



Here at Conway Oral Healthcare, we believe that superior oral health takes effort and teamwork. We believe in cooperation between doctor and patient, to ensure that we are not only caring for our patients in the best way possible, but educating them as well.

Sipping, Snacking, & Oral Health

A steady diet of sugary foods and drinks, including sports drinks can ruin teeth, especially among those who snack throughout the day. Sugar mixed with the bacteria in your mouth produces acid. This acid attacks your enamel for up to 20 minutes. When sugar is consumed over and over again, the harmful effect on teeth can be dramatic. And when a tooth decays, the enamel does not grow back. The only option once decay occurs is to see your dentist and have the tooth treated.

- If you consume sugary foods and drinks, do so with meals. Saliva increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between meal snacks and sugary beverages. If you crave a snack, choose nutritious foods. If you chew gum, choose sugarless gum. Sugarless gum increase saliva flow and helps wash out food and neutralize decay-producing acid.
- Drink water. Consuming optimally fluoridated water can help prevent tooth decay. If you choose bottled water, check the label for fluoride content.
- Brush your teeth twice daily and floss daily with dental products that have received the ADA seal of acceptance.
- If you must drink soda or other sugary drinks, do so in one sitting, not sipping continually. Then drink a glass of water to rinse the acids from your tooth enamel.

JUNE–JULY PROMOTION

\$100 off of one crown
\$300 off of two crowns

Crowns must be scheduled in June or July. This offer cannot be combined with any other offer.

