

# From Your DENTIST



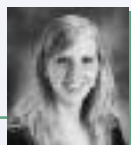
Dr. Renee Maikon



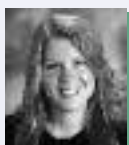
Dr. Amy Stodola



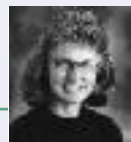
Jody Anderson  
Dental Hygienist



Stephanie Loberg  
Dental Hygienist



Krista Blocklinger  
Dental Hygienist



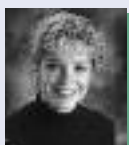
Brenda Buscher  
Dental Assistant



Teresa Haddad  
Dental Assistant



Chelle Patterson  
Dental Assistant



Kim Beck  
Dental Receptionist

## Office Information

Family SmileCare Center, PLC  
1630 32nd St. NE  
Cedar Rapids, IA 52402  
Phone: 319-362-8657  
Fax: 319-362-1824  
email: familysmilecarecenter@mchsi.com  
www.familysmilecarecenter.com

### Office Hours:

Monday-Thursday .....7am to 6pm  
Friday..... 8am to 12pm



# Family SmileCare Center, PLC

Newsletter Spring 2008

**Our Mission:** Helping you keep your smile for a lifetime.

## Spring!

Now that spring is here, summer can't be too far behind. Many plans are made around camping, picnics, grilling out, playing at parks and swimming. These activities involve food. Remember your teeth when choosing what you eat and drink this spring and summer.



## Facts About Pop

- Soft drinks have no nutritional value.
- Kids and teens drink 3 times more pop than 20 years ago. They drink twice as much pop as milk.
- Serving sizes have tripled since the 50s. Today, a 20 oz. bottle of pop is standard and 64 oz "Big Gulp" is popular. A 64 oz pop has close to 800 calories, more than 1/3 of normal daily calorie requirement.
- It takes two hours of moderate walking to burn off the calories in one 20 oz bottle of pop.
- A 20 oz Mountain Dew contains 92 milligrams of caffeine, nearly equivalent to an adult dose of NoDoz.
- Sugar in pop combines in mouth to form acid. Diet or "sugar-free" pop contains its own acid. Acid attacks teeth. Each acid attack lasts 20 minutes. The acid attack starts over with every sip, leading to decay. Pop decay tends to occur where sealants can't reach.

## Dental Health and Nutrition

The foods you choose affect your teeth and gums. Patients, especially young children and teenagers, are consuming record numbers of sugar-filled sodas, sweetened fruit drinks, and non-nutritious snacks. These foods and drinks can lead to tooth decay. Avoid sticky and/or chewy foods because they stick to the teeth and saliva is unable to wash away the sugar. Foods like raisins, granola bars, honey, dried fruits, cookies, jelly beans, suckers, hard candy, caramels and taffy. Try fresh fruits, vegetables or cheese for a snack. Fruits that contain water are best, such as: apples, grapes, pears, cantaloupes and other melons. Aged cheese such as Swiss, Cheddar, and Monterey Jack are good choices. Raw broccoli, cauliflower, carrots, cucumbers and celery are excellent vegetable choices.

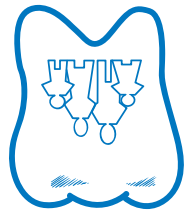


## Soft Drinks: Sugar Content

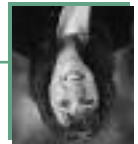


Drink	Number of Teaspoons of Sugar		
	12 oz. Can	20 oz. Bottle	64 oz. Big Cup
Orange Slice	11.9	19.8	63.5
Minute Maid Orange Soda	11.2	18.7	59.7
Mountain Dew	11.0	18.3	58.7
Barq's Root Beer	10.7	17.8	57.1
Pepsi	9.8	16.3	52.3
Squirt	9.5	15.8	50.7
Dr. Pepper	9.5	15.8	50.7
7-Up	9.3	15.5	49.6
Coke Classic	9.3	15.5	49.6
Sprite	9.0	15.0	48.0

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## News From Your Dentist



Dr. Renee Malkon



Dr. Amy Stodola

Spring and summer bring us out of our homes. We exercise more and play more sports. Protect your mouth whenever possible. Anyone who participates in a contact sport, like football, boxing, hockey, and basketball, should wear a mouth guard. However, baseball, gymnastics, soccer, racquetball, and volleyball should also be considered. Mouth guards usually cover the upper teeth and cushion a blow to the face, minimizing the risk of broken teeth, jaw injury, and cuts. There are three types of mouth guards. A stock protector is preformed, ready to wear. They usually don't fit well and are bulky. Many sporting goods stores have the boil and bite mouth guards. They fit better than stock ones if you follow the directions closely. Finally, there are custom made protectors that are fitted by us. This guard is especially important for those who wear braces or have fixed bridge work. Give your teeth a sporting chance by wearing a mouth guard.

## Sports & Mouthguards

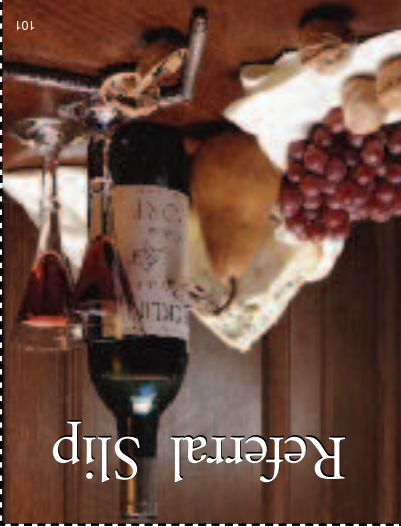


After their first visit, we will contact you to choose: \$50 toward your next dental visit or a \$50 to Biaggi's or Granite City or a \$50 BP Gasoline card

Thank you from  
 Family SmileCare Center!

**362-8657**

We would like more patients like you. Please refer us to your family, friends & co-workers and we will THANK YOU with a gift. Have them call for an appointment



Referral Slip

CORRECT  
 INDICA  
 WILL BE  
 ADDED BEFORE  
 PRINTING