

Tooth Talk

Jansen Family Dentistry

Spring 2014

Volume 1, Issue 2

Fluoride: Nature's Cavity Fighter

Did you know that you can prevent most cavities with good dental care and the use of fluoride?

Fluoride is a naturally-occurring mineral that is found in most water sources. Fluoride helps protect your teeth by strengthening the enamel from acid attacks that cause cavities. It also helps repair areas of weakened enamel before a cavity forms.

The best ways to receive fluoride include:

- Brushing your teeth with a fluoride toothpaste (check the active ingredients list on the label and look for the ADA Seal of Acceptance)
- Mouthwashes and rinses containing fluoride
- Drinking fluoridated tap water (bottled water usually does not contain fluoride)
- Receiving a fluoride treatment at every dental cleaning



Be sure to ask for fluoride at your next dental cleaning!

At Jansen Family Dentistry, we offer quick and easy fluoride treatments in a variety of fun flavors. To keep your smile healthy, be sure to ask for fluoride at your next cleaning and check-up!

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Free Oral Cancer Screenings at the WTHR Health and Fitness Expo

We are excited to announce that our office will be an exhibitor at the second annual WTHR Health and Fitness Expo! The Health Expo will take place on April 26 and 27 from 10:00am-5:00pm at the Indiana State Fairgrounds Exhibition Hall.

Our doctors will provide free oral cancer screenings to the public to help raise awareness of the disease. (At last year's Expo, our doctors were able to perform over 90 screenings!)

The Health Expo allows the public to explore multiple areas related to health care. Dozens of local healthcare businesses will be represented. The following is an excerpt from WTHR's website: "It will be two full days filled with the most healthcare exhibits under one roof, and will include free health screenings, celebrity appearances, live exercise, dance and cooking demonstrations, even a kid's zone."



Be sure to stop by our booth to say hello and receive your free oral cancer screening!

Upcoming Events:

- Spring Break: March 31—April 4
- Hygienist Shelby Vaughan's Birthday: April 3
- Hygienist Samantha West's Birthday: April 5
- WTHR Health and Fitness Expo: April 26 and 27

Smiling with Confidence: The Possibilities of Esthetic Dental Restorations

Today, dental materials exist that allow for extremely durable and extremely esthetic restorations. As recently as 15 years ago, ceramic materials alone were not strong enough to be used in most situations without fear of fracture; then their strength increased, but their esthetics did not. Now, we have available the best of both worlds: beauty & brawn. The following case demonstrates a sample of what we are able to provide to you.

If you are interested in improving the appearance of your smile, call us today to schedule a consultation!



Win Our Quarterly Raffle Prize!

The ultimate compliment our patients can give us is to trust us enough to send their friends and family to see us. We have a referral program, called the Care-to-Share program, to reward our existing patients for referring others to us.

Every new patient referral is acknowledged with a thank-you gift. We also like to have a quarterly raffle drawing to give away a special prize. For each person you refer to us, you get one entry into the current drawing.

For the months of January through March, the drawing was for a Spring Cleaning Prize Pack, which included a \$200 gift card to All-N-1 Auto Detailing and a book of Mike's Car Washes. Be sure to like our Facebook page to see who was the lucky Spring Cleaning winner!

This quarter, from April to June, our prize will be a Summer BBQ Basket that will include all kinds of yummy goodies to make your next outdoor cookout a hit! Keep checking our Facebook page for upcoming details on this fun prize...

Be sure to refer your friends and family to us by June 30th to be entered into our BBQ Basket drawing! The winner will be chosen by random selection during the first week of July.



Pictured: Spring Cleaning Prize Pack

“Cozy Up With Cash” Prize Pack Winner

Last winter, our Care-to-Share program giveaway prize include \$200 cash and a basket full of cold-weather goodies. We would like to congratulate Tyler G., winner of our “Cozy Up With Cash” Prize Pack! (We bet Tyler appreciated the warm, fuzzy blanket he received to help stay warm during this brutal winter weather — not to mention the cold, hard cash!)



Congratulations, Tyler! (Pictured with Dr. John)

You can be the winner of our next Care-to-Share giveaway! All you have to do is refer a friend or family member to our office. Every quarter we offer a new raffle prize, so be sure to check our Facebook page, emails, and website to see the most current giveaway.

We will happily accept anyone you send to our office for care. We look forward to meeting your friends and family members!

April is National Facial Protection Month

Imagine what it would be like if you suddenly lost one or two of your front teeth. Smiling, talking, eating — everything would suddenly be affected.

Athletic mouthguards help cushion a blow to the face, minimizing the risk of broken teeth and injuries to your lips, tongue, face, or jaw. Mouthguards should be worn while participating in any sport that involves the risk of injury, including football, basketball, soccer, baseball, hockey, wrestling, and volleyball.

Helmets, protective eyewear, and face shields should also be worn for additional protection when appropriate.

Stock and boil-and-bite mouthguards are available for purchase at retail stores, but the best mouthguard is one that has been custom made for your mouth by your dentist. At Jansen Family Dentistry, we can make you a custom-fit mouthguard by taking a simple impression (also known as a “mold”) of the upper teeth. And we have a variety of colors of mouthguards to choose from!

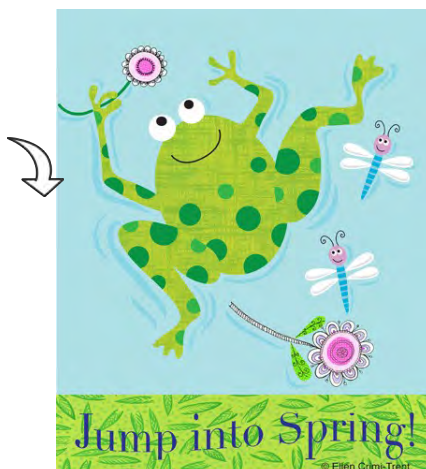


Don't let a sports injury cause you painful, costly dental treatment — let us help you keep your mouth healthy for years to come!

Spring Break Just Around the Corner

This winter has been brutal! (Can you believe we actually broke snowfall records?!) But warmer weather is almost here...

During this time of year, schools will be taking spring break vacations, which is the perfect time for students to schedule dental appointments. If your children need cleanings or any other dental work completed, be sure to get them scheduled to see us!



Our office will be closed March 31 to April 6 so that our doctors and staff can enjoy spring break with their families. But don't worry — we will be on call for any dental emergencies! (Just call the office voicemail for emergency numbers.)

We hope everyone has a safe and enjoyable spring break!

Coloring Contest Winner is All Smiles

In honor of National Children's Dental Health Month in February, we hosted a coloring contest for children to participate in. Any child 12 and under was allowed to color our picture of a grumpy Garfield brushing his pearly whites.

Out of the 24 pictures submitted, we selected our three favorites then posted them on our Facebook page where the public could decide on the winner.

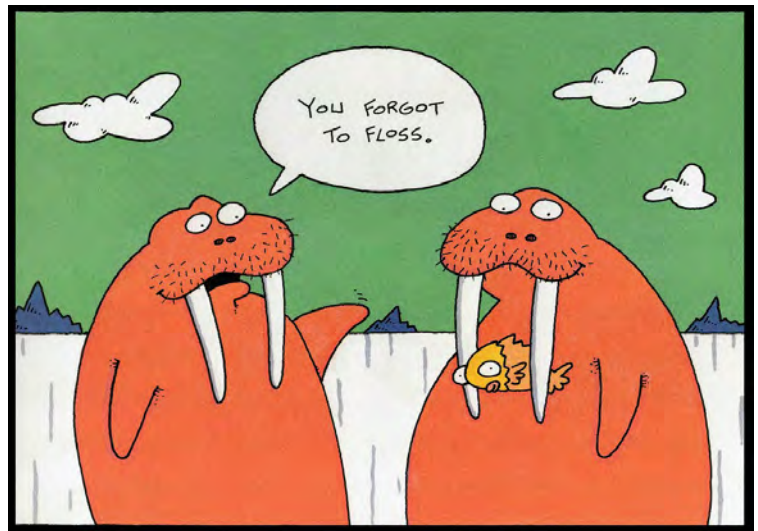
Congratulations to the selected winner, Halle, who won a \$25 Toys R Us gift card and an Indiana Pacers Boomer jersey for her artistic talents!

Way to go, Halle!

Pictured at right: Halle, age 8



Comic Corner :)



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It is our ultimate goal to provide the highest quality comprehensive patient care in a comfortable, supportive, and relaxing setting. We are committed to work with you to achieve the perfect smile. We offer the latest treatment options to fit everyone's cosmetic and family dentistry needs.

We are always welcoming new patients to our office and consider it a great compliment when you refer your friends and family to us.

Like us on Facebook!

www.facebook.com/jansenfamilydentistry

