

SMILES

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SENSITIVITY

Causes of tooth sensitivity besides a cavity are:

- + brushing too hard
- + eating acidic foods
- + grinding your teeth
- + using whitening toothpaste
- + using mouthwash too often
- + exposed root surfaces
- + new dental work
- + cracked tooth
- + presence of heavy plaque

PHOBICS

Many people have anxiety that makes it difficult for them to face dental treatment. Dr. Cerveny can use nitrous oxide to reduce dental fears and if that is not enough, she has had special training in the use of medications that can make a trip to the dentist a lot easier

SATURDAY APPOINTMENTS

- + APRIL 12th
- + MAY 3rd
- + JUNE 21st

Come see Dr. Karina Spillman and the rest of the gang. Parking is free, traffic is light!

NEW PATIENTS

We are offering a Friends and Family special for new patients.

If you know someone that needs a smile update, we have new patient gift cards good for free exam and xrays. Ask for details.

VENEERS



Guess which are the veneers?

RHEUMATOID ARTHRITIS

R.A. is a condition that causes joints to become swollen and painful. New research shows a link between gum disease and the risk of R.A.. An enzyme present in this type of arthritis is also found in a specific oral bacteria. Gum disease is also linked to higher risk of stroke, Alzheimer's disease, diabetes, and heart disease .

GOSSIP

Roberta, her cousin Janice, and friend Mary, are in training for walking a 1/2 marathon in October. Right now Roberta's main crop in her veggie garden is lettuce. A few volunteer tomato plants are producing. Denise has a new Shih-tzu puppy, and realizing its like having a baby all over again! Lucy also adopted a new very small puppy. Christa is planning a special vacation to Cape Cod. Melissa's daughter has #1 song on the Billboard Dance Chart. Jose is continuing his education and has moved on to expand his dental assisting career. We wish him the best! We have a new dental assistant, Kelly. She has been working as an assistant for over 29 years. Stella likes to run, maybe she will join Roberta in the 1/2 marathon?? Dr. Spillman loves making home made pizza with her kids. In May we will attend the big Anaheim dental convention.

OPEN HOUSE

We are so excited about Dr Spillman, we're having an open house on Sat May 3rd so that you can come and meet her. There will be snacks and drinks and door prizes.



HAPPY SPRING SMILES

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