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*Platinum Dental Smile Times*

March 15, 2011

Welcome \$PATIENT\_FIRSTNAME\$!

In this issue: [Spring Cleaning](#); [Being Cavity Free](#); [Announcement](#); [Patient of the month](#); [March Specials](#).

Hello everyone!  
Well, it's **March**, this month's got quiet a few important days, from [Daylight saving time](#), [Saint Patrick's Day](#), **March Madness** to the biggining of [Spring](#), so enjoy, be safe and have tons of fun.

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## It's time to do some Spring cleaning!

The flowers are blooming, the birds are serenading, and our house still feels like it's stuck with winter blues. Spring cleaning is a tradition that allows us to [freshen up our homes](#) and get a head start on the hectic seasons of spring and summer.

Here are some fun tips to have in mind:



- **Do a Check list by room/ area of the house.**
- **Clearing all clutter and organizing.** (One of the biggest parts of spring cleaning is getting rid of clutter that you don't need. Use these resources to clear out your stuff. Cleaning will be a lot easier if the clutter is gone)
- **Get the family involved!** (Even the most unwilling helper can make a big difference in the work load).
- **if you like singing in the shower, try singing while cleaning it. It will help pass time : )**
- **Don't skip under the bed, for most of us it can be scary (i mean most kids), but it has to be done eventually, right?**
- **Reward yourself by ordering in for dinner tonight. Forbid anyone to touch your spotless kitchen at least until breakfast the next morning. Any longer is probably cruel, but they can handle it overnight.**



### Being 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 (that has fluoride) after brushing to help clear out remaining cavity-forming bugs.
- **Avoid** snacking between meals, especially on sugary or chewy foods which can accelerate the process of "getting cavities".
- Eat vegetable high in fiber, like celery, after meals. This helps produce more saliva which cleanses the fissures and pits on the teeth where cavities typically form.
- For those with braces, water picks can be used as a substitute for flossing which is almost impossible with some braces.
- Visit your dentist (us!) regularly so that we can keep you up to date and protected with the best in dental hygiene. This helps protect your teeth for a lifetime.

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

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### Announcement!!

**Attention:** If you know someone that receives Medi-Cal and has *Medicare part A & B\** can now get dental benefits at no cost. Call us for more



information.



*\* Must have Medicare parts A & B with Medi-Cal to qualify\**

Our **LUKY** winner for Patient of the Month:



*Mr. Robert Kussman!!!*

*Congratulations Robert, you have 30 days to come and pick up your prize*

Click here to see our  
[March Madness Special.](#)

*Speaking of Luck, we'd like to wish you a safe and fun*



*St. Patrick's day!*

Platinum Dental Inc.

Have a great day!

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