

SPRING 2010



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Orthodontics and  
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[www.kidbraces.com](http://www.kidbraces.com)

## THANK YOU

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Thank you, from all of us, for your ongoing loyalty, cancellation notification, referrals, and every kept appointment that helps our office run smoothly.

Our team's commitment extends beyond your office visits. We stay in touch by emailing newsletters sharing information about our office and ways you can take better personal care of your teeth.

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## Our Winners

The **\$100** drawing for the orthodontic patients that come to their appointment:

- On time
- Wearing their t-shirt with our logo
- Having a clean & healthy mouth.



Tallahassee  
March winner



Thomasville  
March winner

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## New Patients are Always Welcome!

If you know of someone who would benefit from our dental services, please let us know.

**We truly appreciate your confidence and referrals!**

# Drilling? No Thanks!

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## No Needles – No Drilling

[http://www.drilling-no-thanks.com/us/patient\\_prinzip.html](http://www.drilling-no-thanks.com/us/patient_prinzip.html)

The revolutionary treatment of small cavities without drilling!

Decay develops from plaque, a sticky film of bacteria, constantly forms on your teeth. When you eat or drink foods containing sugars or starches, the bacteria in plaque produce acids that attack tooth enamel. The stickiness of the plaque keeps these acids in contact with your teeth and after many such attacks, the enamel can break down and a cavity forms.



Courtesy of DMG America

**Before using ICON**



**After using ICON**

- Dr. Sexton can stop the progression of an early cavity before it needs to be treated using a needle or drill. This breakthrough treatment preserves healthy tooth structure, prolonging the life expectancy of natural teeth and is completed in just one visit.
- Icon removes white spots in one simple treatment, restoring the beautiful, natural look of the teeth.

Ask your dentist if you are a candidate for treatment with Icon.

[http://www.drilling-no-thanks.com/us/upload/files/DMG\\_Icon\\_Patient\\_Brochure.pdf](http://www.drilling-no-thanks.com/us/upload/files/DMG_Icon_Patient_Brochure.pdf)

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## SWEET STUFF

Not just sugar is destructive to your teeth—citrus and carbonated drinks also coat the teeth with damaging acid.



**SODA**—According to the American Dental Association, some soft drinks contain more than 11 teaspoons per serving. Soft drinks (even diet brands) can contain acids that can damage the enamel coating of your teeth and lead to decay.

**SPORTS DRINKS**—Sports drinks and energy drinks might seem like a healthy alternative to soda, but they're not healthier for teeth. Studies show that sports & energy drinks contain high levels of acid that may be linked to a condition called "erosive tooth wear".

**JUICES**—Multiple studies have shown that orange juice, lemon juice and grapefruit juice can be acidic and harmful to your teeth. Fruits are important parts of overall diets, but limit citric juice intake to once or twice a day. Use a straw to avoid contact with teeth and gently rinsing your mouth with water after drinking acidic juices



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## Where are you going this summer?

Once again, our summer contest is:  
*"Where in the world are you?"*

Send us postcards and  
let us know where you are!

**4 free movie passes** for:

- Most postcards sent
- Farthest postcard
- Funniest postcard

Winners will be announced  
at the end of the summer!

