

Hello Friends,

Hope your upcoming Holiday Season will be filled with the wonderful blessings of great family and friends.

We want to let you know what is happening with your dental family here at New Town Dental Arts! We had a successful 4<sup>th</sup> annual Halloween Candy Donation Drive and have been able to send nearly 900 pounds of candy this year to our hard working Troops abroad. Our 5<sup>th</sup> annual Smiles for Life event was able to generate over \$2450 this year for Dream Catchers of Williamsburg and the Garth Brooks' Teammates For Kids Foundation.

Have you started your Christmas gift list? Don't forget that we offer *gift certificates* both for products and **teeth whitening!** **Ask us about this!**

With the end of the year coming we also want you to make sure you maximize any remaining insurance benefits. Please remember to call for an appointment to utilize those benefits still available through December 31<sup>st</sup>!

We will also be collecting food for the local FISH food pantry throughout the Holiday Season! Starting Now!

Visit our website [www.newtowndentalarts.net](http://www.newtowndentalarts.net) and follow us on Facebook to check out our happenings! Thank you to all of our patient family for helping with our local community service endeavors. Have a wonderful Holiday Season and we hope to see you soon!

Dr. Sebastiana G. Springmann, Dr. Sarah Allen  
and all of Your Team at New Town Dental Arts

## **Tips for Breaking Bad Oral Habits**

Did you know that a lot of little things you do (or don't do) on a day-to-day basis affect your teeth's well-being and may fall under a list of bad oral habits? These include not brushing or flossing enough, eating too many sweets too often, or even using your teeth to open a bag of chips.

Bad oral habits die hard, but they can be stopped in their tracks by the following tips:

Floss at least once a day. It helps remove bits of food and dental plaque in places your toothbrush can't find, helping to keep your gums healthy.

Brush at least twice a day. If brushing is not an option, chew sugarless gum (make sure it's sugarless!) for 20 minutes after a meal or snack. This helps prevent tooth decay.

Clean your tongue. Regularly cleaning your tongue with a toothbrush or a tongue scraper helps remove the bacteria that causes bad breath.

Replace your toothbrush regularly. Replacing your tooth brush ever 3-4 months is a good idea. Bristles in your toothbrush that are bent and broken don't do a good job cleaning your teeth.

Eat a balanced diet. Snacking on sweets without brushing increases the acid in your mouth... and the likelihood of tooth decay. Munch on vegetables and fruit instead.

Regular Dental Visits. Your dentist is trained to do damage control in your mouth before it's too late. You should visit the dentist regularly -- every six months.

Adding these to your list one at a time is a good start to kick those bad oral habits. By doing a little self-check on your daily dental care habits, you can be on your way to making sure your teeth, your mouth's health and your overall health are at their best.

Visit us on [www.newtowndentalarts.net](http://www.newtowndentalarts.net) or facebook to keep up with all our happenings here in New Town Dental Arts!

757-259-0741 [www.newtowndentarts.net](http://www.newtowndentarts.net) 4939 Courthouse Street Williamsburg,

VA 23188

---

---

Note: This e-mail was automatically generated. Please do not respond to this e-mail address; it comes from our automated alert system, which is not monitored for responses. [To unsubscribe, click here.](#)  
Copyright © 2011 Futuredontics, Inc. • All rights reserved worldwide