



Wishing Everyone a Merry Christmas and Happy New Year

Holiday Hours

We hope that everyone has a safe and wonderful holiday season.

The office will be closed on the following dates

Christmas: December 23 - 26

New Years: December 31 - January 2.

We will be open regular hours December 27 – 30.

For our patients, in case a dental emergency does appear outside office hours,
please don't hesitate to call Dr. Wolanski on his cell at **250-756-6239**.

If you are not able to reach him please call the dental emergency line at **250-741-3365**.

Dr. Wolanski is the NDSS on-call dentist from December 27- January 2.

Want straight
teeth but don't
want to wait 2-4
years to see the
results? Read
about Six Month
Smiles on the last
page of this
newsletter.

As the weather gets colder and the year draws to an end, it is a great time to look back on the year and reflect upon all the things that we are grateful for. In the spirit of the holiday the staff thought we would share what we are grateful for in our lives...



Heather

" the opportunities I've
had in this past year to
travel and learn ! "

Deanna

" for my two wonderful
little boys ! ♥ "

Jacquelyn

" to have so many things to be thankful for !
most of all my family and friends ! "

Ashley

"my life and the people in it! ♥"

Jen

" my memories and
my awesome family ! ♥ "

Richelle

" the love and support from
my family and friends ☺ "

Rob

"great health,
family, friends,
patients and
staff! "

Michele

" the love of my
husband and kids ! ♥ "

Tricia

" the health and wellness of my friends and family
and for the love I receive and share in my life ☺ "

The Well's War Against Cancer...

A little hope can go a long way...

We just wanted to take some time to acknowledge the inspiring effort put forth by the patrons and staff from the Wellington Pub, in Nanaimo BC. On September 24, 2011 they held their annual fundraiser, which raised a record **\$20,095.87** in 5 hours!

Fundraising efforts have been going on since 2004 and the money raised goes to help the Canadian Cancer Society and its programs.

To find out about future events or for information on how you can help go to their website

wellswaragainstcancer.org

We have another tool to help us battle the fight against cavities!!!

Introducing the DIAGNOdent... this useful tool is basically a laser caries (cavity) detection tool. The DIAGNOdent helps our hygienists detect caries and decay at the earliest possible stage so that we can present the most appropriate treatment to you. If we catch decay early we can treat it before it turns into a complicated and costly dental problem. This technology has been added to our regular cleaning program and comes at no cost to you.



Doctor Movember

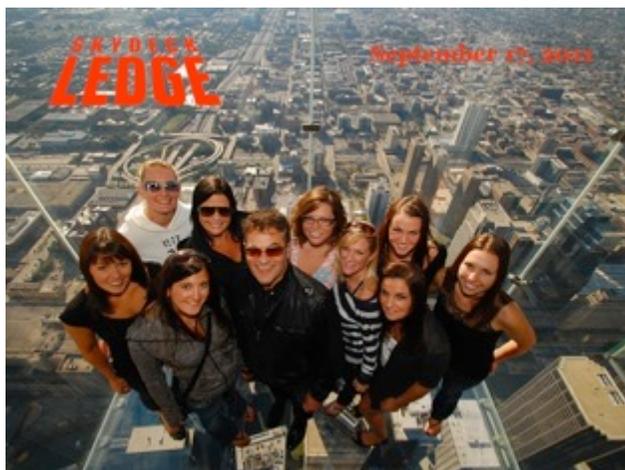
This year Dr. Wolanski joined men around the world in *Movember* to bring awareness to men's health issues, specifically prostate cancer. He attempted to do the Magnum P.I. stash – how do you think he did???

Unsightly Cold Sore? You might be interested in a **Surprising New Discovery!** Cold weather is a known trigger of the virus that causes cold sores. We just wanted to let you know that we now provide a Laser Cold Sore Therapy at Lakeside Dental Clinic that helps to reduce the length of time you have to cope with that unsightly cold sore. Painless procedure available by appointment - \$75.



Lakeside Dental Clinic Team takes on the Windy City

In September, the team took a quick educational trip to Chicago to learn about what is new and exciting in the world of dentistry. Our team is always on the lookout to see what advances in dentistry we can bring to the office to make your visits as pleasurable as possible. We care about our patients and we hope it shows.



REMEMBER TO BRUSH YOUR TEETH AND FLOSS DAILY



Referral Rewards Contest



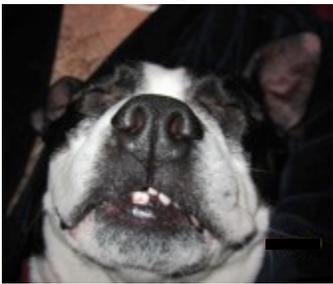
Congratulations to our Referral Rewards Winners. Contest is off to a great start. Here is a list of the **\$100** prize winners so far!

September ~ **Bruce Patten** ~ of Nanaimo, BC

October ~ **Angie Szot** ~ of Nanaimo, BC

November ~ **Danielle Dickson** ~ of Nanaimo, BC

The Referral Rewards Contest is ongoing and it never to late to start. *Ask the staff for details!*



Puppy Smiles

Not everyone in the Wolanski family has a picture perfect smile...

Lil Miss Montana,

Dr. Wolanski's

Boston Terrier has a beyond crooked smile.

She will become the first patient of

Six Month Smiles

for dogs if it ever becomes available.



Festival of Trees

Some of the staff took time out of their busy weekend to help decorate a tree for Vancouver Island

University Foundation's annual Festival of Trees Fundraiser that supports VIU students. This year the trees were on display at Vancouver Island Conference Centre. Over the past 17 years this festive tradition has helped to raise over \$850,000.

We look forward to participating next year as well. **Note:** Dr. Wolanski was here to – he was just kind enough to take the picture for us.



Prep Time: 25 Min
Cook Time: 12 Min
Ready In: 1 Hr 37 Min

GINGERBREAD MEN

Recipe from
<http://allrecipes.com/recipe/gingerbread-men/>

~ 1 (3.5 ounce) package cook and serve butterscotch pudding mix
~ 1/2 cup butter
~ 1/2 cup packed brown sugar
~ 1 egg
~ 1 1/2 cups all-purpose flour
~ 1/2 teaspoon baking soda
~ 1 1/2 teaspoons ground ginger
~ 1 teaspoon ground cinnamon

1. In a medium bowl, cream together the dry butterscotch pudding mix, butter, and brown sugar until smooth. Stir in the egg. Combine the flour, baking soda, ginger, and cinnamon; stir into the pudding mixture. Cover, and chill dough until firm, about 1 hour.
2. Preheat the oven to 350 degrees F (175 degrees C). Grease baking sheets. On a floured board, roll dough out to about 1/8 inch thickness, and cut into man shapes using a cookie cutter. Place cookies 2 inches apart on the prepared baking sheets.
3. Bake for 10 to 12 minutes in the preheated oven, until cookies are golden at the edges. Cool on wire racks. Decorate and serve.



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A healthy mouth is an important part of a healthy lifestyle.
Keep your smile healthy for a lifetime by following these
5 steps to good oral health:

1. Brush your teeth and tongue twice a day using fluoride toothpaste and floss every day.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Don't smoke or chew tobacco.
5. Visit your dentist regularly.



Would you prefer to get our newsletter by email?
Send your request to lakesidedental@telus.net

SIX MONTH SMILES



Patient 1



BEFORE



AFTER

Patient 2



Patients that undergo this treatment will be pleased with how the Six Month Smiles Cosmetic Braces System blends with your teeth making them virtually invisible.

Whether your teeth are crowded like patient 1 or you have several gaps in your teeth like patient 2, the **Six Month Smiles Cosmetic Braces System** is able to move teeth quickly into a more aesthetically pleasing position creating the smile you have always dreamed of having. Not only will you wear them for less time than traditional braces and Invisalign the cost is far less as well.

The Six Month Smiles System is designed specifically for adults and teenagers (over 15), who have crooked, crowded or spaced teeth – without major bite issues.

The technique offers tremendous advantages over traditional metal braces.



Unlike the traditional braces people must often wear for two to four years, this procedure straightens teeth in an average of just **six months** and uses low forces to gently move teeth more comfortably.

The Six Month Smiles System utilizes specialized clear brackets and tooth-colored wires – making them **virtually invisible**.

Can't wait to get started?

Call the office to schedule a consultation today!

250-756-1300

Six Month Smiles have arrived!!!