

SPRING SMILES

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WHICH TOOTHPASTE ?

Have you ever been overwhelmed by the ridiculous number of choices in the toothpaste aisle? Here are a few tips to help you decide:

- Arm & Hammer toothpaste contains baking soda which neutralizes acids and helps control stain and tartar build up.
- Sensodyne is great for people with teeth that have general sensitivity to cold temperature. It is also free of detergents and is good for people who are prone to canker sores.
- Biotene toothpaste and Biotene products are specially formulated for people experiencing dry mouth or certain conditions that make the tongue, gums or inside of cheeks and lips sore. Biotene is especially gentle and non-irritating. It is also good for people who are prone to canker sores.
- All toothpastes contain abrasive cleaning agents and some are much more abrasive than others. As a general rule, the "whitening" toothpastes tend to be more abrasive. For a list of how some common toothpastes rate on the abrasiveness scale, come in to the office for a copy or check the link on our website:
encinocosmeticdentistry.com

REVIEW

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Roberta Cerveny DDS.
We appreciate your support

SPECIAL FOR MAY 2015

\$100.00 for you
Free exam and x-rays for a friend
A Win Win Situation for all
Once they accept dental treatment
You will have \$100.00 applied
toward YOUR dental treatment:}

GOSSIP

The year is flying by! and we have been busy here at the office, we have already changed our posters on the ceiling to celebrate the past holidays, Valentine's Day, St. Patrick's Day and Easter, Summer posters will be next! Now that we are entering Summer, Roberta has been busy with her tomato garden, a fun fact is she pollinated her tomato plants with an electric toothbrush! Hopefully this year will be productive for tomato's! Christa and her husband went to NY for her daughter's graduation from Columbia University this month, Congratulations Carly! Kelly has a new pop-up trailer and will be busy going on camping trips this summer. Denise and her husband entered a Biggest Loser competition and they won 1st and 2nd place. Congratulations Denise!! Speaking of losing weight our new plan here at the office is to take a brisk walk at lunchtime, especially since Dunkin Donuts is going in where Salad's Galore was. Yikes!! Melissa's Freshman twins were accepted onto Varsity golf and Advanced Model UN club. Her other daughter Myah is songwriting. Jenny is into hiking with her boys on Sundays. Stella's son is thinking of following in his mom's footsteps, a dental hygienist.

SATURDAYS

Busy during the week? Remember We have Saturday appointments! We will be in the office on:

JUNE 20th
JULY 18th
AUGUST 15th
SEPTEMBER 19th



FACTS

Your mouth produces over 25,000 quarts of saliva in a lifetime. That's enough to fill 2 swimming pools. Saliva has many uses including assisting you with your digestion and protects your teeth from the bacteria in your mouth.

*If you are right handed you will chew your food on the right side.

*There are 10-12 teaspoons of sugar in a single can of soda.

*The most common disease in the US is the common cold.

*The second most common is tooth decay



**SAVE WATER
PRAY FOR AN EL NINO**

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