

Vol. 22, Issue 12



*Happy  
Holidays*



# Don't Let "HOLIDAY STRESS Spoil Your Smile!



It's no small task to reduce stress at this time of year, but we can sure give you something to "smile" about!

"Worry" isn't just bad for your heart—it also puts a strain on your dental health!

Research shows that stress can compromise your immune system and make it harder for your body to fight off *periodontitis*, which is an infection in your gums.

Getting prompt treatment for bleeding, swollen, tender or receding gums can help you look *and* feel your best for the holidays!

### *We're Your First Line of Defense!*

Regular exams are the first line of defense for treating stress-related oral problems.

Holiday anxiety can cause you to grind your teeth, causing jaw pain, headaches and chipping of your teeth—even in your sleep. We can provide you with a custom mouth guard to protect your teeth from getting damaged.

Remember to explore healthy ways to manage your stress... **nail biting and pen-chewing are also damaging to your enamel!**

If your immune system is run down, it may trigger a canker or cold sore.

*We're here to help. Why wait! Schedule your exam now!!*



## Holiday Treats Can Lead to Ho-Ho-Holes in Your Teeth!

Surrounded by tempting holiday treats, you can help prevent tooth decay by consuming sweets only in moderation...and staying on top of your oral hygiene!

### 5 Holiday Treats to Consume Cautiously...

- **Candy Canes:** Candy canes—and all hard candies—slowly dissolve in your mouth, bathing your teeth in sugar. **And chomping down on hard candy can lead to cracks or chips in your teeth.**
- **Cookies:** It's hard to resist so many inviting cookies and

holiday baked goods. However, they're laden with sugar that **can damage your teeth and end up costing you a lot of money that could be better spent!**

- **Holiday Drinks:** Festive beverages offer more than warm, holiday cheer. **Eggnog boasts over 20 grams of sugar per cup,** while a cup of hot chocolate,

marshmallows and whipped cream can pack over 37 grams of sugar.

- **Caramels:** Chewy, sticky treats such as caramels or taffy are not only high in sugar, they stick to your teeth! The same applies to all those gumdrops bordering your gingerbread house.

Give Yourself the Gift of  
**"Dental Health"**  
All Year 'Round!



**'I Found the Most Caring Dentist!'**

*by Kathy Thompson*

**I** needed to find a new Dentist, but going to the Dentist has always been scary for me. I decided to give a new Dentist a try and I am so glad I did.

During my cleaning and exam, they discovered a cavity. I was so relieved that there was absolutely no pain when my Dentist was working on my tooth!

Now, I can honestly say I don't mind going to the dentist! ❄️



**'I Am no Longer Anxious When I Go to the Dentist!'**

*by Jennifer Cruzan*

**W**hen I was a child, I had a bad experience while getting a filling and it has stayed with me over the years.

The Dentist I have now talks to me during the procedure to make sure that I am doing okay.

They use the latest techniques, making the whole experience less stressful for me! ❄️



**'I'm in Good Hands!'**

*by David Trotter*

**I** was at a point in my life where I had to choose a new Dentist. It was a smooth transition and I felt comfortable and at ease because my new Dentist and staff are very personable and proactive with my treatment.

**They help me maintain healthy teeth and gums by providing excellent care that is necessary and affordable!**

They are progressive and current on the newest dental techniques and take pride in providing those services. I am so glad I chose my Dentist! ❄️



**'The Positive Reviews About My Dentist Were Right!'**

*by Danny James*

**I** had switched jobs, had new insurance and needed to find a new Dentist.

My new Dentist performed an exam and found that my gums were inflamed and receding, so I had a deep cleaning and scaling done.

**A month later, my gums were no longer inflamed and the recession had slowed down.**

I keep up with my recommended dental regimen and plan on staying with my Dentist in the future.

Referring them to people I know is definitely something I will do. ❄️





Sanford N. Schwartz, D.D.S.

### Bite-Sized Teeth Saving Holiday Tips!

During this season of celebration, please be mindful of how using—or misusing—your teeth can impact the health of your teeth!

For instance, chewing on ice. The brittleness and temperature can cause teeth to fracture, or a filling to fall out!

You can also break a tooth by biting down on a kernel of popcorn! And, chipping can occur when using your teeth to loosen bottle caps, remove clothing tags, or open plastic snack bags.

Drinking soda bathes your teeth in a sugary, acidic environment, which can erode your enamel and initiate decay. Sip drinks through a straw to minimize contact with your teeth.

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**Call Now!**  
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### FAMILY, IMPLANT AND COSMETIC DENTISTRY

Sanford N. Schwartz, D.D.S., P.A.

Happy Holidays Friend,

#### Keep Your Smile “Bright” This Holiday Season!

*It's your time to shine!* Talk to us now about creating your “**picture-perfect**” holiday smile.

The first step is making sure you're current with your **routine oral exam and cleaning**. After all, you can't put a price on having a great smile, fresh breath and preventing a costly dental emergency over the holidays!

We realize this is a busy time of year; however, when you don't take care of your mouth, your teeth, gums, and overall health can suffer.

That's why we'd like to remind you of the importance of good oral hygiene and healthy eating habits during the holidays.

*Interested in whiter teeth?* Call TODAY for all our whitening specials and options, including the new, amazing **KÖR®** system.

**May the Lord Bless You and Your Family,**

We also accept:



**Need Financing? We Can Help!**  
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or at [www.DrSandySchwartz.com](http://www.DrSandySchwartz.com)

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