



Amazing Smiles

FAMILY DENTISTRY

March Newsletter 



Achoo! It's Springtime!

Ah, Spring is in the air. And while most of us are excited to jump into warmer weather and more sun, others of us are preparing for something else: **SPRING ALLERGIES**.

If you suffer from spring allergies, then you know they're no walk in the park. Although there are varying symptoms amongst individuals, they can all cause discomfort and inconvenience. Hopefully these tips can help you manage your allergies and health this spring season.

Allergies and Oral Health

On days where you need some extra assistance managing allergies – you might decide to take an over-the-counter antihistamine such as Zyrtec, Benadryl, or Allegra. While these often help lessen the severity of your allergy symptoms, a common side-effect is dry mouth. Dry mouth can also occur by breathing in and out of your mouth when your nose is stuffed up.

When your mouth is dry, you're not producing as much saliva as you normally would be. Saliva helps to wash away excess cavity causing bacteria in your mouth. To further protect your oral health in this vulnerable state, ensure you have your next cleaning scheduled. This way we can fully examine and clean your mouth to protect you from future decay and disease.

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Follow us on social for updates, promotions, results photos and more!



Scavenger Hunt Word Search

#1

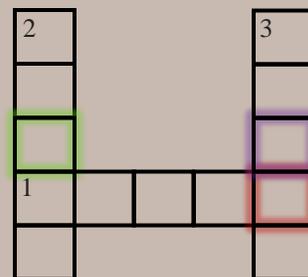
Use the hints on the following pages to solve the word search at the end of the newsletter for a prize... start here!

Across

1. Healthy teeth means an amazing ___ for a lifetime.

Down

2. A thin string you should use after you brush.
3. Regularly drinking ___ helps to improve your oral and overall health.



Solved the puzzle? Awesome, follow on to #2 on page 2...

Allergy Management Tips

- Remove clothes worn outside that may be covered in pollen – and throw them in the washing machine.
- Likewise, take a shower the moment you get home to eliminate the pollen that may be on your body, and avoid spreading it to inside furniture.
- Wearing face masks can serve more reasons than one this season – they can help to filter pollen as well as protect others from bacteria from any sneezing and/or coughing.
- Check your local pollen forecasts to see if the pollen count will be extremely high that day – if so, take allergy medication before you leave the house.
- **Read allergy medication labels** to ensure you're not overdosing on the recommended usage. For example, if the label says, "take no more than 1 tablet every 24 hours", set an alarm to make sure you don't take another one before that 24 period is over (even if you feel you need it before that time).



Is a Dental Crown Right for You?

If you've googled or asked around about options to fix a damaged tooth, then I'm sure you've heard of a dental crown. But with so many dental options out there, it can be difficult to stay well-informed. You might find yourself with more questions than answers regarding: "What is a crown?" "What's the process to get one?" or "Why choose a crown over other tooth repair options?" Allow us to answer some of those questions for you.

What is a Crown

A crown is essentially a tooth-like cap that's put over your tooth for a number of reasons:

- To protect a weak tooth from damage such as fractures
- To restore an already fractured tooth
- To restore the appearance of a misshaped or discolored tooth
- To support a cosmetic modification
- As well as other health reasons at the Dentist's discretion



The Dental Crown Process

The crown process is fairly easy and straight forward.

1. First, Dr. Chubb will examine and prepare the tooth that needs a crown. This process involves x-rays and a mouth mold to ensure the lab matches the shape of your tooth.
2. Then we'll file down the outer layer of your tooth (a completely painless process) to create space for your crown.
3. We'll take an impression of your trimmed tooth and surrounding teeth so the crown fits just right.
4. We'll put a temporary crown over your tooth to protect it until your custom crown arrives from the lab.
5. When the crown arrives from the lab, you'll return for your second visit so we can cement your permanent crown to your tooth.



This entire procedure is safe, painless, and (with proper dental care) ensures a new and improved beautifully healthy tooth.

Why Choose a Dental Crown?

There are many options similar to dental crowns that can be used to repair the health and appearance of your mouth. So, what are the advantages of choosing a dental crown?

- Crowns are a simple procedure
- Can help relieve pain from damaged teeth
- Can restore the appearance of teeth
- Are custom made for you
- Can last many years



However, there are other restorative care options that offer similar benefits. A consult with Dr. Chubb can help determine the best options for you and the needs of your specific mouth.

Remember, you're not in this alone. If you have questions about whether a dental crown is the best option for you, visit our office so we can address your concerns and help you achieve your smile goals.

#2 You've made it to clue # 2. For this clue, you'll have to solve the phrase below using your answers from clue #1. In clue #1, there are 3 letters highlighted in different colors. To solve the phrase below, enter the letter with the corresponding box and line color.

Ch__ck __h__ d__r n__x__ __ Dr. Chubb!

Use the phrase to find clue #3 on page 3... once you find it, continue onto the last step on page 4!

Current Specials at Amazing Smiles:

- **All Veterans and First Responders** receive an additional 10% off their services at our office. Thank you for your service!
- **Amazing Smiles In-office Dental Plan:** \$350/yr.
Includes:
 - 2 Cleanings, x-rays, and exams
 - 1 Emergency visit (exam and x-ray)
 - 2 Fluoride treatments
 - 20% off all dental treatment
 - *family members are eligible for the same benefits for an additional \$299 per additional family member
- **Care Enough to Share Referral Program:**
Refer a new patient to our office and they'll receive \$25 off their first visit, and you'll receive a \$50 off gift coupon in the mail to be used for services at our office.
- **New Patient Special:** Receive 50% off exam, x-rays, and healthy mouth cleaning!

Did you Know?...

Your teeth can tell quite a story about you. Your teeth can determine your age, gender, and ancestral background – even clues about your overall health such as your diet or illnesses you might have endured.

February Newsletter Riddle Game Answers

*I may be thin
But I'm still tough
You should be using me after your brush*

*I'll help to remove all that leftover steak
To prevent your teeth from future decay*

What am I: Floss

*I may not be your idea of a good time
But I sure leave your teeth with a beautiful shine*

*Many of you use me everyday
But every 3 months, don't forget to throw me away*

*Make sure you use me for 2 minutes at least
So I can thoroughly remove all the things that you eat*

*I promise to be with you through thick and thin
Or at least until it's time to replace me again*

What am I: Toothbrush

SPRING CLEANING IS OFFICIALLY

CANCELLED

With most of our kids being home for the past year, we've had a chance to spend more time with them... yay?

While we certainly love our kids, that doesn't mean we have to love the messes they consistently make... or the fact that we have to clean them...

Allow us to offer you 2 much deserved promises this spring season:



1. We won't judge you for not participating in the infamous spring cleaning... if you don't judge us either. Just do your best to relax and enjoy the warmer weather, and we sure will too!
2. We'll handle your oral health's spring cleaning, so you can cross that off your list too!



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Congratulations!



You've made it to the end of the

Scavenger Hunt Word Search!

If you've made it this far, then you must have found clue #3... well done! If you have no idea what we're talking about, then see "Scavenger Hunt Word Search #1" on Page 1!

The final step is upon us! **To win your prize for making it this far**, all you have to do is use the words in clue #3 (6 in total) to solve the word search below. Once complete text a photo or screenshot of your completed word search to **(678) 675-0795** with the message "March 2021".

X	W	R	B	R	U	K	L	E	R	A	U	U	R
A	A	T	D	B	H	Z	I	F	M	V	R	L	I
S	B	T	F	R	B	I	I	K	E	Q	U	W	Z
R	T	O	T	Y	W	B	G	K	M	U	A	S	H
G	A	O	G	U	P	R	R	I	C	A	R	E	B
N	O	T	W	L	M	R	Q	Z	T	G	D	Q	C
O	A	H	Z	D	T	S	P	R	I	N	G	G	A
U	W	B	V	N	A	I	O	I	D	G	B	J	R
Q	N	R	H	C	N	F	P	P	R	X	F	D	Z
P	Z	U	P	Y	M	X	E	S	O	T	F	D	V
D	V	S	Y	O	B	R	S	M	D	M	L	R	O
A	Z	H	C	O	H	T	S	I	S	N	O	V	A
L	X	Y	Y	R	H	O	J	L	D	I	S	L	D
P	K	V	B	M	N	X	W	E	B	F	S	C	G

*Don't have the capabilities to send a photo of your completed word search? No worries, text your answers for clue #3 to the number mentioned above, review us on Google, and receive the same prize! *