



You Don't Want to Miss Out >>>

- *We're Glad to be Back: What you need to know*
- *5 Summer Foods That Help Your Teeth*
- *Can You Spot the Difference? Amazing Game*
- *And More!*

Your monthly insight into maintaining your oral and overall health

Amazing Smiles

FAMILY DENTISTRY

June Newsletter

We're Glad to be Back

We're re-opening our office for ALL dental procedures! We've missed our Amazing patients so much and are glad that we get to service your dental needs again. In light of re-opening, there are a couple of things that we would like to bring to your attention:

Updated Policies and Procedures

Infection control has always been a top priority for our practice and you may have seen this during your visits to our office. We follow recommendations by the American Dental Association (ADA) and the Occupational Safety and Health Administration (OSHA) to ensure we are up-to-date with any new rulings and/or guidance. As such, we ask that you comply with our updated safety procedures to ensure we are all protected from COVID-19. ***See page 3 for updated policies and procedures***

Covid-19 Certifications and Training

As another step to ensure we're doing our part to keep you safe, our entire staff has completed ADA certified continuing education training for: Covid-19 and the Dental Practice & Infection Control for Dental Technology Equipment. The purpose of this training is to ensure that our staff has an in-depth understanding of the Covid-19 virus, with an emphasis on precautions to take in the dental field.

Prioritizing Your Oral Health Is More Important Now Than Ever

Lastly, we would like to touch on the importance of maintaining your oral health, especially now more than ever. Your mouth is home to billions of bacteria; some are friendly bacteria while others are harmful. When your oral hygiene regimen is properly done and your immune system is intact, the harmful bacteria is kept in check. However, when oral hygiene habits are poor—including insufficient brushing or flossing and too few professional cleanings—the harmful bacteria can cause tooth decay and gum disease.

This tooth decay and gum disease creates inflammation which, in turn, damages your gums' blood vessels and allows bacteria into the bloodstream. By its nature, these bacteria not only invade the immune system, it manipulates it so the harmful bacteria can continue to survive. As your immune system weakens, your susceptibility to diseases like the coronavirus and other infectious illnesses increases.

Call to schedule your appointment today!
(256) 568 - 0553

5 Summer Foods That Help Your Teeth

As we learned in the May Newsletter, there are many ways to protect our teeth so that we can enjoy our favorite summer foods. However, did you know that some of your favorite summer treats can actually *help* your teeth?!

Let's do that math... **DELICIOUS FOOD + BETTER ORAL HEALTH = A WIN WIN SITUATION!** ... adds up to me!



Cheese

Dairy products such as cheese, yogurt, and milk are low in sugar and high in calcium and phosphorus, which help to protect and even strengthen tooth enamel. So, go ahead and slap a slice of cheese on top of that delicious burger, which surprisingly isn't too bad for your teeth either! *

*see May Newsletter



Berries

Strawberries & Raspberries & Blueberries, Oh My! These delicious treats are loaded with vitamin C which helps to reinforce your teeth's bones. In addition, they're great for snacking and curbing your sweet tooth cravings, without a bunch of harmful sugars.



Peaches

This fuzzy fruit actually contains one of the key ingredients that you'll find in most dentist recommended toothpaste brands: Fluoride. Fluoride not only helps to remineralize and rebuild enamel, but it also strengthens your existing enamel.



Infused Water

I get it, summer days get hot! And sometimes we need a little refresher and energy boost. Whereas sports drinks tend to be most people's go-to, these drinks can be incredibly high in sugar. Infused water on the other hand is hydrating, refreshing, low in sugar, and has the added benefits of the fruits you choose to infuse it with.



Salmon

This delicious seafood is one of the best food sources for getting your Vitamin D intake. Vitamin D is responsible for enabling your body to absorb and make use of calcium (which reinforces your teeth and bones). In addition, salmon is high in omega 3 fatty acids (known as "healthy fats") which is important for preventing oral disease.

Amazing Smiles Family Dentistry Updated Policies and Procedures:

- To maintain social distancing efforts, our waiting room will be closed until further notice. Upon your arrival, call (770) 304 – 0034, to let us know that you have arrived. Please remain in your vehicle while waiting for your appointment, until you are told by office personnel that you may enter.
- Prior to your visit, you will be screened for any possible COVID-19 symptoms. All necessary paperwork must be completed *prior* to your in-office visit. In addition, your temperature will be taken using a forehead or ear scanner at the time of your visit to confirm that there is no fever. Please note that based on the results of your screening and forehead scan, your appointment may have to be rescheduled.
- Please avoid bringing small children or other guests to your visit when possible. To mitigate the risk of COVID-19, we are remaining mindful of the number of people we have in the office at a time.
- Our entire staff will be equipped with protective gear such as face masks, hand gloves, and protective gowns. In addition, our clinical staff is equipped with additional gear to use while servicing your dental needs.
- If you need to cancel your appointment due to suspected illness, all cancellation fees will be waived.
- If you begin to experience COVID-19 symptoms after you've visited our office, please call to inform us.

We understand that these changes will have to be an adjustment. However, we're here to answer any questions or concerns that you may have. We look forward to seeing you again and value your trust and loyalty. For questions or to make an appointment, please call our office at (256) 568-0553.

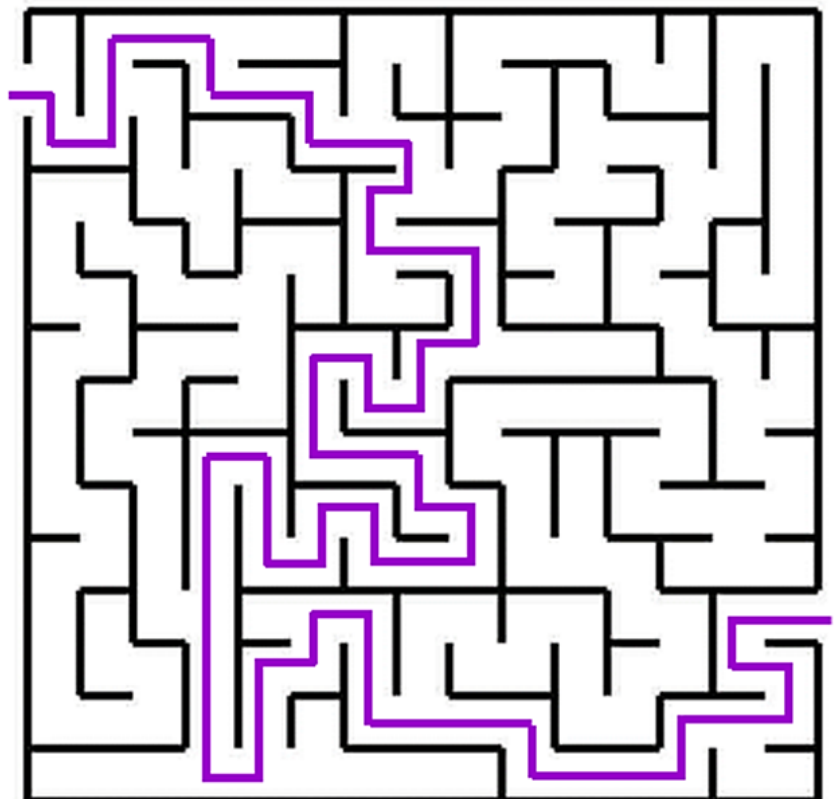


Has wearing a mask made you realize that your breath could use some freshening?

Bad breath can be caused by a number of sources, together we can help identify the cause and determine the best treatment.

(256) 568 - 0553

May Newsletter *Maze Escape* Answer



SPECIAL OFFER
\$299 In-Office
ZOOM WHITENING
with a \$50 mail-in-rebate

A photograph of a smiling man and woman, likely a couple, with bright, white teeth.

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Can You Spot the Difference?

Oral care should be fun! Can you spot the 4 differences in the two pictures below?!

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

