

Health in brief

ALLERGIES Do you have a family history of asthma or allergies to insects, foods or medicines? Has a family member been diagnosed with anaphylaxis? Buy an EpiPen or two (about \$100+ each), suggests the Allergy/Asthma Information Association. Available without a prescription, it is like a needle-tip pen you jab into your outer thigh for a shot of synthetic adrenalin to ease

closing airways. Administer an EpiPen at the first signs of anaphylaxis, then go to the hospital. For more info, talk to your doctor or go to epipen.ca.

RECYCLE With camping season ending, what to do with used batteries? Many provinces and municipalities have recycling programs and so do Mountain Equipment Co-op stores (mec.ca). **BEST HEALTH MAGAZINE**

A spa for your teeth

Dental hygienists offer the same basic services for less

CELIA MILNE
For Metro Canada

We've heard the message many times: Take care of your mouth as part of your overall good health.

But it's expensive going to the dentist regularly. That's why some creative folks in Toronto have developed an affordable spa for oral care. You can go there to have basic services done by a dental hygienist, and pay 10 per cent to 30 per cent less than going to the dentist. Plus you get to sit back and be pampered.

"The response has been great!" says Georgia Thomas, a dental hygienist who opened the spa in 2008. "We are proud to be the only place in Toronto where you can slip on cozy slippers, receive a paraffin wax hand treatment, melt back into a massaging chair and have your mouth cared for, all with the soothing smells and sounds of a spa," she says.

Thomas thought of the idea 12 years ago when she was a student, but the concept could not be turned into reality legally. New legislation in Ontario and several other provinces now permits dental hygienists to practice without supervi-



STOCK PHOTO

Oral care spas operated by dental hygienist offer exams, cleaning, polishing, cavity detection and more for 10 to 30 per cent less than what a typical dentist visit would cost.

sion by a dentist, so we may see more dental hygienists opening independent clinics in the future.

The focus of Impressions, The Dental Hygiene Spa, is preventing gum disease,

bad breath and tooth decay.

The spa provides basic services: exams, cleaning, polishing, cavity detection, desensitization and whitening. Customers are referred to a dentist if

something is suspicious or if they need X-rays.

Here are some of the price comparisons. For cleaning teeth, the spa charges a bit less than the fee you would pay at a dentist. For an examination and assessment, the spa charges \$61, while the cost of an initial complete examination at a dental office starts at approximately \$120. Polishing is \$11, versus about \$17 at the dentist, and fluoride is \$13, versus about \$24 at the dentist.

Company insurance plans generally do accept billing from independent dental hygiene providers. The dental hygiene spa staff routinely check each customer's insurance policy too see what is covered, and discuss options with the client.

Working closely with customers in a relaxed atmosphere is Thomas' vision. "It is so rewarding to collaborate with the client and involve them in the entire treatment process," she says. "Our clients feel like they are no longer left in the dark about their oral health and they truly appreciate the respect and the personalized care they receive at our spa," she adds.

Clean Slate Beauty Laser hair removal specialists

Summer 2009 Promotion:
Bikini line treatments
for as low as \$65.

Visit our website for details.

Go ahead, get caught
with your pants down!

We use GentleLASE!

Call for a free consultation:

(416) 585-2222 • www.cleanslatebeauty.com
Chinatown Centre • 222 Spadina Ave • Unit 261

CROOKED TEETH and want them straightened?



You or your child may have irregular teeth, which cause you to feel embarrassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.

For a free examination appointment
Please call Bonnie at (416) 635-5821

Lose weight, guaranteed.