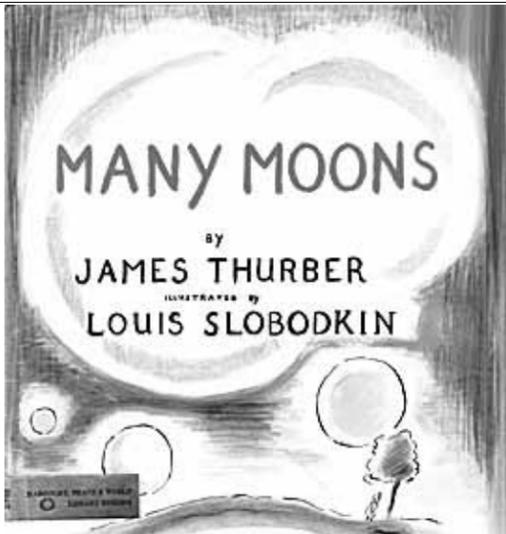


Book Review



Many Moons by James Thurber

By Helene Merritt

Kevine Bolger author of *Zombiekings* and *Sir Fartsalot* books gave a talk to the Ottawa Children's

Literature Roundtable and what most enjoyed was his profiling of books by James Thurber and E.B. White both of whom were a big influence.

Inspired, I requested James Thurber's *Many Moons* (why hadn't I read it already?) and found a charming tale of Princess Lenore who requests the moon to cure her of an illness.

The King asks the Lord High Chamberlain, the Royal Wizard and the Royal Mathematician to get the moon but none of them is able to. Finally, discouraged, the King rings for the Court Jester who, wisely, enlists Lenore's help.

When Lenore gets the moon in the form of a gold pendant, a new problem arises and again, the jester asks Lenore to come up with a solution.

Many Moons is a wise, gentle fable about the importance of listening to children and to Court Jesters

Dentistry on a Budget



How to get the most value out of a limited dental budget

By Dr. Nasrin Saba DDS

Today's tough economic times are affecting every aspect of our lives and dental care costs are sometimes being cut in family budgets as parents scramble to save money. The latest Canadian oral health statistics (1) show that 32% of Canadians have no dental insurance, 17% of Canadians avoided going to a dental professional in the last year because of the cost. Also 16% of Canadians avoided having the full range of recommended treatment due to the cost in the last year. Also an estimated 2.26 million school-days and 4.15 million working-days are lost annually due to dental visits or dental sick-days.

It is true that dental care is not cheap, but extra costs can be avoided by maintaining a good oral hygiene at home and not so expensive preventive measures at the dental office such as twice-annual cleaning, x-rays and checkups.

To prove the point, I would like to share with you a couple figures and examples some originally put on the web by my colleague Dr. Connelly (2):

- The average yearly cost of exam, x-rays and cleaning: about \$300 (\$150 x 2)
 - The average cost of filling a cavity about \$200
- At the first glance one might think that, by skipping exam, x-rays and cleanings they can save money, but it is not true in the long run.

Let's assume someone (Person A) gets four years of cleanings and x-rays, and during this time, has two cavities caught early and filled. That works out to \$1,600 over four years that Person A spent.

Person B skipped the twice yearly visits for four years, because they figured it would save them

money. Let's assume the same two cavities, which in this case, were not caught early and were allowed to fester. In fact, untreated, they will likely become abscessed. Unfortunately, person B will probably not know this until it's actually close to happening (many cavities are painless until it's far too late). Let's say one does abscess, prompting a dentist visit.

So now person B has an abscess, another one on the way, and needs major work. A root canal / post / crown for the abscessed tooth are going to run \$2,000 - \$3,000. The "one on the way" may very well need a root canal / post / crown as well (most dentists will now shy away from doing huge fillings, as they know it's a very temporary solution at best).

Bottom line: Person B saved NOTHING by skipping twice annual visits. In fact, they spent more ... way more by ignoring his teeth.

Considering the above, here's some advice to help you enjoy dental health and save money:

- Brush 3x a day -- after each meal. Yes, bring a toothbrush to work.

- Floss once a day.

- See your dentist twice yearly, and get the small problems taken care of before they become big expensive problems (and they always do -- cavities don't get better on their own). Dentists do recommend twice yearly (as that almost guarantees that small problems will be caught), but at the very minimum, go at least once a year -- it's better than skipping altogether.

Regular twice yearly visits are also recommended for children. Simple procedures like fluoride therapy and pit and fissure sealants which are plastic coverings placed on the chewing surfaces of back teeth to help keep teeth free from decay can prevent cavities in this group of patients.

Following these steps can ensure that you have healthy gums and teeth and do not experience major and expensive dental problems. So please do not put off your checkups and save yourself a pretty smile and big money!

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References:

(1) Canadian Health Measures Survey (CHMS); <http://www.hc-sc.gc.ca/hl-vs/pubs/oral-bucco/fact-fiche-oral-bucco-stat-eng.php>

(2) Dr. Thomas P. Connelly Huffington Post, July 28, 2011

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