

January 2012



HDG Digest

“A great **SMILE** starts with a great dentist.”

Volume 5

2012

Happy New Years!

2012

Money Savings!

As our way of thank you for making us your dental home, we want to offer you our patient appreciation money savings starting January 2012!

- Referral Rewards for referring your friends and family members. **\$50** will be applied to patient's account for referring a new patient to Hamlin Dental Group.

- **20% off** Total Treatment during the month of January



We appreciate the opportunity be your dental care provider. We value your friendship and the continuing relationship we share with you. We thank you for recommending us to your family and friends.



Our New Bunny Logo!

Visit us on Facebook and like or comment on one of the three Bunny Mascot.



www.hamlindentalgroup.com

Van Nuys* Northridge* North Hollywood



Tip of the Month:
Start the New Year with a Healthy
SMILE

With the new year approaching, you may have already begun to think about your New Year's resolutions. Why not make one of your New Year's resolutions improving your dental health? Healthy resolutions can keep your teeth healthy, and any of the following strategies will go a long way toward giving you a brighter, healthier smile in the coming year:

Eat Plenty of Fruits and Vegetables

Eating well is important for your dental health. Poor nutrition can affect the entire immune system, increasing susceptibility to many common oral disorders, including gum (periodontal) disease. Antioxidants and other nutrients found in fruits, vegetables, legumes and nuts improve your body's ability to fight bacteria and inflammation, helping to protect your teeth and gums.

Quit Smoking or Using Other Tobacco Products

Using tobacco can harm your mouth in a number of ways, increasing your risk for tooth discoloration, cavities, gum recession, gum disease and throat, lung and oral cancer. Smokers are about twice as likely to lose their teeth as non-smokers.

Limit Your Alcohol Intake

You may already know that excessive alcohol intake can have an effect on your overall health, but did you know that it may also affect your oral health? According to the Academy of General Dentistry, those who smoke, eat poorly and consume excessive alcohol also have increased gum recession (periodontal pocketing).

Brush at Least Twice a Day and Floss at Least Once a Day

Brushing and flossing protect your teeth from decay and gum disease, which is caused by your teeth's most persistent enemy, plaque – a sticky, colorless, invisible film of harmful bacteria that builds up on your teeth every day. Both brushing and flossing are equally important for good oral health.

See Your Dentist for Regular Checkups

By seeing your dentist at least twice a year, you can help prevent any dental health problems before they cause discomfort or require more comprehensive or expensive treatment. Regular visits allow your dentist to monitor your oral health and recommend a dental health regimen to address areas of concern.



Scan This!



Need an Appointment?

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