

News to Save Your SMILE



Useless But Smile Provoking News

- The average four year-old child asks over four hundred questions a day.
- The average person's left hand does 56% of the typing.
- You use more calories eating celery than there are in the celery itself.
- Fingernails grow nearly four times faster than toenails.

Our Services

Smile Savers Dentistry offers cleanings, extractions, periodontal treatments, oral cancer screenings, CEREC, tooth-colored composite fillings, crowns, root canals, bridges, dentures, implants, veneers, LANAP, Invisalign, night guards, TMJ treatment, Snore Guards and teeth whitening. *We also handle emergency dental issues!* Call us today at 410-730-6460 if you are not scheduled for your regular cleaning and check-up.

Find Us Online...



smilesaversdentistry.com



"Life is like a mirror, we get the best results when we smile at it."
~ Unknown

Controlling Bad Breath

What's Causing It? How Do You Control It?

First, consider scheduling an appointment. With your full medical and dental history, we should be able to determine the culprit. There are numerous causes of bad breath and they include certain foods, alcohol and cigarettes, gastrointestinal issues, poor oral hygiene, diabetes, dry mouth, as well as sinus, throat or lung infections, periodontal disease and even dieting could be the cause.



As far as treating bad breath, a published study reported that tongue and toothbrushing in combination with dental flossing significantly decreased bleeding of the gum tissue over a two week period of time, as well as reduced bad breath. Another study confirmed that brushing twice a day with an antibacterial toothpaste and using a toothbrush with a tongue cleaner can eliminate bad breath. Tongue cleaning is also a key to fresher, cleaner breath. There are toothbrushes on the market, like the Colgate 360, that include a tongue cleaner on the back of the brush.

Next time you are in the office, ask **Dr. Stewart** or our hygienist, **Abram Outlaw**, about choosing the proper oral hygiene aids. Certain products such as antibacterial toothpaste, antiseptic mouth rinse, tongue brushes or scrapers or interproximal cleaning devices are a few of the options that might be recommended to you.

A WORD FROM DR. STEWART

Faux Sugars

It is commonly thought that all dentists hate sugar, and I can see why. Sugar gives the bacteria in your mouth something to use for energy and causes acids to form and then tooth decay happens. But ... there is something more insidious than sugar and that is "diet" sugars.



I have been reading and researching about these "sugars" and am scared to learn that these are not sugars at all, but chemicals that taste sweet. Some of these sweeteners have even been linked to such things as rat poison and insecticides. In fact, there are studies showing that a commonly used artificial sugar at 87 degrees breaks down into a poisonous alcohol and then into formaldehyde in your body, which is what is used for embalming solution!

Besides being poisonous, these "sugars," which have no calories, still act like natural sugar and raise your blood sugar levels and cause your pancreas to make insulin ... which makes you crave *more* sugar. And in the mouth, they have the same effects as natural sugar.

So what to do? There are a few naturally occurring sweeteners that do not raise your blood glucose and are actually non-toxic. They are agave nectar and a plant known as stevia. As for their taste, try it and see.

Regards,
Dr. Stewart

INTRODUCING ABRAM AND CAROLYN!



Smile Savers Dentistry is pleased to introduce you to our new hygienist, **Abram Outlaw**. Abram graduated from the University of Maryland and completed his dental training at Howard University. He has been treating patients for over 15 years. Abram takes pride in his gentle touch and enjoys teaching his patients about how to live better lives through proper dental health.

Carolyn Davis joined **Smile Savers** in June as one of our two dental assistants. She graduated from the Community College of Baltimore County and the Medix School. Patients find that Carolyn's smile and cheerful personality is a great addition to the **Smile Savers** staff.





got teeth?

Ask us how to get
a Smile Savers
Dentistry

got teeth?
t-shirt!



SSD Success Stories - *Thanks for the Kind Words!*

"I had a wonderful experience at Smile Savers! I've had these ugly fillings for most of my life - and never wanted them removed because my last dental appointment at a different practice was not pleasant at all. At Smile Savers, I was so relaxed - my teeth have never looked better. Everyone there is so friendly and pleasant - and they have state of the art equipment. I greatly recommend this practice to anyone who cares about excellent dental care." **KM**

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"I always thought my teeth were fairly healthy, but since I started seeing Dr. Stewart I've realized that my previous dentist was not as thorough as he should have been. I love the fact that Dr. Stewart takes the time to explain everything to me. When I was getting my new crown veneer put on, they didn't exactly look right so Dr. Stewart sent them back to redo them because he wanted my teeth to look as good as the possibly could! I actually don't mind going to the dentist now because I know my teeth are in good hands! Dr. Stewart's staff is the friendliest staff and every time I come in, they always go out of their way to make me feel welcome and feel like part of their family!" **KJ**

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!