

"If you have only one smile in you, give it to the people you love."

- Maya Angelou

ISSUE

04

April 2021

## SMILE PROVOKING FUN FACTS

- The month of April used to have 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.
- The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
- People can recognize smiles from up to 300 feet away, making it the most easily recognizable facial expression. (Before masks, of course!)

## 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 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

### Checking In!

It's time check in and see how your New Year's resolutions are going.

Many of us have that one resolution every year that we make and oftentimes don't keep... and that is losing weight.

Remember weight and oral health are synonymous. Too many carbohydrates damage both, and the average American diet is loaded with them!

Take control of your diet and your health. It is that easy. Call us today to schedule your appointment!

In Health,  
Dr. Stewart



## Tips to maintain your overall health and keep those pearly whites shining:

- **Eat your veggies:** load up on colorful vegetables and fill your plate with an assortment of smile-friendly vitamins and minerals.
- **Mix it up:** balance your plate with a mix of protein, fiber and starches
- **Guard against acid wear.** Limit acidic foods, lessen their impact with bites of other dishes and sips of water.
- **Avoid enamel stains:** Skip the wine and stain-causing foods.
- **Drink more water:** Staying hydrated helps your system distribute healthy nutrients, gets rid of waste, gives your skin a healthy glow and keeps your muscles moving. And - water cleans your mouth with every sip. It washes away leftover food that cavity-causing bacteria are looking for.



## SEE YOUR NEW INVISALIGN SMILE IN MINUTES!

Scan this QR code to see your smile transformation. Call us and book an Invisalign consultation with Dr. Stewart and get the smile you deserve!

## APRIL SPECIAL OFFER

Save \$50 off an Oral-B Genius Electric  
Toothbrush During the Month of April!

\* Expires April 30, 2021. Must present this coupon at time of purchase.  
Cannot be combined with other offers.

