

"Life is like a mirror. Smile at it and it smiles back at you."

~Peace Pilgrim



ISSUE  
**02**

February 2019

## SMILE PROVOKING FUN FACTS

- The Welsh call February "y mis bach" which means "little month." At one time, it had as few as 23 days.
- Your body immediately releases endorphins when you smile, even when you force it. This sudden change in mood will help you release stress.
- Maryland is one of two states, along with Delaware, which gave up some of its land to help form the nation's capital of Washington, D.C in 1790.

## SMILE SAVERS DENTISTRY DENTAL SAVINGS PLAN

No dental insurance? No problem. We have the answer for affordable dental care with our dental savings plan. We offer three membership levels based on your individual family needs. Contact our office for the full details, and to sign up for this great savings plan.

## OUR DENTAL SERVICES

Smile Savers Dentistry accepts both new and emergency patients, offering dental services for the entire family. Our dental services include routine dental exams, cleanings, oral cancer screenings, X-rays, laser gum surgery (LANAP), Invisalign, bridges, extractions, tooth-colored composite fillings, dentures, dental implants, root canals, Lumineers, veneers, night guards, snore guards, periodontal treatments, dental crowns, Snap-On Smiles, TMJ treatment and Zoom! teeth whitening.

### GET SOCIAL!

Like us on Facebook for your chance to win a free lunch from Smile Savers Dentistry!



## A WORD FROM DR. STEWART

### National Children's Dental Health Month

February in the dental world is National Children's Dental Health Month. Many of us travel to schools to preach the need for dental health awareness to the kids. Brushing twice a day, and flossing, and eating less sweets, *yada yada yada*... But there is an elephant in the room that is going unnoticed. It's the skyrocketing obesity levels in children that must be addressed even before oral hygiene habits.

The most recent CDC (Center for Disease Control) statistics for childhood obesity paint an alarming picture: ages 2-5 at 22%, ages 6-11 at 34%. This has almost doubled from 2016! Our children eat way too many refined carbohydrates. Four grams of carbs equals one teaspoon of sugar. The snacks we give our kids are loaded with them. And even in the snacks we have been told are "good" for them, carbs are insidiously present. For example a 6 oz. Yoplait yogurt contains a net of 20 grams of carbs. That's 5 teaspoons of sugar at one sitting! Pretty eye opening.

If you would like to learn more about this and what you can do to help prevent this epidemic in your house, come to one of my seminars at Figure Savers. They are held every Tuesday at 6:30 PM and run for about an hour. As the old adage goes. Knowledge is power!

In Health,  
*Dr. Stewart*

## VALENTINE'S SPECIAL

Save \$100 in February on  
Zoom! Professional Whitening.

# Zoom!



WE DON'T JUDGE.  
WE DON'T LECTURE.  
**WE JUST HELP.**

### APPOINTMENT NEEDED?

Please contact Mya for any scheduling changes or appointment requests at 410-730-6460. She will be happy to assist you!



## SMILE SAVERS DENTISTRY SUCCESS STORY

### "I Am Extremely Pleased"

At Smile Savers Dentistry, we're proud of the work we do! We understand that coming to the dentist might not always be an easy task for you. We're dedicated to providing compassionate dental care and we love to see you smile.

*"I had hoped to correct my crooked teeth to improve my dental health and smile. CJ and Dr. Stewart were patient and professional throughout the entire process. I am extremely pleased with the final results." - D.P.*



### MISSION STATEMENT

Our mission is to help people put their past bad dental experiences behind them. We accomplish this through care, understanding and knowledge. We strive to make our patients comfortable and relaxed, and free of all excess pain. When a patient comes to us, possibly frightened or embarrassed about dental problems or a lack of regular dental care, our goal is to make them immediately comfortable. Over time, we aim to completely remove their fears of dentistry and to fully restore each of our patients to optimum dental health. We know that in doing so, we are helping each of our patients toward the goal of a healthier and happier life.

SMILE SAVERS DENTISTRY | THE OFFICE OF DR. DANIEL C. STEWART | VOLUME 19 ISSUE 02

410-730-6460 | SMILESAVERSDENTISTRY.COM



*We are always accepting new patients.*

Our oral health plays in to our overall health. The case for good oral hygiene keeps getting stronger and stronger! If you know someone who might be in need of a new dentist, we would love for you to refer them to our office. Just pick up a Care to Share card the next time you are here. The card entitles a new patient to an exam, bite wing and panoramic X-rays, 3D models and consultation for just \$250.

## CARE TO SHARE



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