

STYLE YOUR SMILE

VOLUME 2, ISSUE 4 OCTOBER 2010

THIS YEAR IS GOING GOING GONE...

Do you catch yourself saying wow where has this year gone? It certainly passed by quickly for us. We wanted to accomplish so many goals we set for ourselves and the practice and time is quickly running out. Looking back on the challenges we faced this year and goals met we can certainly say that God has blessed Alabama Smile Builders. The year began in February with an amazing trip to Belize that included 72 workers sharing Christ's love with over 1300 people. We were able to give school supplies and flipflops to many of the children because of your generous donations. Thanks so much for your support of our trip. In April we flew to Charlotte, NC for continuing education with the Nash Institute. Six months before

our trip Dr. Bishop studied clinical techniques with Dr. Nash and was excited to take our team to their Team Institute. We were able to spend two days with three other teams learning to serve our patients better. We appreciated the opportunity to attend Team Institute. Over the course of the summer we completed several smile makeovers using new cosmetic techniques. Dr. Bishop along with our team was able to transform these smiles using state of the art techniques while working with a lab in Charlotte, NC. In particular two cases stand out as extra ordinary. In both cases each patient left excited with their results. Recently Dr. Bishop was invited to participate in an implant course in

New Jersey. Dr. Bishop along with another dentist and a specialist attended a weekend course concerning new techniques surrounding placing and restoring implants. 2010 has been a year of learning new things for our practice. From the Belize trip where our team learned they could manage 72 people in a third world country to improving our team through continuing education, Alabama Smile Builders has met challenges and succeeded. We are blessed beyond measure. Thanks for letting us Style your Smile.

-Beth

DATES WE WILL BE CLOSED

November 24-28

December 22-28

Please call during those times if you have an emergency. We are always available

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CANDY CORN

Most of us have been told throughout our lives that too much sugar will cause tooth decay. But how much is too much? First, it helps to understand how sugar causes tooth decay. Is sugar the problem? It's actually not the sugar itself that causes tooth decay, though it is part of the equation. Decay is actually caused by the sugar we eat combining with saliva and bacteria in the mouth. The sugar feeds the bacte-

ria, which then produces acids that ultimately cause cavities. Studies have shown that tooth decay can cause much more than a toothache; poor oral health can lead to ailments such as gum disease and even heart disease. So what can you do to keep your kids cavity free? Here are some helpful hints for tooth decay prevention. Limit sugary sweets. Avoid letting your kids have candy, cookies, and soda. Instead, encourage them to make healthy snack choices such as fruit, raw veggies, cheeses, nuts or whole grain crackers. Prac-

tice good oral hygiene. Help your child brush their teeth thoroughly at least twice a day. Brush all tooth surfaces and the tongue to remove bacteria and plaque. Get regular check-ups. Cleanings by a hygienist remove plaque below the gum line. It also serves as an early detection of any decay needing to be treated. If you start early, and teach your kids healthy habits, you can ensure that they will have healthy teeth for life. Happy Halloween.

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STYLING YOUR SMILE WITH A FOCUS
ON CHRIST.

Have a wonderful fall season.

Have you ever wondered why your hygienist recommends a fluoride treatment? Here is an experiment to simulate the protection power of Fluoride. Let us know how it turns out!

What you'll need:

- 1 bottle of Fluoride rinse solution (available from your dentist, local dental supply company and some pharmacies)
- 2 eggs
- 1 bottle of white vinegar
- 3 containers

What to do:

Pour four inches of Fluoride rinse solution into one of the containers and then place an egg in the solution. Let it sit for five minutes. Remove the egg. Pour four inches of vinegar into each of the remaining two containers. Put the egg that has been treated with the Fluoride into one container of vinegar and the untreated egg in the other container of vinegar.

What will happen:

One egg will start to bubble as the vinegar (an acid) starts to attack the minerals in the egg shell. Which egg do you think will start to bubble?

Note: with any science experiment, it is recommended you have an adult present for supervision.