

# News to Save Your SMILE

## Useless But Smile Provoking News

- Dirty snow melts faster than clean snow.
- The right lung takes in more air than the left lung.
- Carrots were first grown as a medicine not a food.
- A group of twelve or more cows is called a flink.

## Spot Stewart!

Find 3 miniature Dr. Stewart photos around our office during the month of February and receive 5% off your next dental cleaning appointment.



## Thank You!

Thanks for continuing to refer family and friends to our practice. It is the best compliment we can receive and we greatly appreciate it!

## Find Us Online...



[smilesaversdentistry.com](http://smilesaversdentistry.com)



### OFFER FOR NEW PATIENTS

#### Schedule Your Appointment Today

#### Our New Patient Special Offer

includes a dental cleaning and exam, X-rays and consultation. This special offer excludes emergency appointments and those with gum disease.

**Smile Savers Dentistry** generally offers same and next day appointments. Our services include general 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 accept emergency patients. Call our office today to schedule an appointment at 410-730-6460.

### February is National Dental Health Month

ADA American Dental Association  
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*"You've got to S-M-I-L-E  
To be H-A-Double-P-Y!"*

~ Shirley Temple

### A WORD FROM DR. STEWART

#### Weight Loss Workshop Offered

According to the Center for Disease Control and Prevention, about 33% of American adults are obese, and about 17% of children aged 2 to 19 are obese. In 2010, not one state had a prevalence of obesity less than 20%. According to Wikipedia, Metabolic Syndrome (or Syndrome X) is a combination of medical disorders that, when occurring together, increase the risk of developing cardiovascular disease and diabetes.



As a dentist (and as someone who lives on this planet!), I see many people who fit this description. I also see patients who are currently taking multiple medications to combat these various diseases.

We are currently contemplating starting a medically supervised weight loss protocol in my office for interested patients. When followed, according to its protocol, this diet has helped patients lose an average of 3-7 pounds per week! Dieters lose weight fast, but still retain muscle tissue. Additionally, many dieters have reduced or eliminated medications for the above mentioned diseases. These dieters have created a new life for themselves.

If you are interested in more information about the program, we will begin holding workshops very soon. Please call the office at 410-730-6460 to put your name on the list for interested patients. We will contact you once we have the date and time set for the first workshop.

Regards,  
**Dr. Stewart**

### SSD SUCCESS STORY

#### "Enjoyable" Dental Experience

An "enjoyable" dental experience! Kind, friendly staff. Dr. Stewart is friendly and experienced and makes sure you understand everything that's happening every step of the way. **M.D.**



#### Dr. Stewart Saved My Tooth!

Dr. Stewart followed his hunch and found decay under an old metal filling that didn't show up in the X-ray. He saved my tooth! **C.B.**



**got teeth?**

Ask us how to get  
a Smile Savers  
Dentistry

**got teeth?**

t-shirt!



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## Bruxism - (Teeth Grinding)

Bruxism is clenching or grinding teeth, often without being aware that you are doing it, and it affects an estimated 40 million children and adults in the U.S.

While most people only grind their teeth during their sleep, others grind their teeth throughout the day, usually in tense or stressful situations. Those with severe bruxism can suffer morning headaches and/or facial pain and this affliction can also cause tooth damage and even fracture dental fillings.

While bruxism can be the result of stress, certain medications or certain neurological diseases, it can also simply be the body's reaction to improperly aligned teeth or a poor bite. If you are grinding your teeth, Dr. Stewart can diagnose and treat your dental issues that are causing the symptoms. Treatment can be anything from occlusal therapy to correct tooth alignment, to the use of onlays or crowns to reshape the biting surface of your teeth. In both children and adults, tooth damage related to bruxism can be prevented by wearing a night guard (splint) while sleeping.



More than half of the young children diagnosed with bruxism will stop grinding their teeth by the age of 13, even without treatment. In both teenagers and adults, the outlook is excellent if bruxism is treated properly.

## 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!

When you engage their imagination, oral care can be fun!

For a truly sparkling smile, make sure to brush your child's teeth twice a day. Brushing removes food particles and refreshes your mouth.

- On the inside and outside of every tooth, place the toothbrush in a circular motion. Turn the head of the toothbrush back and forth. It'll be fun if they hold the toothbrush too.
- Don't forget surfaces! Hold the toothbrush flat and brush the gum toward the edge of the teeth.
- As you brush, make sure to angle the toothbrush more toward the toothbrush itself. This helps remove food particles and refreshes your mouth.
- After you're done, rinse your mouth with fluoride mouthwash. This helps protect your child's teeth from cavities.

If you follow these brushing tips, every child can have magical cleaning powers!