JOY OF DENTISTRY · CONTENT DELIVERY

MiNa Family Dentistry

Story Series — 50 Patient-Education Articles

Published on Joy of Dentistry · www.jodmagazine.com/en/stories
Each article is a live web page with a downloadable PDF and one contextual link to minafamilydentistry.com

Prepared 7 October 2026 · 50 articles across 8 content pillars

All 50 Stories — live URLs & PDF downloads

PATIENT BASICS — QUESTIONS BEFORE BOOKING

1 **What to Bring to Your First Appointment at a New Dental Office**
https://www.jodmagazine.com/en/stories/what-to-bring-to-your-first-dental-appointment
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/what-to-bring-to-your-first-dental-appointment.pdf
Links to: https://www.minafamilydentistry.com/about-us/ *(anchor: "a new patient visit")*

2 **Why Your Dentist Asks About Your Medications and Health Conditions**
https://www.jodmagazine.com/en/stories/why-dentists-ask-about-your-medications
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/why-dentists-ask-about-your-medications.pdf
Links to: https://www.minafamilydentistry.com/services/ *(anchor: "a thorough dental assessment")*

3 **Questions Worth Asking During a Dental Consultation**
https://www.jodmagazine.com/en/stories/questions-to-ask-at-a-dental-consultation
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/questions-to-ask-at-a-dental-consultation.pdf
Links to: https://www.minafamilydentistry.com/appointment-request/ *(anchor: "book a consultation")*

4 **What to Tell a New Dentist About Dental Work Done Abroad**
https://www.jodmagazine.com/en/stories/telling-a-new-dentist-about-dental-work-abroad
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/telling-a-new-dentist-about-dental-work-abroad.pdf
Links to: https://www.minafamilydentistry.com/about-us/ *(anchor: "a Thornhill dental team")*

5 **How to Transfer Your Dental Records When You Switch Clinics**
https://www.jodmagazine.com/en/stories/how-to-transfer-your-dental-records
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/how-to-transfer-your-dental-records.pdf
Links to: https://www.minafamilydentistry.com/contact/ *(anchor: "contact a dental office")*

6 **Day-of Questions: Eating, Driving, and What to Expect Before an Appointment**
https://www.jodmagazine.com/en/stories/day-of-questions-before-a-dental-appointment
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/day-of-questions-before-a-dental-appointment.pdf
Links to: https://www.minafamilydentistry.com/faq/ *(anchor: "common patient questions")*

7 **How Dental Recalls and Reminders Actually Work**
https://www.jodmagazine.com/en/stories/how-dental-recalls-and-reminders-work
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/how-dental-recalls-and-reminders-work.pdf
Links to: https://www.minafamilydentistry.com/services/cleanings-and-prevention/ *(anchor: "regular preventive visits")*

8 **Bringing the Whole Family to One Dental Office: What to Ask First**
https://www.jodmagazine.com/en/stories/bringing-the-whole-family-to-one-dental-office
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/bringing-the-whole-family-to-one-dental-office.pdf
Links to: https://www.minafamilydentistry.com/services/family-dentistry/ *(anchor: "general and family dentistry")*

MYTHS & FACTS

9 **Does Brushing Harder Actually Clean Your Teeth Better?**
https://www.jodmagazine.com/en/stories/does-brushing-harder-clean-teeth-better
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/does-brushing-harder-clean-teeth-better.pdf
Links to: https://www.minafamilydentistry.com/services/periodontics/gum-disease-treatment/ *(anchor: "gum and enamel damage")*

10 **Can a Cavity Reverse Itself? Early Decay vs. a Real Hole**
https://www.jodmagazine.com/en/stories/can-a-cavity-reverse-itself
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/can-a-cavity-reverse-itself.pdf
Links to: https://www.minafamilydentistry.com/services/restorations/fillings/ *(anchor: “treating tooth decay”)*

11 **Why the Timing of Snacks Matters More Than the Amount of Sugar**
https://www.jodmagazine.com/en/stories/snack-timing-vs-sugar-and-cavities
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/snack-timing-vs-sugar-and-cavities.pdf
Links to: https://www.minafamilydentistry.com/services/cleanings-and-prevention/ *(anchor: “preventive dental care”)*

12 **Is Charcoal Toothpaste a Safe Way to Whiten Teeth?**
https://www.jodmagazine.com/en/stories/is-charcoal-toothpaste-safe
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/is-charcoal-toothpaste-safe.pdf
Links to: https://www.minafamilydentistry.com/services/cosmetic-dentistry/teeth-whitening/ *(anchor: “professional whitening”)*

13 **Does Mouthwash Do the Same Job as Flossing?**
https://www.jodmagazine.com/en/stories/does-mouthwash-replace-flossing
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/does-mouthwash-replace-flossing.pdf
Links to: https://www.minafamilydentistry.com/services/cleanings-and-prevention/ *(anchor: “a hygiene visit”)*

14 **Do Fillings and Crowns Need Replacing on a Schedule?**
https://www.jodmagazine.com/en/stories/do-fillings-and-crowns-need-replacing
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/do-fillings-and-crowns-need-replacing.pdf
Links to: https://www.minafamilydentistry.com/services/restorations/ *(anchor: “restorative dentistry”)*

DENTAL TECHNOLOGY & MODERN DENTISTRY

15 **Intraoral Scanners: Why Digital Impressions Replaced the Goopy Mould**
https://www.jodmagazine.com/en/stories/intraoral-scanners-digital-impressions
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/intraoral-scanners-digital-impressions.pdf
Links to: https://www.minafamilydentistry.com/services/invisalign/ *(anchor: “clear aligner treatment”)*

16 **Cone-Beam 3D Imaging: What a Regular X-Ray Can't Show**
https://www.jodmagazine.com/en/stories/cone-beam-3d-dental-imaging
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/cone-beam-3d-dental-imaging.pdf
Links to: https://www.minafamilydentistry.com/implant/dental-implants/ *(anchor: “dental implant planning”)*

17 **What "Fully Guided" Dental Implant Placement Actually Means**
https://www.jodmagazine.com/en/stories/what-fully-guided-implant-placement-means
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/what-fully-guided-implant-placement-means.pdf
Links to: https://www.minafamilydentistry.com/implant/dental-implants/ *(anchor: “guided implant placement”)*

18 **Digital Smile Design: Previewing a Smile Before Treatment Begins**
https://www.jodmagazine.com/en/stories/digital-smile-design-preview
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/digital-smile-design-preview.pdf
Links to: https://www.minafamilydentistry.com/services/cosmetic-dentistry/smile-makeover/ *(anchor: “planning a smile makeover”)*

19 **How Modern Dental Tools Make Appointments More Comfortable**
https://www.jodmagazine.com/en/stories/modern-dental-tools-and-comfort
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/modern-dental-tools-and-comf

ort.pdf
Links to: https://www.minafamilydentistry.com/services/ *(anchor: “modern dental care”)*

20 **Digital vs. Film Dental X-Rays: What the Switch Means for Patients**
https://www.jodmagazine.com/en/stories/digital-vs-film-dental-x-rays
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/digital-vs-film-dental-x-rays.pdf
Links to: https://www.minafamilydentistry.com/services/family-dentistry/dental-exams-xrays/ *(anchor: “dental exams and X-rays”)*

ORAL HEALTH & LIFESTYLE

21 **Coffee, Tea, and Wine: How Everyday Drinks Stain and Wear Teeth**
https://www.jodmagazine.com/en/stories/drinks-that-stain-and-wear-teeth
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/drinks-that-stain-and-wear-teeth.pdf
Links to: https://www.minafamilydentistry.com/services/cosmetic-dentistry/teeth-whitening/ *(anchor: “teeth whitening options”)*

22 **How Stress Shows Up in Your Mouth — From Clenching to Canker Sores**
https://www.jodmagazine.com/en/stories/how-stress-shows-up-in-your-mouth
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/how-stress-shows-up-in-your-mouth.pdf
Links to: https://www.minafamilydentistry.com/services/ *(anchor: “talk to your dentist”)*

23 **Hydration, Saliva, and Why Water Protects Your Teeth**
https://www.jodmagazine.com/en/stories/hydration-saliva-and-your-teeth
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/hydration-saliva-and-your-teeth.pdf
Links to: https://www.minafamilydentistry.com/services/cleanings-and-prevention/ *(anchor: “preventive care”)*

24 **Mouth Breathing and Snoring: What They Can Signal for Oral Health**
https://www.jodmagazine.com/en/stories/mouth-breathing-and-snoring-oral-health
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/mouth-breathing-and-snoring-oral-health.pdf
Links to: https://www.minafamilydentistry.com/services/ *(anchor: “a dental evaluation”)*

25 **Smoking, Vaping, and Cannabis: Effects on Gums and Healing**
https://www.jodmagazine.com/en/stories/smoking-vaping-cannabis-and-gums
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/smoking-vaping-cannabis-and-gums.pdf
Links to: https://www.minafamilydentistry.com/services/periodontics/ *(anchor: “gum health care”)*

26 **Habits That Quietly Wear Down Teeth: Ice, Nails, Pens, and More**
https://www.jodmagazine.com/en/stories/habits-that-wear-down-teeth
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/habits-that-wear-down-teeth.pdf
Links to: https://www.minafamilydentistry.com/services/restorations/ *(anchor: “repair worn or chipped teeth”)*

27 **Shift Work and Late Nights: Protecting Teeth on an Odd Schedule**
https://www.jodmagazine.com/en/stories/shift-work-and-oral-health
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/shift-work-and-oral-health.pdf
Links to: https://www.minafamilydentistry.com/services/cleanings-and-prevention/ *(anchor: “routine dental care”)*

LIFE-STAGE CARE

28 **When Children Start Losing Baby Teeth: A Parent's Timeline**
https://www.jodmagazine.com/en/stories/when-children-start-losing-baby-teeth
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/when-children-start-losing-baby-teeth.pdf
Links to: https://www.minafamilydentistry.com/services/family-dentistry/pediatric-dentistry/ *(anchor: “children's dentistry”)*

29 **Why Teenagers Get Cavities Even When They Brush**
https://www.jodmagazine.com/en/stories/why-teenagers-get-cavities
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/why-teenagers-get-cavities.pdf
Links to: https://www.minafamilydentistry.com/services/family-dentistry/ *(anchor: "family dental care")*

30 **Dental Care During the University and College Years**
https://www.jodmagazine.com/en/stories/dental-care-during-university-years
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/dental-care-during-university-years.pdf
Links to: https://www.minafamilydentistry.com/services/cleanings-and-prevention/ *(anchor: "a dental checkup")*

31 **Fitting Dental Care Into a Busy Professional's Schedule**
https://www.jodmagazine.com/en/stories/dental-care-for-busy-professionals
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/dental-care-for-busy-professionals.pdf
Links to: https://www.minafamilydentistry.com/appointment-request/ *(anchor: "request an appointment")*

32 **Why Older Adults Face More Root Cavities — and How to Prevent Them**
https://www.jodmagazine.com/en/stories/root-cavities-in-older-adults
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/root-cavities-in-older-adults.pdf
Links to: https://www.minafamilydentistry.com/services/periodontics/ *(anchor: "periodontal and gum care")*

33 **Helping an Aging Parent Keep Up With Daily Oral Care**
https://www.jodmagazine.com/en/stories/helping-an-aging-parent-with-oral-care
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/helping-an-aging-parent-with-oral-care.pdf
Links to: https://www.minafamilydentistry.com/services/family-dentistry/ *(anchor: "family dentistry")*

34 **Menopause and Oral Health: Changes Worth Knowing About**
https://www.jodmagazine.com/en/stories/menopause-and-oral-health
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/menopause-and-oral-health.pdf
Links to: https://www.minafamilydentistry.com/services/periodontics/ *(anchor: "gum health")*

TREATMENT-DECISION GUIDES

35 **Can This Tooth Be Saved? What Dentists Weigh Before Removal**
https://www.jodmagazine.com/en/stories/can-this-tooth-be-saved
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/can-this-tooth-be-saved.pdf
Links to: https://www.minafamilydentistry.com/services/restorations/ *(anchor: "restorative options")*

36 **What Makes Someone a Good Candidate for Dental Implants?**
https://www.jodmagazine.com/en/stories/good-candidate-for-dental-implants
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/good-candidate-for-dental-implants.pdf
Links to: https://www.minafamilydentistry.com/implant/dental-implants/ *(anchor: "dental implants")*

37 **Root Canal or Implant? Weighing Saving vs. Replacing a Tooth**
https://www.jodmagazine.com/en/stories/root-canal-or-implant
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/root-canal-or-implant.pdf
Links to: https://www.minafamilydentistry.com/services/endodontics/root-canal-therapy/ *(anchor: "root canal therapy")*

38 **When Is Getting a Second Dental Opinion Worthwhile?**
https://www.jodmagazine.com/en/stories/when-to-get-a-second-dental-opinion
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/when-to-get-a-second-dental-opinion.pdf
Links to: https://www.minafamilydentistry.com/about-us/dr-mehdi-adibrad/ *(anchor: "a periodontics specialist")*

39 **When Might You Be Referred to a Dental Specialist?**
https://www.jodmagazine.com/en/stories/when-youre-referred-to-a-dental-specialist
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/when-youre-referred-to-a-dental-specialist.pdf
Links to: https://www.minafamilydentistry.com/about-us/ *(anchor: "the clinical team at MiNa")*

40 **Closing a Gap in Your Smile: The Options a Dentist Will Consider**
https://www.jodmagazine.com/en/stories/closing-a-gap-in-your-smile
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/closing-a-gap-in-your-smile.pdf
Links to: https://www.minafamilydentistry.com/services/cosmetic-dentistry/ *(anchor: "cosmetic dentistry options")*

THORNHILL & GTA COMMUNITY

41 **Newcomers to the GTA: Understanding How Dental Care Works in Ontario**
https://www.jodmagazine.com/en/stories/newcomers-to-the-gta-dental-care
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/newcomers-to-the-gta-dental-care.pdf
Links to: https://www.minafamilydentistry.com/contact/ *(anchor: "a local dental office")*

42 **Scheduling Dental Visits Around School and Work in York Region**
https://www.jodmagazine.com/en/stories/scheduling-dental-visits-york-region
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/scheduling-dental-visits-york-region.pdf
Links to: https://www.minafamilydentistry.com/appointment-request/ *(anchor: "book a family visit")*

43 **What to Check When Choosing a Dental Clinic Near Yonge and Steeles**
https://www.jodmagazine.com/en/stories/choosing-a-clinic-near-yonge-and-steeles
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/choosing-a-clinic-near-yonge-and-steeles.pdf
Links to: https://www.minafamilydentistry.com/affordable-dentist-thornhill/ *(anchor: "a dental clinic in Thornhill")*

44 **Dental Care for Multilingual Families in Thornhill**
https://www.jodmagazine.com/en/stories/multilingual-dental-care-thornhill
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/multilingual-dental-care-thornhill.pdf
Links to: https://www.minafamilydentistry.com/about-us/ *(anchor: "a Thornhill family practice")*

45 **Seasonal Oral Health in the GTA: From Winter Sensitivity to Summer Sports**
https://www.jodmagazine.com/en/stories/seasonal-oral-health-in-the-gta
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/seasonal-oral-health-in-the-gta.pdf
Links to: https://www.minafamilydentistry.com/services/ *(anchor: "general dental services")*

CANADIAN COSTS & COVERAGE

46 **How to Read a Dental Treatment Estimate in Ontario**
https://www.jodmagazine.com/en/stories/how-to-read-a-dental-treatment-estimate
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/how-to-read-a-dental-treatment-estimate.pdf
Links to: https://www.minafamilydentistry.com/contact/ *(anchor: "ask the dental office")*

47 **The Canadian Dental Care Plan in 2026: What to Confirm Before You Book**
https://www.jodmagazine.com/en/stories/canadian-dental-care-plan-2026
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/canadian-dental-care-plan-2026.pdf
Links to: https://www.minafamilydentistry.com/contact/ *(anchor: "contact the clinic")*

48 **Questions to Ask About Coverage Before You Start Dental Treatment**
https://www.jodmagazine.com/en/stories/questions-to-ask-about-dental-coverage
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/questions-to-ask-about-dental

-coverage.pdf
Links to: https://www.minafamilydentistry.com/faq/ *(anchor: “billing and coverage questions”)*

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49 **Understanding Workplace Dental Benefits: Maximums, Limits, and Pre-Approvals**
https://www.jodmagazine.com/en/stories/understanding-workplace-dental-benefits
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/understanding-workplace-dental-benefits.pdf
Links to: https://www.minafamilydentistry.com/services/ *(anchor: “planning your treatment”)*

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50 **Why Two Clinics Can Quote Different Prices for the Same Treatment**
https://www.jodmagazine.com/en/stories/why-dental-prices-vary
PDF: https://zdqsafuzbsfhrvsjaygc.supabase.co/storage/v1/object/public/pdfs/stories/why-dental-prices-vary.pdf
Links to: https://www.minafamilydentistry.com/about-us/ *(anchor: “the team at MiNa Family Dentistry”)*

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