



*"Smiling is the way the soul says hello."*  
~ Jarod Kintz

## Useless But Smile Provoking News

- The average dream lasts about 20 minutes.
- Phobophobia is the fear of phobias.
- Blue is the most popular toothbrush color.
- Odds that one of your party guests will peek into your medicine cabinet is 40%.

## June Fun at SSD

Our Hole-in-One Contest returns this month! Show off your putting skills for your



chance to win fun prizes or office discounts from Smile Savers Dentistry!

## New Patients Offer

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

Call our office today and ask about our special offer for new patients.

## Figure Savers Gets Results!

**Figure Savers Weight Loss Center** has been seeing dieters get smaller and smaller. We also have been hearing from dieters who have received great reports from doctors concerning cholesterol and blood sugar levels. One dieter said her doctor is so happy because her cholesterol and blood sugar levels have completely normalized! Another dieter had this to say about the **Ideal Protein Weight Loss** method:

*I am a believer in the Ideal Protein Diet! I have tried many diets in the past 10 years, trying in vain to lose weight gained during that time. Having been diagnosed with metabolic syndrome, many years before it was really heard of, I struggled to lose 5 pounds in a year. I started Ideal Protein after hearing Judy's success, I figured what have I got to lose? With my knowledge as a nurse and personal health issues, the science behind IP makes sense. It makes more sense than any diet I had ever tried to this point. I have lost 19.6 pounds, and almost as many inches - I try not to worry about the number, as I delight in the closet filled with clothing I can once again wear - and look better wearing! My friends and family have noticed the change, success in a short amount of time is motivating and feeling healthier is even better! - J.S.*

Come to the next workshop to see how the **Ideal Protein Diet** can help you on Thursday, June 7th at 6:15 pm. Call ahead to reserve your seat: 410-730-6460.

## A WORD FROM DR. STEWART

### A Healthy Mouth

Many of you who have been with me for a while understand that prevention is the best way to keep your oral health from deteriorating. On your "new patient" visit we gather all the data and form a treatment plan that will get you into optimum health. I tell you that my goal is to get you healthy as fast as possible and then put you on a regimented maintenance program so you don't have to worry about emergency treatment or losing teeth.



What I have found is that fifty percent of you actually do this but the other thirty percenters don't do the maintenance part. This worries me. Why spend all of that time, money and nervous energy getting it done and then don't maintain it? Nothing in this world stays the same, just look at my hairline.

So starting this month I am making it our duty to contact those of you who have fallen off the wagon. Don't get mad at us if you are called a few times, just call us back and make the appointment or give us a really good excuse why you can't. We have two great caring productive dental hygienists Beth and Natalie who are awesome and are here to help keep you healthy and on track.

**Don't be one of those patients who needs to call me on the weekend!**

Regards,  
**Dr. Stewart**



Beth and Natalie

## The Five Worst Foods for Your Teeth - Steer Clear of These Cavity Friendly Foods

If you've read any number of your newsletters, you are well aware of how your food choices affect your dental health as well as your overall health. Not only is your wasitline in jeopardy with sugary snacks and foods, so is your smile! Indulging once in a while is OK, but limit the intake of the following to better your chances of an anti-cavity mouth!

- 1) Juices and sports/energy drinks:** Although these are usually full of some nutritional benefits, they are loaded with sugar. Too much sugar eventually causes tooth decay. Water is the better choice.
- 2) Sweets:** Not only are you loving that sugary candy sweet treat, so is the bacteria in your mouth. Opt for cheese, raw veggies or yogurt for your snacks.
- 3) Carbs:** Any food that contains sugar and starches; aka carbohydrates, fuel the bacteria that live in your mouth. You don't have to quit the carbs, just make sure try to limit snacking between meals.
- 4) Lemons:** The acidity of the lemon can cause teeth to erode. Instead soak lemons overnight in a pitcher of water and enjoy a lemony drink the next day.
- 5) Cough suppressants:** Cough drops, cough syrup and lozenges often contain large amounts of sugar. Look for sugar-free alternatives.



  
Smile Savers  
DENTISTRY

smilesaversdentistry.com





## Smile Savers Dentistry Success Stories - What Our Patients Are Saying

### “Wonderful Experience.”

“A wonderful experience from the moment I walked through the front door. Given my botched dentistry in the past ... my nerves were put to ease with the friendly, professional staff and advanced dental care that Smile Savers Dentistry offers.” **R.B., Ellicott City**

### “Very Patient and Understanding.”

“The staff did a wonderful job handling my son who has autism. They were not only gentle and kind while treating my son, but also very patient and understanding with him. My experience with my son during most medical procedures can be very tense and exhausting; however, that was not the case at Smile Savers Dentistry. While my son is very difficult to treat, the staff did more than I expected they would be able to accomplish. A very kind and caring atmosphere!” **J.R., Ellicott City**

### 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!

got teeth?

Ask us how to get  
a Smile Savers  
Dentistry

got teeth?  
t-shirt!



**Spring Special**

It's Time to **Stop Grinding** in Your Sleep!

Save \$200 on a **Night Guard**

- Improve Breathing
- Reduce Headaches
- Protect Teeth and Dental Work
- Reduce Stress on Jaw Joints
- Reduce Tension in Jaw Muscles
- Possibly Reduce Snoring!

**SAVE \$200!** \*Through June 30, 2012

Smile Savers DENTISTRY



Smile Savers Dentistry offers services including dental exams, general cleanings, extractions, X-rays, periodontal treatments, Invisalign, oral cancer screenings, one visit crowns, tooth-colored composite fillings, root canals, bridges, dentures, implants, no cut gum surgery, night guards, veneers, TMJ treatment, Snore Guards and teeth whitening. *We also accept emergency patients.* Call our office today to schedule an appointment at 410-730-6460.