



CENTRAL
DENTAL
GROUP

So Much Begins With A Smile™

Always welcoming new patients! Call (437) 372-5587

When you visit *Central Dental Group*, you're visiting a friendly office with exceptional service led by Dr. Jordan Soll, (who you may recognize from CityLine with Tracy Moore)! Our commitment to your family is personalized dental care provided by one dentist who knows you and your family's individual needs.

We'll make your entire family SMILE:

1. No need to take time off school or work – convenient early and late appointments, we're wheelchair accessible and located near Eglinton Subway Station.
2. Wide range of services from hygiene care to ensure healthy gum tissue to complete smile makeovers.
3. Comprehensive treatments include BioClear bonding to close gaps, teeth whitening, veneers, crown & bridge, and dental implants.

We want everyone to enjoy the benefits of excellent oral health and a healthy dazzling smile. Call today!

Actual patient



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**Early Morning
& Evening
Appointments
Available**

Convenient Subway Access
Via Eglinton Station.

NEW PATIENTS!
**COMPLIMENTARY
CONSULTATION**

Use this appointment to check out our facilities and, if you have a dental concern or need, receive a 2nd opinion.

New, Delicious
& Healthy
Recipe Inside!



Mouth Care Is Body Care

Your body is designed to protect itself. Eyes water to remove harmful particles, perspiration prevents overheating, and when you develop an infection, your immune system reacts immediately ... and the result is inflammation.

When plaque is allowed to build up on teeth, it hardens into tartar. If not removed professionally and regularly, it will lead to swollen bleeding gums – which means an active bacterial infection or gum disease.

Gum disease will damage supporting tissues and cause bone loss – both devastating to your smile. Studies now link oral *bacteria* to quality of systemic health, impacting our heart, lungs, brain, blood sugar levels, and cancer risk.

Although your body is equipped to fight infection, it needs your constant help to ensure some infections don't get out of hand.

CALL AND BOOK A TEETH CLEANING TODAY!

WHICH IS BEST?

Sportsguard or nightguard

Can a sportsguard double-up as a nightguard and vice versa? Mouthguards – for sleep or play – are designed specifically for each application, so the answer is no.

Here's why...

- **Sportsguard** – The odds of a mouth injury is 30-50% over your athletic career. Sportsguards absorb external impact and protect your cheeks, lips, and tongue from bites and cuts ... and decrease the risk of concussion. They work best when custom-made for a perfect fit and to give the highest level of protection.
- **Nightguard** – Tooth grinding or clenching while sleeping can cause tooth fractures and chips, sore jaws, and even broken restorations. Nightguards intercept upper-to-lower tooth contact while putting your jaw in optimum position.

Keep your smile safe whether you're in the game or snoozing.

Call us!

It's An Emergency!

Do you know what to do?

Toothache: Rinse with warm salt water and apply a cold compress. A toothache will never go away on its own – it needs treatment. Swelling, radiating heat, and fever can be a sign of infection. Call us and we'll get you in right away.

Lost/Broken Permanent Tooth: This common injury is distressing, but try to stay calm. If you find the tooth, handle it by the crown (not the root), put it in milk, and call us immediately.



Cut tongue, lip, or cheek: With a cool wet cloth, apply pressure to stop the bleeding. If it persists, call us immediately.

Solution Supreme

Crown and bridge treatment for your smile

A **crown** is a dental restoration that restores a tooth to its natural shape and size.

A **bridge** is a restoration that attaches a replacement tooth to a crown to fill a gap left by a missing tooth.

Could you be a candidate for a crown? Or a bridge?

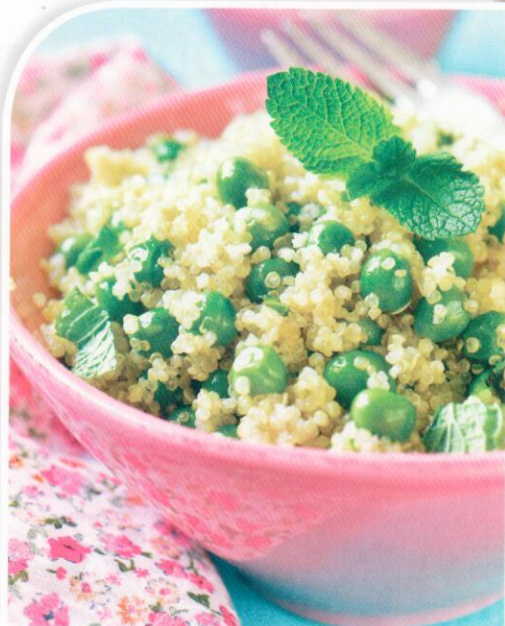
- Crown and bridge treatment is very important because spaces left by missing teeth can allow adjacent teeth to drift, which changes your bite and can cause severe wear, discomfort or pain, tooth sensitivity, headaches, jaw problems, and even encourage cavities.
- When teeth are broken, cracked, or structurally weakened by large fillings or root canal treatment, they can be supported and even saved by a crown.

Take preventive measures to avoid complex more-expensive treatments later. By repairing compromised teeth with natural-looking crowns and bridges, you can have that healthy beautiful smile you've always dreamed about!

CALL FOR A CONSULTATION!



CROWNS



Quinoa Salad With Green Pea & Mint

Fresh, easy, and nutritious food that will make you smile!

Ingredients

- 3 cups cooked quinoa
- 1 cup frozen peas, thawed
- 1/3 cup feta cheese
- 1/3 cup fresh mint, chopped

Dressing

- 1 tbsp olive oil
- 3 tbsp apple cider vinegar
- black pepper to taste
- sweeten with sugar substitute

Cook quinoa according to package directions. In a large bowl, add cooled quinoa, peas, and feta. In a small bowl, whisk dressing ingredients then pour over the salad. Add chopped mint, toss, and serve.

We help you understand your insurance
so you can achieve the greatest benefit
from your dental plan



- We will submit claims on behalf of our patients to ensure you receive prompt reimbursement
- We quote all costs before treatment with no hidden fees

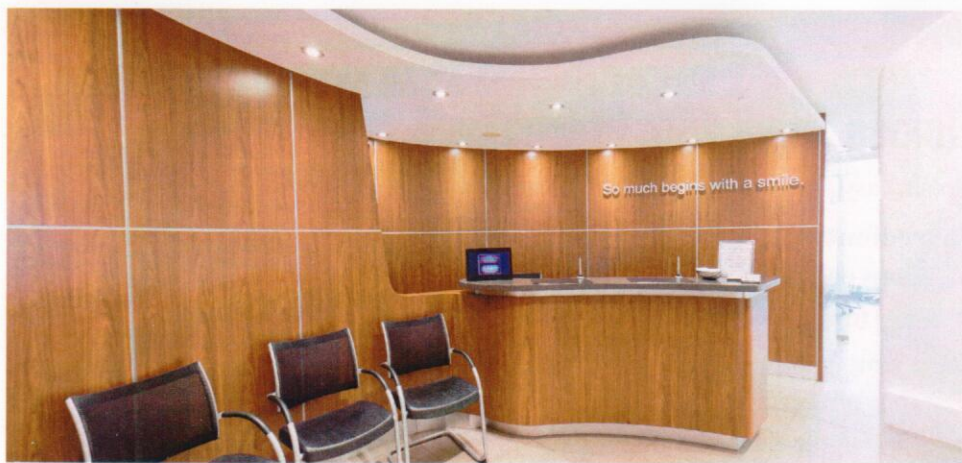
Dr. Soll And Team Would Like To Welcome Dr. Cox To Central Dental Group

Call our team today!

Individualized treatment and optimal oral health are Dr. Soll & Dr. Cox's goals for your family's dental care.

- For over 30 years, as an owner/operator, Dr. Jordan Soll has been serving the Mid-Town area since 2008. Knowing that *SO MUCH BEGINS WITH A SMILE™*, he chose dentistry because of the benefits good oral health has on a person's life.
- Dr. Edward (Ted) Cox has been providing a range of restorative dental treatments for more than 32 years and takes great pleasure from seeing his patients enjoy life with improved oral health.
- With prevention as their goal, Drs. Soll & Cox place a focus on education to help your family understand how you can help meet your oral health goals.

We look forward to welcoming you to our practice family. Call today!



Call Today! (437) 372-5587

Central Dental Group

2179 Yonge St, Suite 201

Your Yonge & Eglinton Dental Choice



(437) 372-5587

- Same-day appointments with walk-ins welcome
- Multi languages spoken including English, Vietnamese, Cantonese, Spanish & Italian
- Oral cancer screening
- Computer-assisted local anesthetic technology (The Wand)
- Custom sportsguards & nightguards

Visit our website

to learn more and see
what our patients
have to say about us!

centraldentalgroup.com