

BACK TO SCHOOL

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Greetings!



Welcome back to school for year 2014!

Wow! The school year is starting again already? It seems like they just got off not too long ago. This year really is going by fast! Here are some tips for getting the little ones prepared for their first day at school:

1. Create a morning schedule for your kids to follow, when kids know what to expect everything will run smoother.
2. Get everything ready the night before, that way they are not struggling to rush out the door. Nobody wants to be late on the first day of class.
3. Buy just the essentials. Like a backpack, pencils, binder and some paper. If they need anything extra the teacher usually sends home a list of what is needed.
4. A lot of stores are having many back to school specials, so try to get to them early before everything is picked and choosed.

We hope your little one's first day back to school runs as smooth as possible :)

Regular Exams are Important

Because we are committed to preventing dental problems before they happen, we recommend that all of our patients see us at least every six months for a routine cleaning and examination. Dental problems usually start out small but can quickly worsen to become much more serious. These problems are much easier to treat—or better yet avoid—if they are caught early.

Serious dental problems begin as treatable problems

One example of this is gingivitis. The effects of gingivitis are reversible. But when gingivitis advances into periodontal disease, the bone loss that can result is not reversible.



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Another example is a small cavity on the surface of a tooth. This can easily be fixed, but if it spreads to the inner layers of the tooth, we may need to perform root canal therapy and restore the tooth with a crown. This can also be the case with a cracked filling. It can usually be fixed quite easily. If untreated, it may lead to an infection in the tooth's inner pulp layer that also must be treated through root canal therapy.

A bad bite can also contribute to problems with your temporomandibular joint (TMJ) and can cause the painful cycle of muscle spasms and other jaw-joint problems commonly known as TMD, or temporomandibular disorder. There are ways to treat TMD and the sooner treatment begins the sooner the painful symptoms can be relieved.

The problems mentioned above are just a few of the many avoidable or treatable problems that, if left untreated, can quickly become much worse.

The key to avoiding serious dental problems—Regular checkups

During your regular checkups we examine the health of your mouth, measure the bone levels around your teeth, check for decay, screen for oral cancer, examine your dental work, evaluate your bite, and remove plaque and tartar from your teeth. The bacteria that cause periodontal disease thrive in plaque and tartar, producing toxins that can cause bone loss and eventually tooth loss. A toothbrush and floss are almost useless against tartar, so to keep it from building up we must remove it every six months in our office.

Your six month exam and cleaning is a critical part of a preventive strategy. It is the best way for you to prevent advanced dental problems, and minimize the time and money you spend in the dental chair.

Patient of the Month.

Robert Freitas!!!!!!



Take-home Teeth Whitening Kit

(\$199 value)

Kit includes:

- 1 custom tray (1 arch of your choice)
- 2 tubes of bleaching gels

You have 30 days to claim your prize!

**Are you wondering how you can become our next month's winner? Well it's easy, just come in for your regular check up and cleanings and you are automatically entered. Would you like to increase your chances of winning. That is simple as well, write us a nice online review and you get an extra entry into our monthly drawing. Easy right!. Good luck on becoming next month's winner :).

Hey [look here](#) for some awesome August Specials.