

MONTHLY NEWSLETTER

HAROLD C. AVILA, DDS MS, PC

Our Mission Statement



We are especially interested in making all our patients feel right at home! We put your needs first to achieve efficient and comprehensive treatment. Our staff is trained and skilled, and we strive to provide energetic and fun-loving service to each patient. Each member of our treatment team is a registered assistant, and our office staff has years of experience in treating patients with the highest level of care. We strive to stay abreast of the very latest in technology and advances by regularly attending continuing education courses and seminars.

Doctors Corner



Welcome to August!!

Time to enjoy the beautiful corn and bean crops as you are driving by in an air conditioned car!

Have you had the opportunity for any special trips this summer? Perhaps you have been to Cedar Point or Kings Island. Maybe Caribbean Cove or other water parks.

School begins this month with old friends and new faces. There is lots to learn and lots of fun to be had at school.

For sure summertime is great, mainly because we are able to have more time with our families and friends.

Hope you have experienced many wonderful things this summer, also, many wishes for a happy school year.

Cheers, Dr. A

August Birthdays

HAPPY BIRTHDAY TO OUR PATIENTS AND STAFF:



Alomeer Abdullatif - Aug 1

Elise Whitehurst - Aug 2

Claire Beach - Aug 3

Susan Miller - Aug 3

David Bradler - Aug 3

Keely Townsend - Aug 5

Sharla Flora - Aug 5

Albert Rettew - Aug 6

Marah Bradler - Aug 6

Chloe Jump - Aug 9

Megan Collins - Aug 12

Amber Strait - Aug 14

Connie Records - Aug 19

Joshua Stanley - Aug 19

Brianna Ashmore - Aug 20

Jason Maynard - Aug 22

Emily Wisheart - Aug 22

Karigan Wilson - Aug 22

Brett Holder - Aug 23

Kinsey Johnson - Aug 26

Kristen Meal - Aug 29

Samantha Kridler - Aug 29

Curtis Dayton - Aug 31



AUGUST/SEPTEMBER CONTEST



WIN \$25.00

You don't want to miss this contest. Do you want to win a **\$25.00 Gift Card** to either Walmart or Target? Simply get a Word Search back to school sheet from the office, fill out and give to Darla. There will be a winner from both offices. (We will put Montpelier forms in with the Muncie office)

Token Information



Make sure you keep your tokens in a safe place and collect as many as you can to turn in for selected items below. Here are some ways to collect your tokens:

Wear your Dr. A t-shirt to your appointment for two extra tokens.

Don't forget while you're getting your teeth cleaned to have your dentist/hygienist sign your *keep them clean* sheet for 10 extra tokens.

Bring in your report card for tokens. Straight "A's" get you 15 tokens and "A's & "B's" get you 8 tokens. Twice a year.

5 Tokens for your birthday.

Here's what you can buy with your tokens:

Gift Cards- Target, Walmart, Movies, McDonalds & Star Bucks

40 tokens- \$10 movie pass

20 tokens- \$5 gift card McDonalds

20 tokens- \$5 gift card Star Bucks

40 tokens- \$10 gift card to Target or Walmart

100 tokens-\$25 gift card to Target or Walmart

20 tokens- Dr. A T-Shirt

Don't forget to check out the magic cabinet!

Children's Dental Tips

Dental Tips For Kids

1. Think "Clean not Green." Teeth should be clean so there is no leftover food on them for the bacteria (bugs) that live in your mouth to eat. Bacteria cause decay by eating sugary leftovers and turning them into acid. The acid rots the teeth and makes holes (cavities). Clean teeth have no sugar leftovers on them and therefore don't decay. Clean teeth = no cavities.
2. Brush your teeth twice a day. An adult should help at least one of those times until the child has the skills and dexterity to do the job well by him or herself.
3. Floss every day. Even baby teeth benefit from being clean, and nothing cleans between teeth as well as dental floss.
4. Sealants prevent decay. A sealant is a hard plastic that is bonded into the grooves of the biting surfaces of back permanent teeth. The teeth should be sealed as soon as possible after they come in.
5. Fluoride really does make teeth harder and less likely to decay. Use a fluoride toothpaste. Fluoride prescriptions (drops or tablets to chew daily) come in different strengths and are advantageous for most kids. Even when the water supply is fluoridated, some additional fluoride is usually still a great idea since most kids don't drink very much tap water. School programs like "Swish and spit" are also a good thing. For kids with a higher decay rate, extra fluoride rinses should also help.
6. Orthodontia (braces) should be started early if possible. By starting early, there is less likelihood that permanent teeth will have to be removed. Early ortho also usually results in being done with the braces at an earlier age. Let your regular dentist take x-rays to check for missing permanent teeth (preferably by age 6). If baby teeth must be removed early due to decay, make sure to have a space maintainer put in to help keep the teeth from drifting.

7. Never put a baby to bed with a bottle of any liquid other than water. Milk and juices have acids and sugar in them, and they can quickly rot a baby's teeth if they are in contact with these liquids all night long. Water is safe.

8. Teeth are not tools; they are for eating. Don't use them as package openers, wire strippers, nut-crackers, or pliers. Protect them. Wear a mouth guard if playing sports. Do not do piercings in the mouth – they can permanently chip, break, and ruin teeth.

9. Get regular professional cleanings from a hygienist or dentist (usually at least once every six months).

10. See the dentist. The first trip should be as early as age 1. Most dentists prefer to wait until age 2 or 3 unless there are any problems or possible problems. Plan on a check-up about twice a year for most kids. These routine checkups give your dentist the best chance to diagnose any problems early, and make specific recommendations for each child. Remember -- prevention and early treatment are the best medicine.

Content provided courtesy of the American Academy of Cosmetic Dentistry,



www.AACD.com

Monthly Contest Winners!!!!



At July appointment slip drawing:

Anderson - Clint Boone \$10.00 gift card

Muncie - Faelion Lipscomb \$10.00 gift card

Winners for the Dairy Queen gift cards are:

Anderson - Tyson Enis Brittney Webb

Kyle Smith Curtis Dayton

Muncie - Taylor Osman Karen VanNess

Congratulations to each one of these winners!!!!

BACK TO SCHOOL



It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these worries only stick around for a little while.

Here at Dr. Avilas, the staff and Dr want to wish everyone a great and wonderful school year.

Smile Makin' Crew



Darla - Patient Coordinator

Karin - Financial Coordinator

Kelly - New Patient Coordinator

Donna - Clinical Assistant

Brittany - Clinical Assistant

Meri - Clinical Assistant

