!

Thank You for Your Referrals

Our practice continues to grow by referrals from our patients.

Many thanks to all of you!!

Sportsguards now available

Parents, the next time you outfit your kids for a baseball, football, hockey or lacrosse game make sure you don't forget the most important piece of equipment. Custom made, ready in a couple of days and available in a variety of colours!! \$ 45.00

Tips on how to maximize your insurance benefits

- Familiarize yourself with your benefits package.
- Be aware of policy maximums and restrictions
- Complete all required and recommended treatment before the end of the benefit year.

Apple recipe of the Month !!

Apple Strudel Muffins

2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup butter
1 cup white sugar
2 eggs

1 ¼ teaspoon vanilla
1 ½ cups chopped apples

1/3 cup packed brown sugar
1 tablespoon all-purpose flour
1/8th teaspoon ground cinnamon
1 tablespoon butter

Preheat oven to 375 degrees F. Grease a 12 cup muffin pan.

In a medium bowl, beat together butter, sugar and eggs until smooth. Mix in vanilla. Stir in apples, and gradually blend in the flour mixture. Spoon the mixture into the prepared muffin pan.

In a small bowl, mix brown sugar, flour and cinnamon. Cut in butter until mixture is like coarse crumbs. Sprinkle over tops of mixture in muffin pan.

Bake 20 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean. Allow to sit 5 minutes before removing muffins from pan.

Cool on a wire rack and enjoy!!!

Q: What does the dentist of the year get?

A: A little plaque

Office Staff:

Dr. R. Todd Appleton
Dental Assistant: Michelle
Office Administrator: Lori
Treatment Coordinator: Sue
Hygienists: Hilary, Sandy,
Marie, and Carolynn

Office Hours:

Monday 8 am to 5 pm
Tuesday 8 am to 7 pm
Wednesday 10 am to 8 pm
Thursday 8 am to 5 pm
Friday 8 am to 12 pm



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