



DAILY SMILE NEWS

The Dental Expression Newsletter

ISSUE #7



Black History Month

Happy February from everyone here at Dental Expression! We are very excited to be here for your dental needs in 2014. We want to be sure to thank and remember all of the black men and women that helped pave the way for millions of people today. Black History Month is an annual celebration of achievements by black Americans and a time for recognizing the role of African Americans in U.S. history. Memphis is a city with a plethora of African-American history. We are proud to be able to serve in a city as affluent in black culture as Memphis. As a business in the heart of the city, we are confident that your experience will be unforgettable. Whether you are new in town or need a new dental home; be sure to stop by Dental Expression at 3704 Summer so we can show you why... "Your Smile Is Our Passion!"

In This Issue:

- Black History Month
- "Brushing" Up On Dental Health
- Show Your Teeth Some "LOVE!"

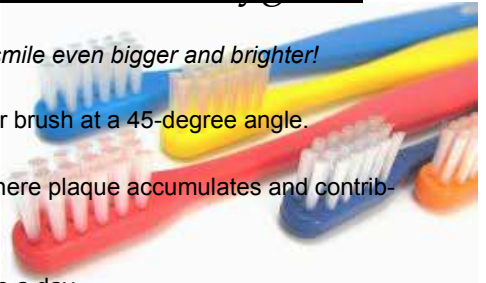
Feature of the Month

ZOOM! Whitening

"Brushing" Up On Your Dental Hygiene

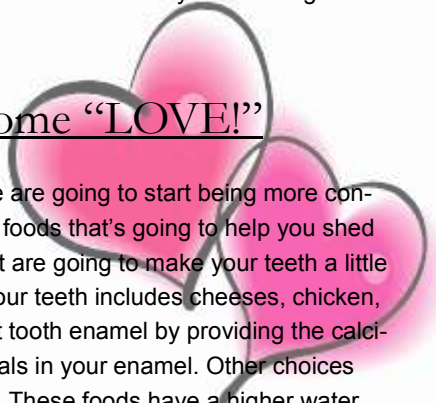
Check out these tips to making your smile even bigger and brighter!

- Use a soft-tipped toothbrush and keep your brush at a 45-degree angle.
- Massage around your gums at the base where plaque accumulates and contributes to gum disease.
- Brush your teeth at least two minutes, twice a day.
- Alternate where you start brushing your teeth, so each area of your mouth gets



Show Your Teeth Some "LOVE!"

It's the beginning of the new year and many people are going to start being more conscious of the foods that they're eating. Besides the foods that's going to help you shed some pounds, you may also want to pick foods that are going to make your teeth a little healthier. The best food choices for the health of your teeth includes cheeses, chicken, or other meats, nuts, and milk. These foods protect tooth enamel by providing the calcium and phosphorus needed to replenish the minerals in your enamel. Other choices include firm/crunchy fruits (apples) and vegetables. These foods have a higher water content, which weakens the effects of the sugars they contain, and encourage the flow of saliva, which helps protect against decay by washing away food particles. Acidic foods, such as citrus fruits, tomatoes, and lemons, should be eaten as part of a large meal to minimize the acid from them. So this new year show your teeth a little "LOVE" by choosing wiser foods, and be sure to SMILE while you're doing it.



Feature of the Month: ZOOM! Whitening

This month we would like to introduce our Zoom! Whitening. Whether it's a wedding or a job interview, make your special occasion "brighter" with a teeth whitening makeover. We provide this system as a full experience or it can be broken down into sessions. No matter what your schedule is, you can make time for the perfect smile. Contact our office for more information about this affordable and convenient procedure.

