



Amazing Smiles

FAMILY DENTISTRY

June Newsletter 

Traveling Checklist

After being cooped up for so long, some are ready to get back to traveling and enjoying new experiences. For those of you who are, enjoy this pre-vacay checklist to ensure you get the most out of your travels:

☐ Complete your fillings before traveling on a plane

Some of you may have already learned this the hard way, but when you fly in an airplane with untreated cavities, you may experience discomfort or even pain. This is because cavities in your teeth leave you vulnerable to air entrapment – which can begin to cause you pain as the air pressure quickly changes. As someone who's experienced this myself, I recommend you complete your treatment prior to flying (going forward, I sure will... OUCH!).

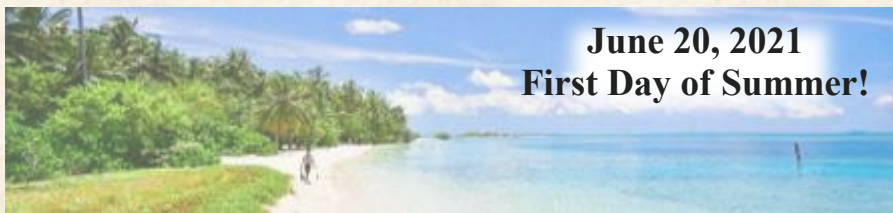
☐ Make sure your 6-month cleaning is scheduled for when you return

If you're anything like me, one of your favorite parts about going on vacation is all of the new and delicious treats you get to try. And while you definitely deserve the happiness that food can bring, you don't deserve the decay that can sometimes follow. By scheduling your next cleaning before you leave, you've already done your part in ensuring your teeth will be cared for once you return. Haven't been to the dentist in the past 6 months? – come see us before you leave for vacation to ensure you don't get any unwanted toothaches when flying or eating!

☐ Ensure your travel kit contains a toothbrush, toothpaste, and floss

Take a vacation from work – not your dental hygiene!

June 20, 2021
First Day of Summer!



In This Issue >>>

- **Traveling Checklist**
page 1
- **Try Adding This to Your Summer Diet**
page 2
- **Thank You for Your Amazing Reviews**
pages 2&3
- **Happy Father's Day**
page 3
- **Sudoku Puzzle Game**
page 4
- **And more!**



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promotions, results photos and more!



AmazingSmilesPC @amazingsmilesnewnan



Try Adding This to Your Summer Diet!



Peaches are a staple to Georgia - especially during the summer. However, you might be surprised to find out just how beneficial these furry fruits can be for your overall health – as well as how easy they are to add to your diet.

Studies show that peaches can:

- **Reduce cancer risk:**

Peaches supply a significant amount of vitamin C which is a powerful antioxidant in helping the prevention of free radicals (which have been linked to cancer development).

- **Preserve skin health:**

As we stated earlier, peaches have a significant amount of vitamin C which is a powerful antioxidant. This antioxidant plays a vital role in the production of collagen which promotes wound healing and enhanced skin strength – resulting in improved skin appearance.

- **Whiten teeth**

Peaches contain malic acid which is known to reduce surface level stains on teeth.

- **Contribute to fiber intake which:**

- improves heart health
- improves colon health
- supports weight management

3 ways to add peaches to your diet:

1. **Take a bite!**

(Recommended) Peaches make a great addition to your breakfast and/or lunch, as well as make a great on-the-run snack. Keep some stocked in your fridge to grab the next time you're feeling hungry.

2. **Drink them!**

Who doesn't love smoothies?! Peaches add a deliciously sweet taste to your fruit smoothies. Try mixing some peaches and your favorite fruits in a blender with ice and your favorite base. Delicious!

3. **Bake them!**

Cut your peach into your number of desired slices and throw them in the oven at 350° for about 20 minutes. Sprinkle with some cinnamon and enjoy. Trying to cut down on sweets? Add a little bit of brown sugar or honey and try this in place of your normal dessert. (Note: baking fruits reduce the nutrients so try to eat fresh when possible).



Continuing Education

Fridays are our staff training days!

We continuously retrain and update our procedures to ensure we continue to provide our patients with the best care possible.



Thank You for Your Amazing Reviews!

“ I loved the experience we had there today. They were very professional and timely with the services rendered. Friendly staff & they were very patient with my son, who's ADHD & deals with anxiety. Best decision ever. ”

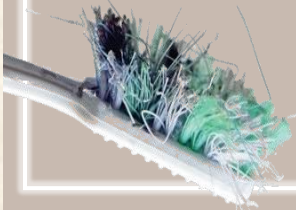
- Google Review, 5 Stars

REMINDER!

It Might Be Time to
Change Your
Toothbrush!



Toothbrushes should be
changed **every 3-4 months**.
However, if you've been
sick recently or your
toothbrush is heavily
frayed, it might be time to
change it now.



Happy Father's Day!

To all of you amazing fathers!



Teeth whitening
specials all summer
2021!

Contact our office for
more details!



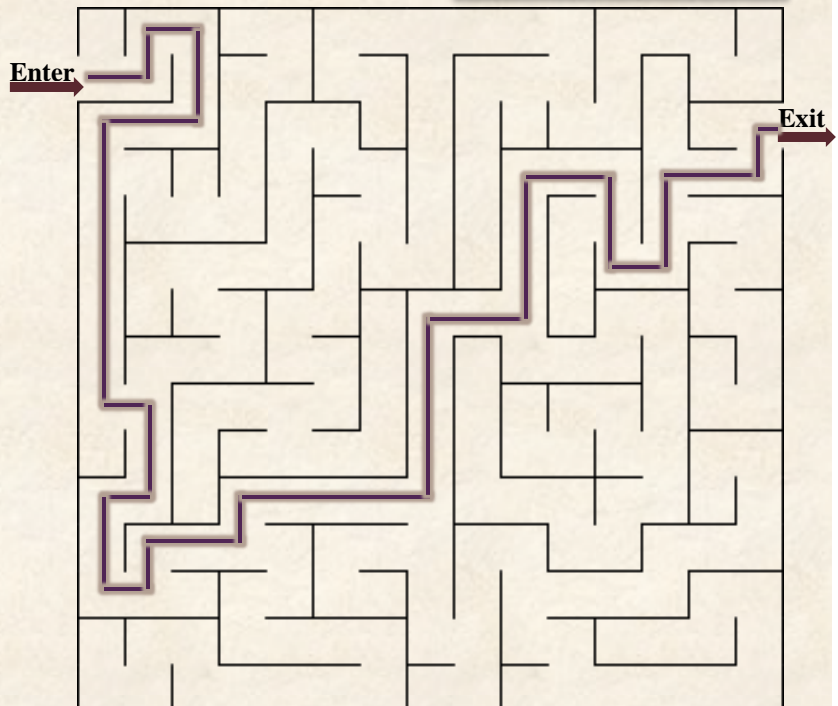
Thank You for Your Amazing Reviews!

“ By far the most comfortable I have been in my entire life in a dentist office. They not only make you feel comfortable but they also walk you through every step of the process and do everything the right way. When you walk through that door you have the feeling that you're in the right place. As long as this office is around myself and my family will not be going anywhere else. If I could rate 100 stars I would, every staff member that I've encountered including the dentist was upbeat personable and honestly it felt like such a family environment they must all enjoy their jobs because it seems like such a wonderful place in all facets. Thank you, Dr. Chubb and staff for everything, you all are literally angels, and you made this process for me so much more manageable. God bless you!! ”

- Google Review, 5 Stars

May Newsletter Game Solved

Maze Escape



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Sudoku

Do you have what it takes to solve the puzzle below?

Text a screenshot or photo of your answer to (678) 675-0795 along with the words "June Newsletter" to win a prize!

Never played Sudoku? No worries, view the instructions and example below!

Sudoku (mini) is a puzzle based on a small number of very simple rules:

1. Every square has to contain a single number
2. Only the numbers from 1 through to 6 can be used
3. Each 2×3 box can only contain each number from 1 to 6 once
4. Each vertical column can only contain each number from 1 to 6 once
5. Each horizontal row can only contain each number from 1 to 6 once
6. Once the puzzle is solved, this means that every row, column, and 2×3 box will contain every number from 1 to 6 exactly once.

In other words, no number can be repeated in any 3×3 box, row, or column.

Example:

4	6	1	3	2	5
3	2	5	4	1	6
1	4	3	6	5	2
6	5	2	1	4	3
5	3	4	2	6	1
2	1	6	5	3	4

Solve me!

4	5	1		3	2
		3			5
3			2		4
2		4		5	1
		6			3
1		2		4	

Enjoy playing our newsletter games? Well we enjoy making them! Text us with some of your favorite games that you'd like to see on future newsletters & win awesome prizes for having fun!