

# Patient Newsletter

## BACK TO SCHOOL EDITION



## KEEP THEM SMILING FOR A LIFETIME

*Strengthen their teeth with fluoride*

When it comes to our kids, we have the best of intentions. We buy organic foods when we can, we put vegetables on the table, we encourage proper hygiene, and limit their sugar. But, let's be honest, parenting is hard, and we pick our battles. Some nights teeth don't get brushed, sometimes our kids eat candy, and sometimes dental appointments get delayed.

Our kids' teeth need as much protection as we can give them. Regular brushing and flossing, proper diet, and keeping dental appointments is key, and fluoride fortifies to protect against our errors. Don't skip this important part of your twice-yearly visit.

### *Features*

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# FLUORIDE FOR THE WIN

*Twice-yearly application reduces a child's risk of decay*

What if we told you that you could help prevent one of the most common childhood diseases with just two dental visits a year? The disease we are referring to is tooth decay.

Parents are often surprised to hear that an estimated 51 million school hours and 164 million work hours are lost each year due to dental-related illness.



In addition to a commitment to oral hygiene and regular dental cleanings and care, regular fluoride application is the most effective way to ward off dental caries, or cavities.

Fluoride is safe and already exists naturally in virtually all water supplies. Fluoride is naturally present in both groundwater and the oceans, as well.

Water fluoridation is the adjustment of fluoride to a recommended level for preventing tooth decay. It's similar to fortifying other foods and beverages, like fortifying salt with iodine, milk with vitamin D, orange juice with calcium and bread with folic acid.\*

Along with fluoridated water, the added step of applying fluoride varnish at the dental

office twice yearly can significantly reduce the risk of cavities and teeth sensitivity. A toothpaste that includes fluoride is also recommended by the American Dental Association.

It's important to remember that fluoride application benefits all teeth, regardless of age. Ask your hygienist for a fluoride treatment at your next dental appointment.



## FLUORIDE: MYTH VS. FACT

### 1

**MYTH: FLUORIDE IS A MEDICINE**

**FACT: FLUORIDE IS A NATURALLY OCCURRING MINERAL ELEMENT, MUCH LIKE IRON OR POTASSIUM**

### 2

**MYTH: I GET ENOUGH FLUORIDE FROM WATER**

**FACT: FLUORIDATED WATER SUPPLIES ARE A GREAT START, BUT A TOPICAL APPLICATION HAS BENEFITS THAT CAN'T BE MATCHED BY WATER CONSUMPTION.**

### 3

**MYTH: FLUORIDE CAUSES CANCER**

**FACT: HUNDREDS OF EPIDEMIOLOGIC STUDIES HAVE REVEALED ZERO CONNECTION BETWEEN FLUORIDE AND CANCER.**

\*American Academy of Pediatrics, American Dental Association, The National Cancer Institute



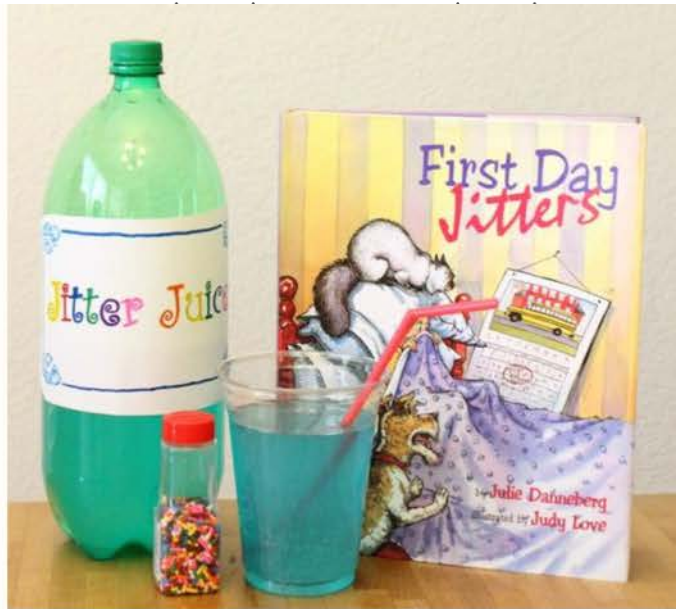


# BACK TO SCHOOL



Visit our Pinterest for tips and tricks to make the 2018-2019 school year a breeze.

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



## COLLEGE DORM PACKING

**Do's**



**Don'ts**






*Team Member Edition*

# SUNRISE / SUNSET CONTEST!

We always knew our team was the most talented in town. This month we decided to show off their skills outside of the office! Hygienist Renee LeBlanc snapped the below shot recently in Tarpon Springs, FL on an iPhone!



*Submit your photo to our monthly contest!*

1. Email to [info@collinsdentalcare.com](mailto:info@collinsdentalcare.com) or send by Facebook Messenger to our Facebook at:  
[Facebook.com/CollinsDentalCare](https://www.facebook.com/CollinsDentalCare)

2. Your sunrise or sunset photo must be:

- Jpeg
- horizontal orientation
- 300 dpi/ppi
- 11 in x 14 inches

3. Details that must accompany your submission:

Full name  
Phone number and email address  
Camera type

*Entry into contest denotes consent to display photo and entrant name in office, on social media, website, emails and any other format at the discretion of Collins Dental.*

# THANK YOU REFERRING PATIENTS!



Congratulations to Matthew Kullberg on taking home our Quarter 2 "Wheels Up!" Raffle Prize! Enjoy your Samsonite Luggage Set and Traveling Essentials! (Pictured right)



Nina C., Cheryl S., Lora P.,  
 Estefania A., Kathy R.,  
 Scott M., Dawn G., Michael D.,  
 Timothy C., Jennifer B.,  
 Heather W., Anna Charisse L.,  
 Joan L., Roger L., Brian M.,  
 Andrew B., Shelly M.,  
 Nicole M., Toney W.,  
 Monica C., Lisa T., Shay M.,  
 Kenneth R., Patricia R.,  
 Cynthia G., William F.,  
 Shannon M., Julie K.,  
 LeighAnne P., Joan C., Lacey H.,  
 Maureen S.

## Quick, Healthy Packed Lunch Ideas



### Main Course

- Pita with Hummus and Shredded Carrot
- Turkey Cheese Tortilla
- Taco Lettuce Roll Up
- Waffle with Nut Butter
- Pasta Salad with Veggies
- Sliced Chicken with Salsa
- Whole Wheat Bagel with Cream Cheese
- Veggie Burger on Wheat Bun
- Guacamole with Corn Chips
- Tuna Salad and Crackers
- Boiled Eggs

### Side Dish

- Snap Peas and Dip
- Carrots and Hummus
- Popcorn
- Cherry Tomatoes with Cheese Cubes
- Celery with Cream Cheese
- Cheese Stick
- Pretzels with Nut Butter
- Sweet Potato Fries
- Olives and Feta Cheese
- Refried Black Beans
- Brown Rice
- Edamame

### Dessert

- Clementines
- Grapes
- Strawberries
- Cherries
- Blueberries
- Apple Slices with Nut Butter
- Kiwi Slices
- Greek Yogurt
- Whole Wheat Fig Cookies
- Banana
- Trail Mix
- Yogurt Covered Raisins
- Applesauce
- Bran Muffin