

with **LOVE**

from Hamilton Dental Designs

February 2018

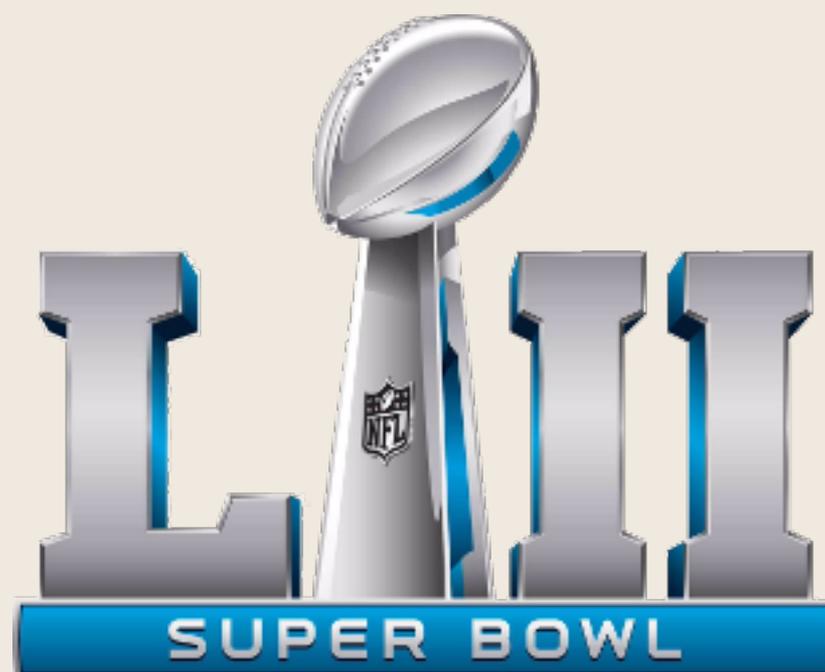
This month, we are sending out happy thoughts and love to all of our patients and hope you'll pass it on! We have some interesting things to educate you on in this newsletter, and, as always, there are some happenings at the office that we don't want you to miss. Check them out below! **XOXO**



National Children's Dental Health Month

February is...

National Children's Dental Health Month! This health initiative was started in Akron, Ohio back in 1941 and has been steadily growing into a nationwide program that now spans the entire month of February. For our part, the HDD team would like to remind parents of several key points in taking care of our youngest patients' teeth. First, **every child should be seen by a dentist within six months of their first tooth erupting, and no later than their first birthday.** This is important so your child can be screened for tooth decay, as it is very common and just as serious in baby teeth. This also gives your child a chance to get used to going to the dentist. Let's be honest, most people aren't born liking it! Introducing your child early can not only head-off problems later on, it can relieve anxiety and make dental care a positive experience from the start. In addition, your child should be **brushing twice and flossing or cleaning between their teeth once every day** (with a parent's help). Finally, they should have a **healthy, well-balanced diet** with limited exposure to sugary drinks and snacks. For healthy snack ideas, check back to our [August Newsletter](#). For more information about caring for those little smiles, talk to our hygienist, Melissa at your child's next visit to HDD. And, if your child hasn't been to the dentist yet, February is the month to get them in!



Super Bowl Give-Away!

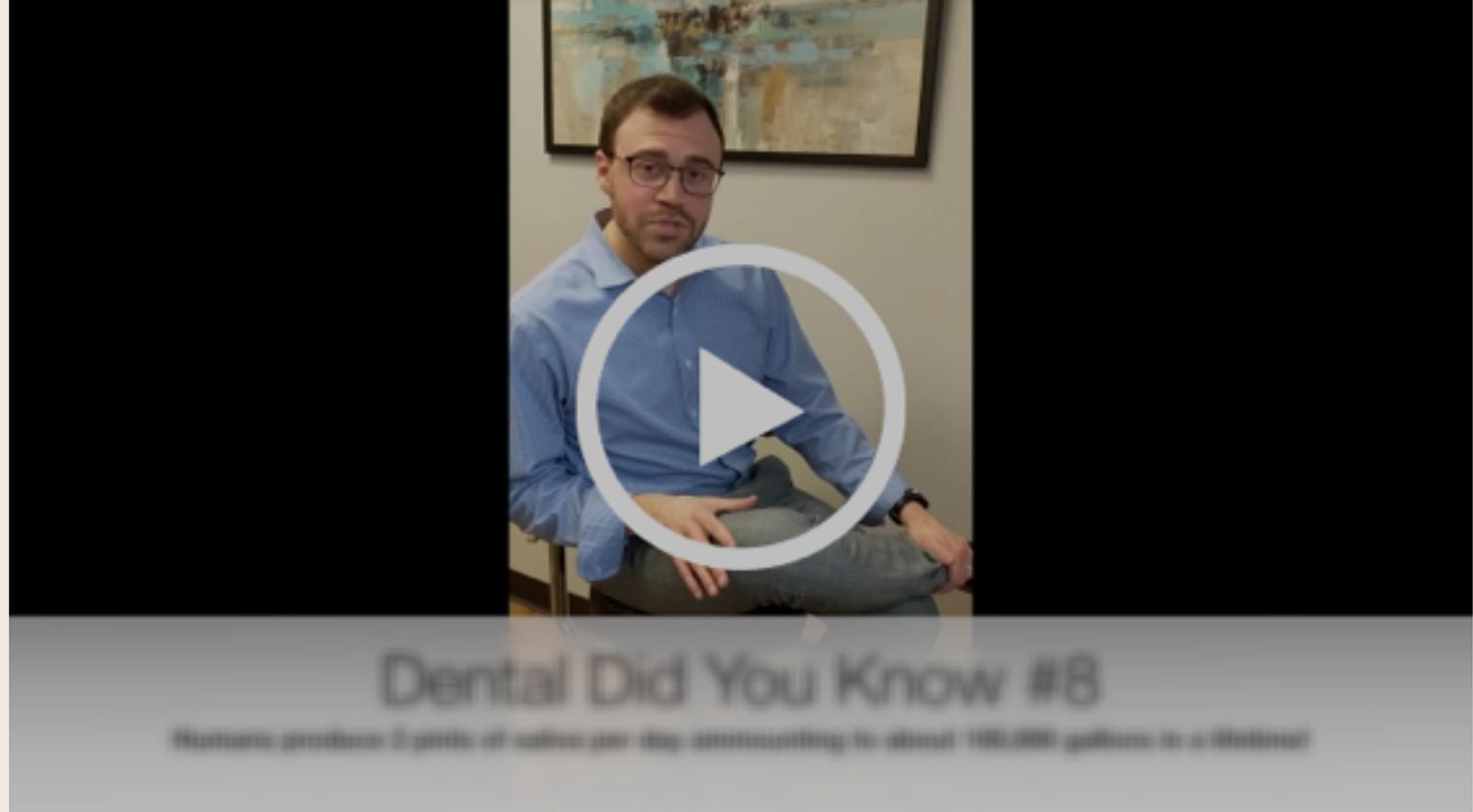
History is on the line during this year's Super Bowl. For the New England Patriots, they'll be vying for their 6th Super Bowl win to tie the Pittsburgh Steeler's all-time record. The Philadelphia Eagles will be trying for their first Super Bowl win. The Eagles were last in

contention in 2004...against none other than the New England Patriots. At HDD, we're feeling the heat of the competition and want in on the action! We've announced a special give-away on our social media pages. [Follow](#) or [like us](#) so you don't miss out!



Thinking about dental implants?

Existing HDD patients: If one of your New Years resolutions is to finish 2018 with more teeth than you started, call the office and make an appointment to have a *free* implant consultation with Dr. Gil. We'll happily answer any questions you may have about this easy and life-changing dental treatment, provided start to finish right here in our office. The smile you're hoping for might be closer than you think!



Dental Did You Know #8

Do you produce a lot of saliva? Not enough? Check out this month's Dental Did You Know with Dr. Gil to find out just how much spit you really go through. We think you'll be surprised!



Super Snack - Jalapeño Popper Dip

Looking for a yummy snack for the Super Bowl. Look no further! We've tweaked this fan-favorite dip to make it a little lighter so you can enjoy even more.

8 oz package neufchatel cream cheese

1/2 c fat-free Greek yogurt

2 Tbsp Hellman's regular mayonnaise

1/2 c Mexican-blend shredded cheese

1/2 c parmesan cheese

1/2 can (2 oz) green chilies, diced

2 jalapenos

salt & pepper to taste

1/2 c panko bread crumbs

1 Tbsp butter

- Preheat oven to 375 degrees F. Blend cream cheese, yogurt and mayonnaise until smooth.
 - Stir in 1/2 cup of the Mexican blend cheese and 1/4 cup of the Parmesan, the diced chilies, jalapenos and salt and pepper. Put in a pie pan.
 - Mix Panko with the butter and remaining 1/4 cup of Parmesan cheese and sprinkle over mixture in pie pan.
 - Bake 20 minutes and then switch to broiler and broil 3 more minutes to brown crumbs. Serve with bread or crackers.
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Still looking for that perfect Valentine's gift? Consider a set of microbladed eyebrows with Master Microblading by Sally located right on site at HDD! Sally uses a semi-permanent makeup technique to fill-in, reshape, or reconstruct brows for a natural, low-maintenance appearance.

For before-and-after photos of Sally's work and more information about the technique, visit her [Facebook](#) and [Instagram](#) pages!



HAMILTON DENTAL DESIGNS

The Designs Club has already been active for a month at HDD, but it's never too late to sign up. This program was created specifically for patients who do not have dental insurance or as an alternative for those who are dissatisfied with their current plan. Membership is \$269 per year for adults (\$245 for children) and will include 2 exams and 2 cleanings, as well as check-up x-rays and fluoride treatments. Members will also benefit from a 15% professional courtesy on all dental services and will be entitled to reduced prices on

products sold in the office. Beyond all of these perks, this program eliminates monthly premiums, deductibles and copays, yearly maximums, and other parameters that can be quite limiting with dental insurance plans. Call Karen for more information or ask at your next visit.



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