



You Don't Want to Miss Out >>>

- *Public Hygiene Tips You Need to Know*
- *Let's Talk Food!*
- *Dear Class of 2020...*
- *Amazing Game... Maze Escape*

Your monthly insight into maintaining your oral and overall health

Amazing Smiles

FAMILY DENTISTRY

May Newsletter



4 Public Hygiene Tips

To Keep Our Communities Safe

Although we don't know when, we are certain that these times will pass. However, allow every curveball that life throws at you to make you stronger and wiser. This pandemic has shed light on how we can be leaving ourselves exposed to harmful bacteria and viruses, while doing everyday things.

Let's continue to do our part to keep our communities safe by practicing public hygiene. As our country continues to discuss the possibility of "reopening" please keep these helpful everyday hygiene tips in mind:



Pumping Gas

Since you can't vouch for those who used the pump before you, it's best to do your part to stay safe. When pumping gas, make sure to wear gloves to minimize the exposure, and/or use hand sanitizer after pumping and before touching any of your personal belongings.



Handling Money

There are over a trillion dollars worth of U.S physical currency in circulation. Consider all of the hands that this currency makes contact with. So, if you're not one to disinfect every dollar bill you receive, make sure to carry hand sanitizer to use after handling money.



Eating Out

Restaurant menus can harbor tons of germs, considering that staff is often too busy to thoroughly clean them between use; same goes for salt, pepper, and condiments. Ensure that you clean your hands after touching these items and before touching your food.



Waiting Rooms

Waiting for appointments can be quite boring, which is why a lot of waiting rooms include entertainment such as reading materials... which a lot of people use. To avoid contamination, clean your hands after touching these items, or simply bring your own form of entertainment.

If you have a public hygiene tip you'd like to share, text it to (770) 304 - 0034!

Let's Talk Food!

Summer is around the corner! And for those of us who live in hotter states, aka Georgia, the summer festivities might have already started. And though there are many things to look forward to this season, I can't be the only one who's had the *delicious summer foods* on the top of their list. Between the barbeques that bring us together, and the ice cream that keeps us cool on those unbelievably hot days, summer treats are sure to make your mouth water!

Choose your favorite summer food categories and learn some dental tips that will allow you to keep enjoying them:



❖ Barbeque

Who doesn't love a good barbeque? Sizzling hot dogs, sausages, burgers, you name it! But is this bad for your teeth? ...Surprisingly, no. **Meat has actually been proven to counteract the acidity in your mouth** and help remineralize your teeth (as if you needed another reason to enjoy a delicious steak). However, **do keep in mind the effects that meat can have on your body, which will inevitably affect your teeth.** For example, a high-sodium diet from regularly eating highly salted meats, can lead to health problems that will affect the health of your teeth and gums as well. **So, enjoy some bbq this summer, and just watch out for too much of a good thing!**



❖ Ice Cream and Other Sweets

We all know that too much sugar can lead to tooth decay, so I'll spare you that lecture. Instead, **let's focus on those with tooth sensitivity who might not be able to enjoy these delicious treats as much as other.** Tooth sensitivity can be caused by a number of reasons such as worn tooth enamel, chipped or cracked teeth, gum disease, etc. If tooth sensitivity is getting in the way of your summer enjoyment, **come see Dr. Chubb so she can identify the underlying reason and treat it.** That way you too can enjoy some delicious summer sweets!



❖ Summer Drinks

Summer drinks with their vibrant colors and fruity tastes are sure to make your mouth water. However, whether you prefer an alcoholic cocktail or a virgin beverage, be mindful to the high sugars a lot of these drinks have. Also, the negative effects that an excess of alcohol can have on your mouth such as eroded tooth enamel and the contribution to oral diseases. **If you'd like to enjoy them guilt free, make sure to drink plenty of water, maintain your oral hygiene (brushing for 2 minutes and flossing, twice a day each), and drink in moderation!**

Dear Class of 2020,

We are so proud of you. We understand and empathize with the changes and setbacks that you've had to overcome your final semester, and are proud of your continuous dedication and effort. It's easier to do your best when all the favorable conditions are met, but to be able to move towards your goal despite adversity, shows true strength.

Don't let the circumstances denounce the value of the work you put in. You made it. All of your hard work paid off, and nothing could ever change that. Know that you are recognized, know that you are appreciated, and know that you are one step further to achieving your goals.

Congratulations class of 2020.



Even though we can't see you face-to-face, we still want to celebrate our amazing patients' special month. If you're an *Amazing* patient, text "I made it" to 770.304.0034 to receive your graduation gift.

I made it!
Name:
Major/ Upcoming Goal:
Mailing Address:

April Newsletter Word Search Answers

Key

- Dental
- Smile
- Prevention
- Mouth
- Health
- Oral
- Teeth
- Gums

F F I D D M D Z V F P O B L W
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On **May 25th, 2020**, remember to honor the amazing individuals that gave their lives for our country.

We're Prepared

To ensure that we can continue to provide safe and excellent dental services, our entire staff has completed ADA certified continuing education courses for: **COVID-19 and The Dental Practice and Infection Control for Dental Technology Equipment.** We are continuing to do our part to remain knowledgeable on new methods and procedures that ensure our patients' **safety and comfortability.**

Amazing Smiles

Maze Escape

Oral care should be fun! Can you find your way through the maze?!

What fun is a game without a winning prize?! Text your answer to 770.304.0034 for a special reward!

