

**optimalTHERAPIES**

the ENCANA WELLNESS CENTRE : *LIVE WELL*



**DENTALHYGIENE**

[www.mtroyal.ca/optimaltherapies](http://www.mtroyal.ca/optimaltherapies)

## Dental Hygiene Health Care Is About Prevention

**Preventive dental hygiene health services include:**



- \*dental assessments
- \*digital dental x-rays
- \*professional teeth cleaning
- \*cosmetic whitening
- \*stain removal
- \*enamel remineralizing therapies
- \*a relaxed atmosphere
- \*direct billing to benefit plan available
- \*conveniently located on campus

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## safety first

**custom sports guards**

**We've Got You Covered**

We offer custom fitted triple laminated mouth guards tailored to your needs and personality (team logos, sparkles, stripes.)

## for your comfort

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### tooth spa

**Ultrasonic technology uses a gentle water therapy to clean you teeth.**

Surface stains are whitened and tartar is removed, helping to create a healthy smile.

### one hour whitening

**Cosmetic Options**

Whiten at home - in just 3 minutes a day with a custom take home kit - or try our One Hour Sapphire Whitening™ to whiten in just one visit. Our system is proven to whiten up to 9 shades with minimal sensitivity.

### solutions for cavities

**Treat the causes, not just symptoms**

Fillings don't prevent more cavities from returning. You can reverse early decay AND treat the underlying conditions that are the real cause of cavities. We provide you with the latest science and treatments to help make cavities a thing of the past.

### **why book an appointment?**

We offer affordable, early detection and intervention: to help you prevent early signs of disease from turning into serious conditions which can need major repairs.

### **your total health**

Your gum health is an important part of your overall health. Unhealthy gums can cause toxins to circulate which affect diabetes, heart disease, stroke, respiratory disease, premature low birth weight babies and cancer. Helping you create total wellness gives us something to smile about!

### **bring your iPod**

We offer a selection of TV shows and movies for you to watch on our iTheatre personal video glasses. If you have a favorite movie on your playlist, you are welcome to bring it along to watch during your appointment.

# frequently asked questions

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## **Can anyone use this service?**

Yes, the service is available to Mount Royal students, staff, and their families, and members of the public.

## **Can I use my dental insurance?**

We are a “Select Dental Care Partner” - we accept SAMRC dental benefits as 100% payment for your initial appointment, without charging any additional fee for this visit. (See [samrc.com](http://samrc.com) or Benefits Office.) Cosmetic whitening is not usually covered by most dental plans.

We accept many other types of insurance - please contact Optimal Therapies directly at 403.440.6917.

## **What if I don't have insurance?**

You will most likely find that our services are quite reasonably priced. Payment for dental products and services can be made at the time of your appointment by credit card or debit.



**OPTIMAL THERAPIES IS**  
PLEASED TO OFFER PREVENTIVE  
**DENTAL HYGIENE** CARE AS  
PART OF A TOTAL, INTEGRATED  
APPROACH TO WELLNESS AND  
DISEASE PREVENTION



**403.440.6917**  
**Tuesday - 9 A.M. - 6 P.M.**  
**Optimal Therapies (U216)**  
**[www.mtroyal.ca/optimaltherapies](http://www.mtroyal.ca/optimaltherapies)**