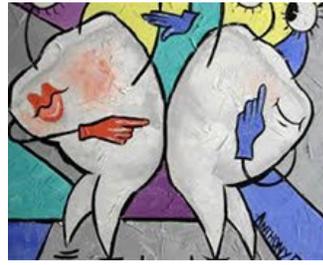


Fall Newsletter 2014



As you may have noticed we have undergone some exciting new changes at our office over the past year, so we thought it was a great time to start emailing out newsletters to our patients too!



New Appointment Reminders

Have you received a text message or email from our new reminder system yet? We are happy to be able to offer text message reminders which makes it even easier for you to confirm your appointments! Please make sure we have your current cell phone number and email address on file.



Oral Hygiene and Your Overall Health

Poor oral health has been linked to heart disease, stroke, and other health problems, but by changing certain habits, you can improve the health of your mouth and teeth and lessen your risk.

[To read more click here.](#)

Are you on Social Media? Embree Dentistry is!

Visit our Facebook page for lots of dental health information. We also post important and unimportant, but fun, office news.

While you are at our office, if you Like Us *and* Check In or mention our office in a tweet, you will be entered in our monthly drawing to win a \$50 Visa gift card. It's that easy! We are excited to have surpassed 200 Likes on Facebook already and have given gift cards to 6 lucky winners!



A note from our associate Dr. Courtney Heys...

With Halloween upon us, it's a good time to brush up on your kids dental routine. We never like to tell a kiddo that they have a cavity, so here are some tips to help keep your kids cavity free at their next check-up.

*Share the responsibility of brushing with your kids until they are 10 years old, or older. Your child may be a prodigy in a lot of ways, but they won't get their teeth as clean as you will. One rule of thumb may be if you trust your child to wash dishes without checking the results, you may be able to let them brush their teeth unaided.

*Use a fluoride toothpaste as soon as your child can rinse and spit, (around 3 or so).

*Drop the pop. A kid who regularly drinks soda, 2 or more cans a day, will likely get cavities. This goes for energy and sports drinks as well, which are so acidic that they start destroying teeth after only 5 days of consistent use.

*Diet is very important in avoiding cavities. Try to keep your child away from "sticky" candies like licorice and lollipops, and limit snacking or sipping on juice between meals.

*Having a 5, 3 and 1 year old myself, I know how difficult it can be to adhere to these rules at all times. It's OK for kids to have the occasional sugary treat or to miss a brushing check. Regular dental visits are only a small piece of the puzzle. The foundation for good oral health begins at home. Helping your kids to develop good habits at an early age gives them a great start on a lifetime of healthy teeth and gums.

Happy Brushing!
Dr. Courtney Heys

Pearls of wisdom from the front desk...

As the end of the year approaches, there are a few things to keep in mind to make the most of your dental care.

*This year we are offering more office hours during the holiday season. With the high demand for these appointments, be sure to call us soon to reserve a time.

*Most HSA/flex accounts expire at the end of the calendar year. Planning ahead to complete any needed treatment is a good way to ensure you are making the most of your pre-tax dollars.



*Many of your dental insurance plans renew on Jan. 1st and any remaining benefits do not roll over into 2015. If you have any unscheduled dental treatment needs, please give us a call so that we can help you to maximize your insurance for 2014.

We are happily accepting new patients and truly appreciate when we get referrals from our patients' family, friends and co-workers. With the addition of another evening and Saturday hours, we are able to better accommodate your referrals and appointment needs.

Thank you from all of us at Embree Dentistry!

