



June 2019

Lake Avenue Dental Word of Mouth

Superior care, one patient at a time

Number 13

Contact us

Lake Avenue Dental
830 Tenderfoot Hill
Road #210
Colorado Springs, CO
80906
(P): 719-576-8840
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in Colorado!



Colorado Springs
MAGAZINE style

Top Dentists in Colorado

Colorado Springs style
MAGAZINE

Dr. Lovato is honored to be voted one of Colorado's **Top Dentists** for the 8th consecutive year in *Colorado Springs Style Magazine* and 11th year in *5280 Magazine*

ML 2019

Dr. Lovato and Dr. Nykaza are among the TOP DENTISTS in Colorado again! Dr. Lovato was voted one of Colorado's top dentists in *Colorado Springs Style Magazine* for the 8th year and in *5280 Magazine* for the 11th year running.

TOP DENTISTS
COLORADO
5280

Dr. Nykaza is honored to be voted one of Colorado's **Top Dentists** in *5280 Magazine*!

Dr. Nykaza remains among Colorado's top dentists in *5280 Magazine* as well! It is an honor for both dentists' dedication, passion, and knowledge in the dental field to be recognized in this way!

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Schedule Today!



Call us today before
time runs out!

Dry Mouth and how to
treat it

Click the image below
to learn more



Like us on
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chance to
win a FREE
teeth whitening kit!

Don't Miss Out This Summer!



Summer is here! Don't forget to schedule your dental appointment before school starts back up and the holidays are upon us. We all know how quickly summer can fly by so get your appointment on the books now!

Summer is our busiest time of the year and the schedule fills up quickly.

Don't miss out! Call or email us today!!

What you Should Know About Dry Mouth

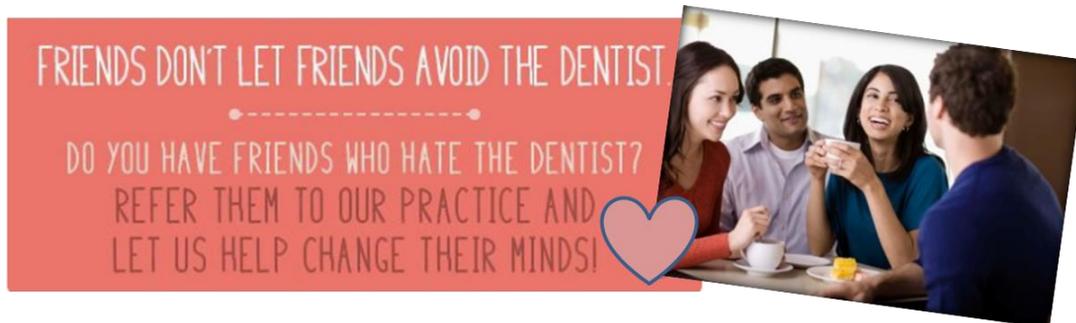
Dry mouth is the inadequate flow of saliva. It is not a disease but actually a side effect of a medical condition or side effect from some medications. If you experience dry mouth, you may also be plagued with frequent thirst, bad breath, cracked lips, and a sore throat. While these are all very uncomfortable circumstances, the most costly and painful effects of dry mouth are the increased risk of cavities and gum disease. Saliva is the mouth's primary defense against tooth decay and gum disease, so without it, your teeth are at high risk of microbial invasion or overgrowth that might lead to disease.

There are a couple of things you can do to improve dry mouth.

- Drink extra water
- Use a saliva substitute
- Chew sugarless gum and mints - especially those with xylitol, a natural sweetener that protects teeth
- Get regular dental check ups
- Protect your teeth with fluoride rinses, toothpastes, or varnishes



Share the Smile you Love!



Your kind referrals will help our practice grow!

Next time a friend, family member, or coworker is looking for a dentist, please mention Lake Avenue Dental. We are committed to providing every patient with a smile they can be proud of!

Referrals from our patients are the greatest compliments we can receive and we thank you for placing your trust in us!