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Some suggestions for a less frantic school year



You're looking for one (just one!) change to make the new school year smoother and more successful. What should it be? Our favorite parenting experts share tips.

- Create a morning schedule with your kids and post it prominently. When kids know what to expect – and what your expectations are – everything will go that much smoother.
- Since working parents have few chances to interact, and open house time tends to be a crush of parents trying to grab the teacher's attention, sending an email to the kids teachers on the first day or so of school, just sharing insights into your kids that might help them in the classroom, and making it clear that we want to stay in close touch even though we work full time.

•Don't buy all the back-to-school clothing in advance. Even if a uniform code simplifies things for you, the child's tastes will be influenced by what she/he sees peers wearing and by what she/he finds most comfortable. Fewer options will reduce complications in the early weeks of school too (even if it means midweek laundering). Also, if a uniform code allows a white shirt or a darker shirt, favor the darker for durability. If your child favors skirts/dresses, don't forget bike shorts (or choose skorts).

How to Stay Cavity Free



For all our best intentions to brush and floss consistently, it seems that we can't always avoid the cavity diagnosis. While brushing and flossing daily is good for your teeth and important for battling gum disease there are other things that we can do to prevent cavities from forming.

- Use a mouthwash after brushing help clear out remaining cavity-forming bacteria. Listerine and ACT are 2 good over-the-counter products.
- Avoid snacking between meals, especially on sugary or chewy foods which can accelerate the forming of cavities. But chewing vegetable fiber, like celery, after meals can help stimulate saliva, which helps cleanse the fissures and pits where cavities typically form.
- For those with braces, water picks can be used to instead of flossing which is nearly impossible with most braces. Rubber tips, Proxi-brushes and Platypus flossers are excellent little cleaning aids.
- Chewing sugar free gum between meals, particularly sweetened by natural xylitol, can help prevent cavities by helping neutralize the PH balance in your mouth and suppressing bacteria growth. But, don't chew gum longer than 5-10 minutes as that might cause TMJ problems.
- Visit our office regularly to ensure the application of fluoride, which strengthens enamel thereby preventing tooth decay. Also, if you are prone to cavities, it's a good idea to have ongoing checkups to catch cavities early while they are small before they can become larger problems.

Proper dental care goes beyond just brushing and flossing. Protecting our smiles isn't always convenient, but it is rewarding.

Patient of the Month Winner: **Cathy Noxsel**



Cathy congratulations, you're this months winner, stop by our office during office hours to pick up your SoniCare Toothbrush.

For those of you that are wondering how to become a winner of our monthly drawing, all you need to do is come in to your regular check-up cleaning and you get 1 entry into the drawing.

Referring patients to our office with our **Care enough to share** cards gives you **2 entries** into the drawing.

August Specials: [Click here.](#)

Have a great day!

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