

June 6, 2015

Hello Terry!

**In this issue:** **Camping & Wildfires, Nutrition & Oral Health, Patient of the month, September specials.**

## Going camping this season?

Fall season in Southern California is also known to be **Wildfire** season. Here are some basic measures to take when camping and having a fire:

*2007 San Diego Wildfire*

- Use only dead and down wood. Never break branches from standing trees, even if they appear dead.
- Keep your fire small, so it does not get out of control and future campers will be able to find firewood too.
- Have large shovel at your campsite.
- Bring a bucket for quick extinguishing.
- Keep the fire small & manageable.
- Before you turn in for bedtime, make sure there are no flames, windy conditions & remember to fold up your camp chairs & lay them down. Winds have been known to blow them into the fire & ignite.
- Extinguish old coals & firepit any time you leave camp.

Happy camping!

## Nutrition and Oral Health

*Choosing the right foods in your diet is an important aspect in having healthy teeth and good oral hygiene. Establishing good nutritional habits in kids and teenagers can be especially beneficial for good eating patterns and food choices throughout their lives.*

*The foods that you eat come in contact with the germs and bacteria that live in the mouth. If you don't brush, plaque will accumulate on the teeth. Plaque thrives on the starches and sugars that are found in a great deal of foods. When plaque combines with the sugars and starches, an acid is produced that attacks enamel on the teeth, and eventually causes decay. According to the American Dental Association, the acid attacks the teeth for 20 minutes or more.*

*Choosing a healthy diet may sound easy, however, fruits, milk, cereals, bread and some vegetables contain sugars and/or starches. Carbonated sodas, sweet fruit drinks and sugary snack foods should be limited.*

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*You don't have to avoid these foods, just keep in mind that you should eat a balanced diet, brush your teeth twice a day and floss daily.*

*While eating healthy foods and avoiding snacks and drinks that are high in sugar are good ways to prevent cavities, a good dental regime is essential in maintaining healthy teeth and gums. Plaque can be removed by brushing and flossing thoroughly and a visit to our office can detect any signs of early decay. If you have a severe sweet tooth, try starting out by replacing one snack a day with healthy choices.*

## September Specials

Follow this link to view our [September Specials](#).

## Patient of the month for August is .... Semana Richards

Congratulations Semana. You have won yourself a Waterpik for extra clean teeth and healthy gums. You have 30 days to claim your prize.



"How can I win a Waterpik?" you ask. You're automatically entered into our monthly drawing when you come in for your regular check up and cleaning. Any time you refer someone to our practice, you get another entry into the drawing. The winner is announced in the monthly newsletter.

Have a great day!

*Platinum Dental Inc.*

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