

Happy New Year to All!

This is the time of year when many people make New Year's resolutions.

Here are six resolutions for you to consider that can improve your dental health, your overall health and save you some money too.

1. Floss at Least Once a Day

It's great if you can floss more than once a day, but if you can only floss once, make sure you do it before bed so bacteria don't have a chance to grow while you are sleeping. Your mouth produces less saliva while you are asleep making your mouth more susceptible to bacterial growth. Flossing regularly also helps eliminate bad breath and helps avoid future dental issues.

2. Stop Drinking Sugary Drinks

Soda, energy drinks, sports drinks, juice and sweetened tea wreak havoc on your teeth. Drinks like this break down the enamel on your teeth and cause teeth to erode, become more sensitive, and eventually become more painful since they have less natural protection.

3. Eat Tooth-Friendly Foods

Some foods are better for your teeth than others. For example, hard, crunchy foods like apples, cauliflower and raw carrots are natural cleansers. And dark chocolate contains antioxidants that prevent bacteria from sticking to your teeth.

4. Chew Sugar-Free Gum

Not only will chewing gum make your breath smell fresher, but it's a great way to fight off cavities. Try to chew gum that contains Xylitol, a natural sugar substitute. Bacteria don't use xylitol as a food source like they can sugar. Therefore, bacteria can't grow or produce acid while you're chewing this type of gum.

5. Stop Smoking and Excessive Drinking

Smoking any substance causes damage to the tissue in your mouth and it decreases blood flow. The combination makes your teeth and gums more vulnerable to decay and periodontal (gum) disease.

6. See Your Dentist Regularly

Come see us for a professional cleaning at least every six months to help keep you healthy and disease free.

We are pleased to introduce our new dental hygienist, Gerri Helfrich, RDH. Gerri has over 20 years experience in delivering compassionate, comfortable care to patients of all ages. She loves children and her friendly, gentle chair side manner brings calm to even the most anxious patients. She has extensive experience in the therapeutic treatment in periodontal disease (gum health) and centers her care to fit each patient's individual needs. Her top priority is to help each patient achieve optimal oral health by making them feel comfortable about their regular dental visits and designing home care strategies to help maintain their dental health between professional cleanings. Gerri shares our passion for helping patients and her upbeat, positive attitude is a great addition to our team!

Come in January and February for a new patient exam and receive a **FREE** Velscope oral cancer screening.



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