

News to Save Your SMILE

Useless But Smile
Provoking News

- The Frisbee was designed in the 1870's as a marketing idea to sell premade pies. It wasn't until the 1940's when Yale students began tossing them around that a new "toy" was born.
- Watermelon is actually a vegetable, closely related to the cucumber, pumpkin and squash, and is 92% water.



School Days!

Can you believe it's back to the books again? There is still a little summer left to get the kids in for their cleaning before school starts up. Call the office today to get them scheduled, and if you mention our "Back2School" offer during the call, we'll give you 5% off of your cleaning in August or September.

Office Closed:

Please note that we will be closed August 15-August 19.

Find Us Online...



Smile Savers
DENTISTRY

smilesaversdentistry.com



"Children learn to smile from their parents."

~ Shinichi Suzuki

Nutrition and Oral Health

Proper Nutrition is Important for
Good Dental Health.

Choosing the right foods in your diet is an important aspect in having good oral hygiene and healthy teeth. The sugars and carbohydrates from soft drinks and non-nutritional foods combine with germs and bacteria in our mouth. If you don't brush and floss your teeth, plaque will accumulate. It thrives on the starches and sugars that are found in a great deal of foods. When plaque combines with the sugars and carbs, an acid is produced that attacks the enamel on the teeth and eventually causes decay and cavities.

People who drink three or more sugary drinks a day have 62% more dental decay than those who don't due to the sugar and the acidity in the soda! Limiting the amount of beverages and foods that are high in sugar are a great start. Try to replace your snacks with healthy choices - there are plenty of yummy options out there! And in the summer, the fresh fruit and vegetables are almost at your fingertips.

But don't fret, you don't have to totally avoid these high in sugar foods. Just keep in mind that you should eat a balanced diet, and brush and floss your teeth twice a day. A good dental regime along with a healthy diet is essential in maintaining healthy teeth and gums.



TWEET TWEET

"Follow Us" on Twitter @smilesaversMD and be entered to win a gift card to Starbucks! After you "Follow Us," post a friendly hello with #smilesaversaug in your Tweet and we will make sure that you are entered into the drawing. The drawing will be on August 31st.

A WORD FROM DR. STEWART

Digital Technology and the New
Patient Exam

"Wow, I never knew so much about my mouth before. No one has ever spent so much time with me and had so much technology and taught me so much!" These are the words I usually hear after seeing a new patient for the first time. The new patient exam is one of the most important visits at our office, and one which has distinguished us from most other offices in the area.



With the aid of digital photography and digital X-rays, I have been able to spend more time diagnosing; as well as educating, my patients than ever before. Gathering the data is so much quicker. I am able to view it from a large monitor and explain it in layman's terms, helping my patients co-diagnose their dental condition. It takes all of the mystery out of what lurks beyond those lips - one of the major reasons for dental fear.

So if you have friends, family, co-workers that need help, send them my way. We have a great referral program and you and I both will help them get the care they need. They will experience, for most likely the first time in their life, a comfortable, informative and caring new patient experience.

Regards,
Dr. Stewart

MY SSD SUCCESS STORY

"A blessing from God! For 20 years the dream of having a smile again was just a dream. Smile Savers not only removed about 12 roots from my gums, they also removed 10 teeth. From the kindness of their hearts, they made me proud to smile again. Something I never thought possible. I don't have enough words to "THANK" them for what they have done for me. I will always be GRATEFUL!" TG





got teeth?

Ask us how to get
a Smile Savers
Dentistry
got teeth?
t-shirt!



The Games We Play - *Come on Down!!*

If you are already a patient here at **Smile Savers Dentistry**, you know by now that we often play games in the office. The games are simple and fun (hopefully) and winners walk away with prizes. Patients played mini-basketball for March Madness, went on an egg hunt in April and played miniature golf in June in tribute to Dad! In the spirit of summer carnival fun, patients got to play a game of ring toss after their appointment in July. So what's happening this month? Well, if you are overdue for your next visit, get on the schedule and find out!

Services Offered by Smile Savers Dentistry - *What Do You Need?*

Smile Savers Dentistry offers cleanings, extractions, periodontal treatments, oral cancer screenings, CEREC (single session tooth restoration), tooth-colored composite fillings, crowns, root canals, bridges, dentures, implants, veneers, LANAP (pain-free laser gum surgery), Invisalign (clear braces), night guards, TMJ treatment, Snore Guards and teeth whitening. *We also handle emergency dental issues!* You can visit us on the web at smilesaversdentistry.com for more information on our services. Call Summer today at 410-730-6460 if you are not scheduled for your regular cleaning and check-up.

Mission Statement

At **Smile Savers Dentistry**, we expect all of our patients to be healthier and happier during and after their treatment. We believe that a healthy mouth helps to make a healthy body. We will help you take care of your oral health and keep your teeth looking beautiful and feeling healthy for as long as you are a patient of ours. Our highly educated, competent and caring staff will take part in your oral health by providing you optimal dentistry in an atmosphere like no other dental practice in Howard County. We expect your care to be so good that you will refer family and friends in abundance!