



Platinum Dental, Inc.

Smile Times

Hellow & WelcomeTerry!

In this issue: [Saint Patrick's Day Fun Facts](#), [Acid and Your Teeth](#), [Monthly Specials](#), [Patient of the Month](#) and [Last month's winner](#)

Saint Patrick' Day brings to mind [green everthings!](#) From Green hair, to green beer to green rivers. But where did all of this green business start off. And who is this Saint Patrick anyways? For starters, [he wasn't even Irish](#). He was born in Britain around A.D. 390. He wasn't even interested in Christianity as a young boy. When he turned 16 though, things got really interesting. He was [kidnapped and taken to Ireland as a slave](#). This is about the time that he started "hearing voices" and took up Christianity. He escaped from Ireland to be reunited with his family in Britain. However, "the voices" told him to [go back to Ireland and spread Christianity around](#). His life was never easy as he faced much abuse, anger and violence from the people and his superiors in Ireland. By the time he died, he was largely a forgotten figure!

Until 1970's St. Patrick's Day in Ireland was a minor religious holiday. It was around this time that the day was popularized by Irish-Americans living in the U.S. During religious parades, the color green was worn by people in Ireland to show their committment to their country. This is how the green comes about.

Share these facts with your friends over the green beers you will be holding come March 17th, laddy!

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Acid and Your Teeth

Acids found in food and liquids can have a harmful affect on your teeth. Each tooth has a hard protective layer called the enamel. When acids come in contact with the enamel, the acids can make it soft. When this happens repeatedly, your enamel can wear away and can never be restored naturally.

The chance of getting cavities increases for those whose teeth are regularly exposed to food with high acid contents. It is impossible to make a complete list, as acidic foods are found everywhere, but following are some of the more common acidic food and beverages: [Beer](#), [Beef](#), [Soft drinks](#), [Coffee](#), [Fish](#), [Lamb](#), [Pasta](#), [White Flour](#), [Table Salt](#), [Pork](#) and [White Bread](#). Even grazing on fruits and vegetables slowly throughout the day can expose your teeth to acid damage.

Bacteria in your mouth, which feeds on sugars, can also create acid. The best way to avoid acid damage is to avoid snacking continuously throughout the day. Rinsing and flossing, and chewing sugar free gum after eating during the day can be helpful as well. Here is something you probably didn't know: brushing right after eating acidic foods, can actually damage the teeth, because the enamel is soft from the acid. Nuts and dairy are also good acid balancing foods.

**Patient of the Month for February was:
Lauren Anderson.**

Congratulations on winning your very own Waterpik Lauren.



How can you win a Waterpik for yourself you ask? Well, first we got to like you (just kidding). Everytime you come in to have your teeth cleaned, you get to drop a ticket in the monthly raffle box. At the end of the month, we do the raffle drawing and post the winner's name to our newsletter. You have 'til the next newsletter release (usually 30 days) to claim your prize. Remember, you snooze, you lose.

With that said, our winner for March 2010 is:

Roy Ward

Congratulations Roy.



March 2010 Specials

Zoom! Whitening ----- \$300

All dental products ----- 15% off

For more information, [click here.](#)



Have a great day!

Platinum Dental Inc.