

# *Southside Dental Patient Newsletter*

*spring/summer 2008*



## **The Month of May**

A smile so bright your friends and family are going to need shades.

We are passing our savings on to you.  
Our new whitening prices are:

**Day White/Nite White- \$275.00(take-home)**  
**Sapphire-\$525.00(in office 2 hour)**

**During the month of may have your teeth whitened with any one of our whitening products and we will happily give you a complimentary pair of shades**

## **Daily Diet and Bad Breath**

Have you ever been concerned about your breath? It seems fine to you- but others back away slowly as you're talking. At some time or another we have all experienced bad breath. Bad breath can be linked to many factors such as:

- **Your oral health care routine**
- **Dry mouth- which can be caused by medications**
- **Alcohol**
- **Smoking**
- **Diet- certain foods, type of nutrition**
- **Illness**

Most often the problems with bad breath have an easy solution. If you have a

concern regarding your breath do not hesitate to ask your dentist or hygienist.

## **Dental Health Nutrition Tips**

Eat a piece of cheese after sugary snacks to protect against cavities

Drink water. Sipping on pop, juice and sports drinks causes cavities

## **From The Hygiene Department**

At Southside dental we are a team of committed professionals with one goal in mind: your oral health care. We feel it is important to recognize the links between your oral health and your overall health. Each month we will be featuring a different link. Check out the calendar below. We will have posters, giveaways, draws and information available to you in office. Even if it isn't your appointment time we would be happy if you wanted to drop in for more information.

## ***Reasons to have my teeth whitened***

- ✓ Great dazzling smile for my wedding photos.
- ✓ I deserve it. Its time for me.
- ✓ My reward for quitting smoking.
- ✓ It is important for my image – people are looking at my smile all the time.
- ✓ Great mother's day and father's day gift ideas.
- ✓ At Southside Dental when I have my teeth whitened during May or June I will get a great pair of shades.

## **Oral Cancer**

Are you aware that we do a complete Oral cancer screening at every recall appointment?

During the exam, your dentist will check face, neck, lips and entire mouth for possible signs of cancer. X-rays are another tool used to detect signs of cancer below and at the jaw line.

If quitting smoking has been on your mind. Our hygiene team will be happy to assist you with smoking cessation programs. Inquire at your next recall visit.

### **Preventative Care Appointments**

Our recommendations as oral health care professionals are to have your teeth professionally cleaned and checked every 6 months, unless you are on a periodontal program. However, your insurance coverage may dictate cleanings every 9, or 12 months which may not be in your best interest. Our computer is programmed to default to 6 months, if your provider coverage is other than 6 months please let our reception staff know.



### **Hey kids**

**Would you like to become a part of our  
Cavity Free Club  
Open to  
All kids ages 3-12**

How to qualify, at each of your regular preventive care appointments should you have no cavities you will receive a special place on our wall of fame and a special recognition of your no cavity achievement to take home.

### **Calendar of Events**

**January-**I resolve to conquer my dental fears

**February-** Heart health and oral care

**March -**Nutrition Month

**April-** Dental Health Month/Oral Cancer

**May -**Smile so bright

**June, July-** What are you drinking?

**August-** Sports mouth guard safety Awareness

**September -**Playground safety/Kids nutrition

**October-** Diabetes

**November-** Pregnancy Awareness

**December-** The gift that gives back

### **Dental Health Month Winners**

Congratulations to the following patients who entered our patient appreciation draws during Dental Health Month and were winners of the following:

Oral B Smart Guide-Dalain Gagne  
Family Travel bag- Kim Patterson  
Day/nite Whitening kit – Anna Magyar  
Kids Jungle Draw- Julian Black

### **Contact Information**

How would you prefer to have our office contact you?

Telephone  
Cell Phone  
E-mail

Let us know so we can best accommodate you!

You can also read our newsletter online at [www.greatsmile1.com](http://www.greatsmile1.com)

