



August 15, 2011

Welcome Terry!

 In this issue: **Back to School organization**; **Sports Drinks & Tooth Decay**; **Patient of The Month**; **August Specials**.

Get the family **organized** and **ready** to roll for the new school year with these **key tips**.

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1. **Start early.** Start getting ready to return to school at least four weeks before the first bell rings. Yes, you're washing chlorine out of your kids' bathing suits daily. But you can still go ahead and quietly make plans for the new school year. Some tasks, such as enrolling in activities and after-school programs, may need to be done even earlier.
2. **Visit the school.** Find out whether there are any new policies you need to know, such as a change in dress code or an additional immunization. If you're new to the school, make sure you have filled out all the required forms. An in-person visit is better than a phone call; you may go in to sign paperwork and end up finding a flyer about after-school care or meeting another parent with a child the same age as yours.
3. **Visit the doctor.** Make sure your child is up to date on immunizations. Your pediatrician is also a good resource for school issues such as bedtime and television viewing. Let the doctor know if your child struggled in school the previous year or has had recent changes in behavior or interest in learning.
4. **Make after-school plans.** Will your child participate in an after-school program or come straight home after school? Will you be waiting, or will a babysitter? Some kids go to after-school care certain days only and come home other days, which can create confusion. Also, are there after-school activities or tutoring sessions to consider? Let your child in on the plans so she'll feel like she has a voice. The hours after school and before dinner can be long, and you want her to be happy and engaged.
5. **Set the stage.** Get the house ready. Make sure a computer is set up in an open family room for kids to use for schoolwork. Place the calendar in everyone's full view. Get the kids' school clothes organized and accessible. Set up a station for backpacks and other gear as well as a basket for school-related papers.

Sports Drinks & Tooth Decay



Hydration and energy are important facets to athletic success. But new studies have shown that they can be just as harmful to the strength of your teeth as soft drinks. Due to their acidic nature and high in sugar contents, all these drinks can wear away the enamel from your teeth.

The Academy of General Dentistry released findings in 2005 that showed that over the course of years, sports drinks and energy drinks caused tooth decay just as fast (and in some cases faster) than soft drinks. Many young athletes suppose that as they exercise and play sports, these drinks are vital to their performance and health. While they do assist in endurance and hydration, especially for athletes engaging in strenuous physical activity, you can often get the same benefits from juice or even water with fewer risks to your teeth and your overall health.

Certainly during this hot summer season, a cooling sports drink should not be seen as a healthier alternative to soda when it comes to dental health. If you or your children find sports drinks as a frequent hydrator, you may want to rethink your sugar intake.

And now announcing our "Patient of the Month":



Sue Johnson

Congratulations **Sue**, you're this months lucky winner of our Sonicare Toothbrush, now you have **30 days** to come into our office and claim your prize! :)

You all have a chance to be entered into the drawing, all you have to do is come in to your regular check up cleaning, and you'll automatically be entered for the drawing. Also, when you refer a friend or relative, you get **2 extra entries** into the drawing. *How awesome is that?* **Good luck!**

Monthly Specials: Want to whiten your teeth or improve your smile? Check out our [August Monthly Specials](#).

Have a great day!

Platinum Dental Inc.

Platinum Dental Inc.: 555 South Rancho Santa Fe Road Suite 100 - San Marcos, CA 92078
ph: 760-510-9009 - email: staff@platinumdental.com