

Wishing you all the JOY of the Season

Are You Naughty or Nice to Your Teeth?

It's not easy to stay healthy during the holidays. Sweets seem to appear everywhere you go, and with all of the present-wrapping and card-writing, there's not much time to devote to you and your family's health and well-being. Luckily, Hermey the Elf, best known for his adventures with Rudolph the Red-Nosed Reindeer, joined forces with the American Dental Association (ADA) to come up with tips for keeping your mouth and teeth healthy during the holidays.



In the classic holiday movie, Hermey dreamed of becoming a dentist and helping people keep their teeth healthy. In 2014, the ADA awarded Hermey with a Dental Do Gooder (DDG) for his passion for dentistry. Hermey and the ADA came up with a set of tips to help families keep their smiles in tip-top shape.

- ✓ Have a routine. Hermey always brushes his teeth two times a day, for two minutes, and you should too! It's what keeps your mouth healthy in December and all year long. Make sure to use a fluoride toothpaste that has earned the ADA Seal of Acceptance.
- ✓ Choose the carrots. (That means you, Santa!) Cookies and sweets are nice holiday treats, but instead of reaching for another candy cane, take a cue from Rudolph and eat the carrots.
- ✓ Don't forget the dentist! The holidays can be a busy time, but that doesn't mean you can forget about your teeth. If you are due for a teeth cleaning or need work done, don't forget to visit your dentist in December.
- ✓ Drink water. You need a lot of energy for holiday activities, but avoid drinking sodas, sports drinks and juices with lots of sugar. Instead, drink water with fluoride in it to keep your teeth strong and healthy.
- ✓ Protect your teeth. Wear a mouthguard whenever you play sports – or reindeer games – this holiday season!



JOY had a joyfull appointment.



Alyssa and Claire having a fun visit!



Welcome Skylee
New Patient



Welcome Sai
New Patient



NO CAVITY CLUB!



WINNER!



Lilla is a new member of the cavity free club!



Arjun is cavity free!



Congratulations Conner! He is the "No Cavity Club" winner for October.



Leo and Ellie are cavity free! Now that's positive sibling competition!!



Ashley and Bella had a great check up!



Jake has no cavities!

Have you entered to win Suns tickets? Go to the page [here](#) to enter!



We wish you and your family a very happy holiday!

We Appreciate Your Referrals To Our Office!

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