

DAILY SMILE NEWS

THE DENTAL EXPRESSION NEWSLETTER

ISSUE #10

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Dental Expression, PLLC is proud to be new a member of the Greater Memphis Chamber. The Chamber helps strengthen and grow different businesses through connections with other businesses in the Mid-South area.

5 Cavity Reducing Tips

1. Limit in between meal snacking.
2. Keep sugary foods in your diet to a minimum.
3. Include more dairy, fruit, vegetables, and water in your diet.
4. Brush your teeth twice a day for two minutes.
5. Make regular visits to your dentist office

Increasing Our “LIKES”

Dental Expression has been open now for 6 months and we are thankful to have 100 Facebook likes. This means we making good impressions on our patients. Now we are striving for another goal of 300 likes by our one year anniversary on November the 4th! We are inviting everyone to visit our page and see what we have to offer. You can follow at Dental Expression, PLLC.

Career Day



Dental Expression was fortunate enough to be invited to Getwell Elementary, Oakhaven Elementary, and John P. Freeman Optional School. We spoke to kids about the wonders of dentistry. They asked thought provoking questions and seemed very determined in choosing their career paths early.

How Often Do We Visit The Dentist?

A survey in the *Dental Tribune* showed that more women than men visited a dental office in 2013. The survey reported that 67.2 percent of the female participants reported visiting the dentist annually, but only 62 percent of their male counterparts visited the dentist.

With regard to ethnicity, the report observed that in 2013 about 55 percent of black and Hispanic participants said that they had visited the dentist in the past year, compared with about 70 percent of white and Asian participants.

This report showed that every gender, race and ethnicity could benefit from visiting the dentist a little more. By getting annual checkups for the whole family, you can show friends and other family members that visiting the dentist is not too bad. So whether its with Dental Expression or your current family dentist, visit your dentist at least twice a year for your dental needs.



JUNE



15th

