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Your monthly insight into maintaining your oral and overall health

# Amazing Smiles

FAMILY DENTISTRY

November Newsletter



## *3 Tips for a Less Stressful Holiday Season*

The holidays are around the corner, and as fun as they can be – for many, they’re also quite stressful. Whether that stress is financial, familial, etc., let’s work together to mitigate it so you too can enjoy your holiday season. Follow these tips below for some holiday de-stressing techniques:

### 1 Stay active.

Taking some time to do something good for yourself is incredibly important during times of stress. Often, when we’re stressed, we treat everything but ourselves as a priority. Taking time to focus on your well-being will allow you to step away from whatever is stressing you (even if it’s just for a little while), and will allow you to clear your mind and feel revitalized. With the weather cooling down, it is the perfect time to enjoy a nice walk, breathe in the fresh air, and safely leave the confines of your house for a bit.

### 2 But not too active.

Allow yourself some peace this holiday season. 2020 has been quite a year, and there’s still so much going on.

Don’t be afraid to say no to invitations or situations you don’t want to or just can’t be in right now. If you’re like me, you worry about disappointing your loved ones when you decline invitations, especially without a valid excuse. However, concerns for your safety and well-being are valid excuses, and will likely be taken more seriously this year. Instead, use that time to relax and do an activity that makes you happy.

### 3 Make a plan for the New Year.

For those with high-stress during the holiday season, it seems like the season lasts forever. However, it won’t. Setting your sights on an optimistic future will give you something to look forward to and help you push past those more stressful days. Even though no one can predict how 2021 will look, you can still plan on doing the things that bring you joy – even if you have to adjust how/when you do them.



If you have suggestions for mitigating holiday stress, let us know and we’d be happy to share it with our community. Together, we can help each other make the most out of every situation.

# Dental Trivia!

## How well do you know your mouth?!

**1** The number of bacteria in your mouth is closest to which of the following populations?

- A.) The number of people who attended the Superbowl in 2019
- B.) The population of New York
- C.) The population of China
- D.) The population of Earth

**3** Research has shown a link between gum disease and:

- A.) Cardiovascular disease
- B.) Diabetes
- C.) Alzheimer's disease
- D.) All of the above

**2** Where does most of the bacteria in your mouth live?

- A.) On your tongue
- B.) Underneath your tongue
- C.) In plaque
- D.) On the sides of your mouth

**4** How often should you be replacing your toothbrush?

- A.) Once a week
- B.) Once a month
- C.) Once every 3 to 4 months
- D.) Once a year



## Teeth-Healthy Thanksgiving Foods to Add to Your Menu

- **Turkey.**

Turkey is packed with protein! Protein rich foods are the best sources of phosphorus, which plays a critical role in protecting and rebuilding tooth enamel! (Just make sure to floss that extra turkey out of your teeth)

- **Sweet Potatoes/ Yams.**

Sweet potatoes are rich in Vitamin A and C. These Vitamins are great for keeping your gums healthy and preventing gum disease!

- **Pumpkin Pie.**

Pumpkin has Vitamin A, which helps to keep your gums healthy as well as rebuild tooth enamel!



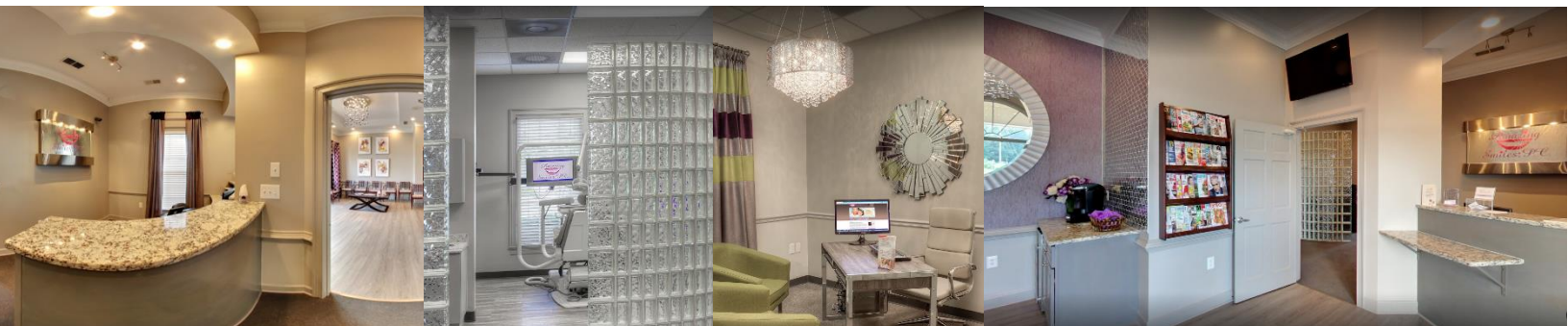
### Office Closure Dates

Wednesday, Nov. 25<sup>th</sup> - Office Closed  
Thursday, Nov. 26<sup>th</sup> - Office Closed



### Don't Forget!

This year is coming to an end. If you have dental benefits that you haven't taken advantage of, make sure to do so as those benefits do not carry over to the next year! This includes cleanings, treatment, and cosmetic dentistry (if eligible). Don't throw your hard-earned benefits away!





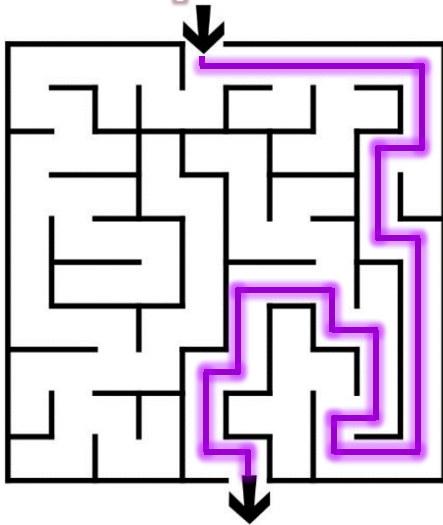
## To Know This November:



In addition to 10% off all treatment, anyone with a military ID will also receive a **free gift** from Amazing Smiles!

### October Newsletter Maze

Escape Answer!



When you bring 5 canned goods in the month of November, Amazing Smiles Family Dentistry will donate the cans to those in need and you'll have the opportunity to spin our special prize wheel! \*  
\*Different from our normal prize wheel with even more chances to win big!

### Happy Holidays from Amazing Smiles Family Dentistry

Just in case we don't get to see you again before the New Year, Amazing Smiles Family Dentistry would like to wish all of our amazing patients a happy and safe holiday season!

We appreciate all of the laughs and smiles you continuously bring us!

### Dental Trivia

### Answers!

**1** The number of bacteria in your mouth is closest to which of the following populations?

D.) **The population of Earth.** There are more bacteria in your mouth at any given moment than there are people on Earth!

**3** Research has shown a link between gum disease and:

D.) **All the above.** Without proper care, harmful bacteria in your mouth can lead to gum disease. Gum disease has been linked to a number of other diseases and health concerns; which is why it's important to stay on top of your oral health.

**2** Where does most of the bacteria in your mouth live?

C.) **In plaque.** Plaque is the sticky substance that forms and builds up on your teeth. Without proper care, plaque is known to cause tooth decay and gum disease. A single tooth can harbor 500 million bacteria.

**4** How often should you be replacing your toothbrush?

C.) **Once every 3 to 4 months.** The American Dental Association recommends replacing your toothbrush every 3 to 4 months, or sooner if the bristles are frayed or after you're sick.

# Amazing Smiles

## Riddle Game!

Oral care should be fun, so let's make it! Can you solve the riddles below?

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

*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?*

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*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?*

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