

# COLLINS

## DENTAL

### PATIENT NEWSLETTER

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## REFLECTING ON 15 YEARS

A NOTE FROM DR. COLLINS

*Dear friends,*

For 15 years, you have placed your trust in Collins Dental. We are humbled and grateful. Being your dental care provider is a responsibility we don't take lightly. When you trust someone, you place confidence in them. When I began Collins Dental in 2003, I had a vision of what I wanted my office to look and feel like. My hope was to build a team that supported that vision and delivered the message that I wanted every patient to feel and experience - 5 star customer service and care. We are thrilled to be spending our 15th year in our new and beautiful building. This special place allows us more space to help more people. We especially saw this in November, when we again offered our Free Dental Day- Smiles from the Heart- to our community, and were able to help even more patients than at previous events.

We believe in a simple approach to treating our patients. We treat our patients the way we would want to be treated. Our desire is to personally touch our patients' lives and develop a relationship of mutual respect and trust. We want to exceed their expectations and form a friendship that lasts for years and years..

Many patients come to us just because they love our caring team and their gentle touch. Technology aficionados appreciate the commitment to state-of-the-art technological advances to help us diagnose and treat challenges that can only be seen with digital x-rays or intraoral cameras. Some reach out to us to help them achieve a healthy mouth. Others come because they are ready to make some cosmetic changes and get the smile of their dreams. We are honored to be a part of all of those stories.

And now on to the next 15 years! We promise to keep growing to be the best we can be, and will continue to provide you with the service and care that you equate with being a Collins Dental patient. We thank you for your trust, and are grateful for the support of our community, which helped shape us into who we are. We couldn't have done it without you! Thank you!

Most sincerely,

*F.H. Collins III*

# START 'EM YOUNG

*Just because those baby teeth aren't permanent, doesn't mean oral health isn't important.*



## SCHEDULE A 'HAPPY VISIT!'

Show And Tell with Hygienist

Count teeth with dental mirror

Exam, clean, polish and floss

Fluoride to strengthen enamel

Gift from our Treasure Chest!

## FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Spreading awareness about oral health and prevention is something we are passionate about all year round - even more so with our youngest patients. However, each February, for National Children's Dental Health Month, we are reminded of just how important it is to educate our youth.

About 50% of adults experience dental fear. This contributes heavily to skipped dental cleanings, ignoring warning signs, and avoidance of treatment. Bringing children to the dentist (starting with their "happy visit" at age 3) on a regular basis builds up trust and a comfort level that follows them into adulthood.

Dental caries, or cavities, are extremely common in children, not only because they have undeveloped motor skills for thorough brushing, but because many parents don't schedule regular dental cleanings. These cavities have the potential to become larger, more painful, and possibly require more expensive dental treatment.

The education offered by our hygienists, in addition to the cleanings, fluoride, and enamel sealants, will keep kids healthy and happy!

## QUICK FACTS

- **DENTAL PROBLEMS CAN AFFECT SCHOOL PERFORMANCE:** Statistics show that 51 million school hours are lost yearly because of oral problems. Pain from dental disorders may cause difficulty in eating, speaking and learning.
- **KEEP DECAY AWAY:** According to the American Academy of Pediatric Dentistry, more than 50 percent of children will be affected by tooth decay before age five.

# HEALTH STARTS AT HOME

Teaching children the importance of oral health starts at home. However, kids often avoid tasks specifically because they have been told to do them. Success in this area can be easier with the "tell, show, do" model:

- **Tell:** Using age-appropriate, positive language, explain how to brush and floss and how those actions keep teeth clean and healthy. Use simple terms and explain that we need teeth as a strong foundation for chewing, smiling and speech.

- **Show:** Let children watch when mom or dad brush and floss their own teeth. *Monkey see, monkey do!*
- **Do:** Assist children with brushing and flossing their own teeth. Create routine by doing it every morning and before bed each night. The repetition will help them create the healthy adult habit of regular care. Continue helping to brush a child's teeth until age 4 or 5, when their motor skills are more developed. After that, simply supervise until age 7.

**THE RULE OF 2**

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Visit the dentist 2x a year

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Brush and floss 2x a day

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Brush for a full 2 minutes

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## SCHOLAR UPDATE

“ Although moving to Auburn Hills, Michigan from Florida was a bit of a climate change, I found a home away from home here on campus. ”

- Matthew, Winter Springs High School '17

The Fall Semester of 2017 at Oakland University couldn't have gone better! Although moving to Auburn Hills, Michigan from Florida was a bit of a climate change, I found a home away from home here on campus. I arrived to find a welcoming atmosphere with countless opportunities for on-campus work, recreational activities, and intramural sports. I am a student in the Honors

College and live on campus in Oak View Hall. I was elected the Marketing Chair of the Residence Hall by the students living here and work to both plan and advertise events that will bring the residents into more of a community rather than just a place to live. I have also secured a job as a referee for all intramural sports that OU has to offer. Although the job comes with the challenge of resolving conflicts on the

fly, I have a lot of fun working as a referee. Not only did I find myself with a strong friend group, but I have also found a group of students who I study with that share my same BioEngineering major path. I'm excited to start up again in the Winter Semester with a fresh list of classes, and I'm prepared to succeed in all of them! I want to thank Collins Dental for helping me settle in to my new family here at OU!

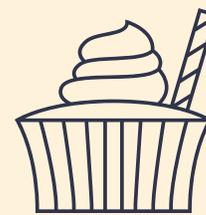
## HIDDEN HEART CUPCAKES



*Find this recipe and more on*

[pinterest.com/CollinsDental](https://www.pinterest.com/CollinsDental)

**HAPPY VALENTINE'S DAY!**



# TIPS FROM LINDA COBB: "THE QUEEN OF CLEAN"



Linda Cobb

- **Baby Oil** - For streak-free stainless steel appliances, baby oil is Cobb's choice. Though some people use WD-40, it is a flammable solvent, and probably not a great choice for a kitchen. Clean the surface first with a damp microfiber cloth. Then add a small amount of baby oil on the surface and buff smooth with a dry cloth.
- **Olive Oil & Vinegar** - Wood furniture looking dingy? Mix together 1 cup olive oil and 1/4 cup vinegar in a labeled container for future use. Shake well and apply with a soft cloth, working the solution into the wood going in the direction of the grain.

direction of the grain. Buff with a dry soft cloth for superior shine

- **Hairspray & Nail Polish**- This works best sooner rather than later. Liberally spray hairspray on nail polish stain. Let sit 20-30 minutes then rub clean. Repeat if needed.

The Queen's book of cleaning tricks is included in our Spring Cleaning prize package!

**spring cleaning**  
**IT'S MORE FUN WITH NEW STUFF**

Hoover Power Scrub Carpet Cleaner  
Bissell Pet Hair Eraser Cordless Hand Vacuum

**Collins Dental custom tote is stocked with:**

Feather Duster	Touch Up Wood Furniture Markers
Lambswool wand duster	Scrub Dish Brush
Micro Fiber Towels	Orange Oil
Scrubby Cloths	Lint Brush
Loop Squeegee	Paper Towel Roll, Windex
Soft Tip Brushes	Hand Dust Pan and Brush
Long cuffed Gloves	Grout and Tile Brush

Goodards Stainless Steel Polish and Cleaner  
Mrs. Meyers Lavender Multi Surface Cleaner, Dish Soap and Hand Soap  
Bar Keepers Friend Cookware Cleanser/Polisher

**COLLINS DENTAL**

Visit [www.CollinsDentalCare.com/MVP](http://www.CollinsDentalCare.com/MVP) for more information on our Referral Rewards Program

## JANUARY REFERRING PATIENTS THANK YOU!

Gail C-A., Rodney A., Diane D., Matthew O., Deborah B., Andrea W-B., Kimberly C., Alexis C., Rosann S., Gladys C., Gene D., Aida D., Michael E., Jackie C., Joan L., Stephnye W., Kari S., Christine G., Jackie G., Sundeep V., Eileen T-H., Jennifer K., Adam K., Mickie W., James L., Gerry H., Diedra M., Adriana T., Aida L., Evelyn C., Sacha M., David G., Shawn M., Michael G., Shauna H., Julien N., Yolanda P., Carol C., Mary P., Melissa H., Krista R., Brent S., Rhonda S., Steven C., Natalia M., Jackie C., Kathryn P., Sandra T., Leslie S., William T., Victoria T., Candace T., Jessica M., Lisa L., Stacey K., Anna J.

