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*Your monthly insight into maintaining your oral and overall health*

# Amazing Smiles

FAMILY DENTISTRY

## December Newsletter

### *Are Your Favorite Holiday Treats Naughty or Nice?*

Who doesn't love to indulge on the holidays? With so many limited time holiday specials and flavors, many food lovers are in paradise. And while we'd never tell you to not enjoy all the delicious treats the season has to offer (because we sure will be), it's important you know *how* to enjoy some of your holiday favorites, so you can avoid needing extra dental treatment once the season is over.

#### *Naughty...*



**Candy Canes.** This might not come as a surprise but candy canes are crazy high sugar that can easily get stuck on your teeth and cause cavities. If you can't avoid the treat all together, ensure you brush and floss soon after consumption.



**Eggnog.** Eggnog is incredibly high in sugar content. If you're an eggnog lover, try to go for a sugar free/ reduced sugar option. And if you enjoy your eggnog spiked, try to drink in moderation as alcohol can harm the health of your mouth as well.



**Chocolate.** Although chocolate is a better alternative than other candies, certain types of chocolate (i.e. milk chocolate) are still high in sugar content. Opt for using dark chocolate instead (there are components in dark chocolate that can benefit your teeth).

#### *Nice...*



**Cheese.** Assorted cheese platters are a classic holiday snack. Cheese is actually quite good for your teeth: it's an excellent source of calcium, strengthens enamel and increases saliva production which helps to keep bacteria at bay.



**Turkey.** Holiday recipes bring deliciously satisfying turkey meals to bring your family together at the dinner table. Turkey meat is lean and full of phosphorus, which is a beneficial mineral that strengthens your bones and teeth.



**Apples.** Apples have a lot of potential as far as making delicious treats. They're also plentiful in dental health benefits: increases vitamin C intake, reduces cavity-causing bacteria by producing saliva flow, and more!

We understand that you want to enjoy your holiday, and might "forget" to take some of our advice into consideration. So, if you'd rather let your inner child roam free, then ensure you have your 2021 cleaning already scheduled, so we can help you erase the evidence of your holiday temptations.

\*Per holiday request, toys must be new and unwrapped.



We are excited to extend an invitation to you and your family to participate in our annual **Toy Drive!** We will be accepting toy donations from **November 30, 2020 to December 14, 2020.**

If you donate a toy at the time of your dental appointment, you will get a chance to spin our Christmas wheel, which is full of amazing prizes.



## Dental Must Haves for a Teeth – Healthy Holiday Season

Want to enjoy your holiday without worrying about undoing all the treatment and care you've given your teeth this year? No worries! Keep these items handy to use throughout the day:

**Portable Toothbrush and/or Floss.** The best part about the holiday season: you get to listen to your inner child! And my inner child always tells me to eat, eat, eat! However, after doing so, I'm constantly picking at my teeth trying to get the food from in between them. Keeping a toothbrush and/or floss handy allows you to take a quick bathroom break and get all of those cavity-causing leftovers out of your mouth.

**Fluoride Mouthwash.** A fluoride based mouthwash can come in handy for a number of reasons: (1) freshen your breath in times of need (2) remove after meal bacteria from your mouth (3) further protect your enamel throughout the day.

leave us a review on



## Office Closure Dates

In observance of the upcoming holidays, our office will be closed the following dates:

December 23<sup>rd</sup> – 28<sup>th</sup>

December 31<sup>st</sup> – office closes at 1:30 PM

## Thank You!



Thank you to everyone who donated in our 2020 Canathon! Thanks to you, we were able to donate a bucket full of canned goods along with several boxes of food to help families in need have a happy holiday season!

## Gift a Teeth-Whitening

Stumped for a family dentistry gift this holiday season? No worries, Amazing Smiles has you covered! Call our office for more information on our Zoom Teeth Whitening Gift Certificates!

(256) 568-0553



## Your Dental Benefits Are About to Expire!

Expires 12/31/20

Time's Running  
Out!

Use It or Lose It!



Don't Let Your Unused 2020  
Dental Benefits Go to Waste!

## ~ 2020 Recap ~

A lot has happened this year, and often we allow our negative bias to focus on the bad. However, to end this year and welcome a better new year, let's touch on some of the good things that have happened this year:

### Sharing

- Restaurants shared their secret recipes so we could make them at home.
- People around the country brushed up on their sewing skills, making masks for people who need them most.

### Appreciating

- We learned that homeschooling is HARD and recognized teachers for the heroes that they truly are.
- Nurses, doctors, and other frontline workers have received high praise and appreciation for the sacrifices they've made to get us all through this pandemic.

### Re-connecting

- We came up with creative ways to celebrate big milestones like drive-by birthdays and Zoom parties.
- We rediscovered our love for old hobbies like baking and gardening.

## November Newsletter Riddle Answers!

*You use me when you eat  
And need me to talk  
My neighbors are the color of chalk!*

*I let you know when things are sweet,  
salty, sour or bitter  
So be careful not to bite me while eating  
dinner!*

*What am I?*

Tongue

*I've been holding your teeth since you were  
a child  
Sometimes you can see me when you flash a  
big smile*

*If I start to bleed, please show me some  
love  
And schedule a visit with Dr. Chubb!*

*What am I?*

Gums



# Amazing Smiles

## Cryptogram

Oral care should be fun, so let's make it!  
Use the key below to solve the phrase!

What fun is a game without a winning prize?! Text your answer to **678.675.0795** for a special reward!

### Key

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

8 1 16 16 25      8 15 12 9 4 1 25 19      6 18 15 13  
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 1 13 1 26 9 14 7      19 13 9 12 5 19  
 19 20 1 25      19 1 6 5      1 14 4      2 5  
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 13 5 18 18 25

