



In this issue >>>

- Dental Symptoms You Shouldn't Ignore
- Amazing Smiles September Giveaway!
- Tips to up Your Flossing Routine
- What Happens When You Delay a Checkup
- In- Office Teeth Whitening Special!
- Amazing Word Search!

Your monthly insight into maintaining your oral and overall health

Amazing Smiles

FAMILY DENTISTRY

September Newsletter

Dental Symptoms You Shouldn't Ignore

I'm sure at one point or another, we've all been guilty of ignoring something in hopes that it will just go away. However, when it comes to your health, that is rarely the case. Think of it like this... Our bodies are constantly sending signals to our brain, warning us about external dangers we should be leery of (like extreme heat). Well, our bodies also send these signals for internal concerns that need to be brought to our attention (like when we get a fever to indicate an infection). So, you might shrug off your toothache or bleeding gums as "just another symptom of aging" or "maybe I just ate something wrong", but what can they really be indicating? Below are some of the most common dental symptoms, what they can possibly indicate, and what you should do about them:

1. Toothache

Toothaches are common. And while they don't *always* indicate a serious issue, most of the time they do. Believe it or not, the most common reason for tooth pain is actually tooth decay (cavities). Once tooth decay begins, visiting the dentist is the only thing that can stop it. If left untreated, it will continue to grow and spread until it reaches the point of severe pain (and becomes increasingly more expensive to treat). Toothaches can also indicate an infection, gum disease, broken or cracked teeth, or damaged fillings. All of which are best to get treated sooner rather than later to protect your health, time, and wallet.

2. Sensitive Teeth

Tooth sensitivity is when you experience pain or discomfort in response to eating or drinking things that are hot, cold, sweet, or acidic. Like toothaches, tooth sensitivity is common and can be an indication of the same ailments (cavities, gum disease, worn fillings, etc.). In addition, they can be caused by some of the same actions such as brushing too hard or grinding your teeth. To alleviate tooth sensitivity, try switching to Sensodyne – a toothpaste made to alleviate symptoms of tooth sensitivity. In addition, ensure you're visiting Dr. Chubb regularly so we can assess the more serious causes of tooth sensitivity, as well as offer tips as to what actions you can take to prevent it.

3. Bleeding or Sore Gums

Bleeding or sore gums are not "normal" and should be looked into, as they normally indicate gum disease. By visiting a dentist ASAP after experiencing sore or bleeding gums, you are able to prevent a timely battle against gum disease, as well as the persistent symptoms that accompany it (such as bad breath, bad taste, gums that pull away from the teeth, etc.).

If you're experiencing any of these symptoms, call our office so we can advise you on the best next steps to take. We're here to service your dental needs as well as address your concerns!



Amazing Smiles September Giveaway!

Amazing Smiles will be giving away a *Free Apple Watch Series 3* in the month of September!

We all started this year with goals and resolutions... and while I'm sure some of those are on hold, your smile goals don't have to be!

If you schedule an appointment for a **Smile Makeover** in the month of September, you'll be entered in a drawing to win a **Free Apple Watch Series 3!**

The holidays are around the corner! Gift yourself this year with a smile you're proud of & some new technology! You deserve it!

(256) 568 - 0553

Smile makeover eligibility includes any enhancement to the front appearance of your smile utilizing the following services: interior (front) crowns, interior bridges, interior porcelain veneers, in-office teeth whitening, and tooth contouring and/or shaping.



Tips to up Your Flossing Routine



Take the challenge out of flossing by using these three tips!

1

We Understand Traditional Flossing Isn't for Everyone

We understand that not everyone is a fan of string floss; and many find it difficult to use. We don't want you to get discouraged and give up on flossing all together... so what's an alternative?



Floss picks have come a lot further in their design, making them more effective and easier to use. Oral B Glide Gum Care Floss Picks are a great example of a design that allows you to easily get between teeth (even the ones in the back) and floss at the gum line.

2

Take Your Time and Be Thorough...

- Don't force your floss into place. Gently glide your floss upwards, making sure to get the surfaces between **both** teeth. Then work your way up to the gum line and **gently** clean those surfaces as well!



- The most common reason people experience pain when flossing is due to rushing and being overly forceful. Take your time! If it helps, floss while watching television or reading a book so you are at ease.

- Do your best to get between your back teeth. This can be difficult however it is incredibly important to prevent tooth decay.

What Happens When You Delay a Checkup

It can't be that bad... right?

We understand that you probably have a list of places you'd rather be instead of the dental office (my list consists of Aruba, Vegas, home, etc.). As such, scheduling dental appointments are often placed on the back burner. And while delaying an appointment by a couple of weeks isn't the worse thing in the world, you do risk the following possibilities:

1. Your current condition can worsen


The longer you wait between your bi-annual cleanings, the wider the gap between the time we've last assessed your oral health. If you've developed issues such as tooth decay or early gum disease, an earlier diagnosis can save you time, money, and maybe even pain.

2. Unforeseen circumstances can delay your appointment even further

They say life is what happens when you're busy making plans. You might intend on scheduling an appointment next month, however you never know what might delay that even further. For example, 2020 has been full of surprises that I'm sure affected everyone's plans. If unforeseen circumstances, such as the many we've seen this year, continue to delay your checkup, your oral health will be in even more risk of worsening.

So, don't delay, schedule your appointment today!

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



Amazing Smiles
 FAMILY DENTISTRY



We appreciate your feedback.
 Leave us a Google review!



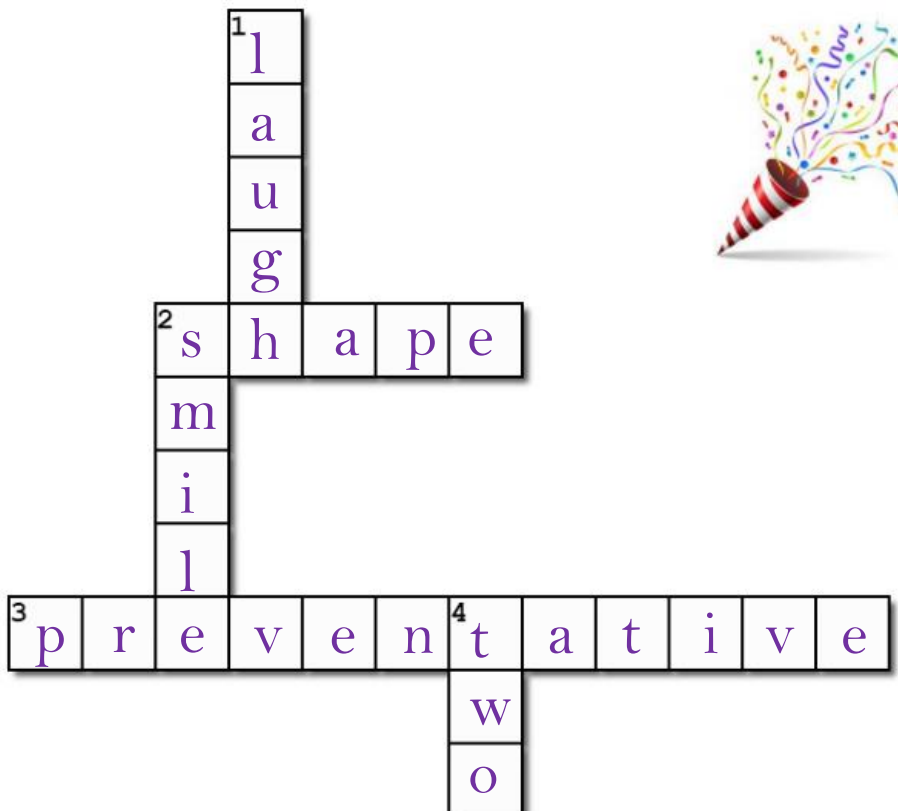
Amazing Smiles Word Puzzle Game Answers!

Across

- Like a snowflake, your smile is unique! Nobody else in the world has the same teeth _____ as you! (page 2)
- _____ dentistry saves you time and money and saves your kids from unnecessary pain. (page 1)

Down

- Kids _____ an average of 25x more than the average adult. (page 3)
- At the end of the day, our goal is to put a _____ on your face in every way we can! (page 2)
- In your lifetime, your mouth will make enough saliva to fill _____ swimming pools! (page 2)




Amazing Smiles

Word Search

Oral care should be fun! Use the key to find the answers in the puzzle below!

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

Key

Toothache	Cavity	Floss	Checkup
Gums	Health	Giveaway	Whitening

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

