



Amazing Smiles

FAMILY DENTISTRY

October Newsletter

October is Breast Cancer Awareness Month!

Let's continue to: support all of the amazing people that are battling breast cancer, support the families that have been impacted by breast cancer, raise awareness, and be proactive in our self-exams as well as our regular physical exams. Awareness is power & every ribbon makes a difference.



Halloween Candy Tip...

It's often said that eating too much sugar will give you cavities – but would you be surprised to learn that sugar itself is not the culprit? Cavities form when the bacteria in your mouth uses the carbohydrates left over from your food to create plaque. Plaque erodes your enamel (your teeth's protective barrier) allowing the decaying process to begin – making plaque the real culprit. However, candy and other hard sugars can get stuck on and in between your teeth, making it harder for your saliva to wash away those plaque causing carbohydrates.

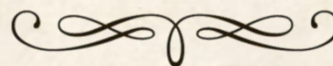
So, whereas your Halloween sweets might not be the direct culprit behind your tooth decay, they certainly play a large role. **Brushing and flossing regularly will help prevent plaque buildup, thus helping to prevent the process of decay.**



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Happy Dental Hygiene Month



October is also Dental Hygiene Month! Dental hygiene is essential for ensuring your overall health and well-being, and we just want to say thank you to our amazing patients for continuously prioritizing it. Give yourselves a pat on the back! Taking care of your oral hygiene is not only beneficial to your health but also helps to save you time and money!

To celebrate Dental Hygiene Month, we will be giving away a free Health-Tec Sonic Power Toothbrush! When you come into our office for an appointment in the month of October, you can enter in a raffle to win this helpful dental hygiene tool!

Happy Dental Hygiene Month!



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



@amazingsmilesnewnan



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No Bake Pumpkin Cheesecake with Gingersnap Crust



Ingredients:

Crust:

- 2 Cups Gingersnap Cookie Crumbs
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- 6 tablespoons unsalted butter, melted
- ¼ cup brown sugar

Cheesecake Filling:

- 1 cup heavy whipping cream
- 2 (8oz) blocks of cream cheese, softened
- 1 15oz can pumpkin puree
- 1 cup powdered sugar
- 1 teaspoon pure vanilla extract
- ½ teaspoon nutmeg
- ½ teaspoon ground cinnamon
- Pinch of salt

Instructions:

1. **Make the crust.** Stir all crust ingredients together (for gingersnap crumbs you can finely chop, blend, or food process gingersnap cookies). Place and **tightly** pack in a springform pan (use a flat surface such as the bottom of a measuring cup to tightly pack the crust mixture into the pan). Place crust in the freezer while preparing filling.
2. **Make the filling.** Beat your heavy whipping cream into stiff peaks. Beat cream cheese until perfectly smooth and creamy. Mix your smooth cream cheese and other filling ingredients in a large bowl, folding in your stiff whipping cream at the end.
3. Remove the crust from the freezer. Spread the filling mixture into the crust.
4. Place in the refrigerator and allow to set for 8-12 hours.
5. Garnish with your favorite toppings (whipped cream, nuts, cinnamon, etc.) and enjoy!

Food Challenge:

Consider trying some of these healthier alternatives to your favorite meals...

If you like...



Hamburgers

Then try...



Black Bean Burgers



French Fries



Sweet Potato Fries

While these alternatives aren't perfect, they do offer more health benefits than the originals (such as more fiber, vitamins, etc.)



Time's Running Out

Expires 12/31/21

Use It
or Lose It!

**Don't Let Your Unused 2021
Dental Benefits Go to Waste!**

Unused insurance benefits are not carried over to the next year. If you don't take advantage of your coverage, it's like throwing part of your benefits away!

I do...

*It's not everyday that you walk down the aisle
Wavering between tears and a smile
So when it's time, you want to do it right
With waterproof makeup, and a **smile that
shines bright***



Make sure you're prepared for your fall wedding with our **Fall Teeth Whitening Special!**

only **\$299**

Call today! (770) 304-0034



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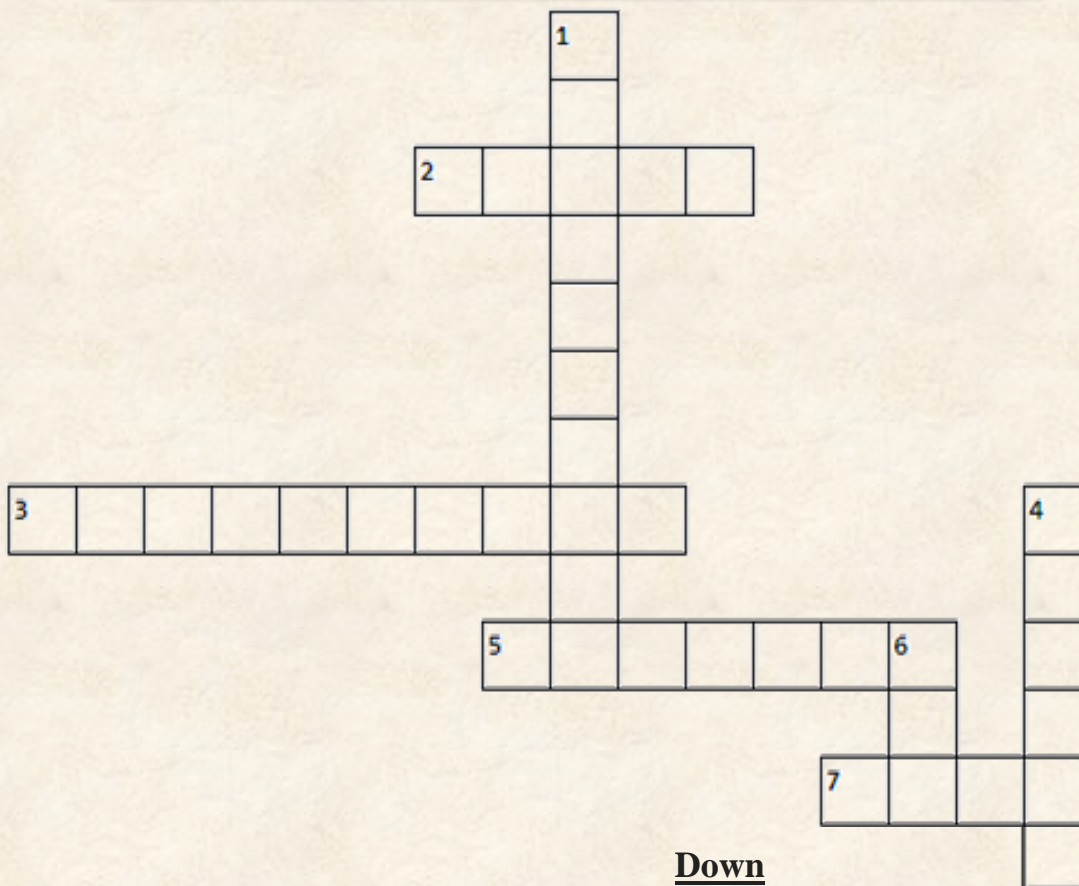
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Crossword Puzzle

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

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Use the key below to find the answers for the corresponding boxes. Text a screenshot or photo of your answer to (678) 675-0795 along with the words "October Newsletter" to win a prize!



Across

2. This stringy tool is used to remove the food and plaque from in between your teeth and under your gums.
3. You should use this twice a day and replace it every 3-4 months.
5. Visiting the ___ twice a year can help prevent oral health issues, thus saving you time and money.
7. It is recommended to use a ___ bristle toothbrush; using a hard bristle toothbrush daily can damage your teeth by wearing down your teeth's enamel.

Down

1. This minty paste helps to protect against plaque, whiten teeth, reduce bad breath, and enhance enamel strength & gum health.
4. When you have one of these, a dental filling must be complete to remove decay and repair the tooth.
6. You should brush for at least ___ minutes, twice a day.