



June 2018

Michael A. Lovato D.D.S. Word of Mouth

Superior care, one patient at a time

Volume 1, Number 9

Contact us

**Michael A. Lovato,
D.D.S.**

**830 Tenderfoot Hill
Road #210
Colorado Springs, CO
80906
(P): 719-576-8840**

Top Dentist

[Click here for more info
on Colorado Springs
Style Top Dentists!](#)



Top Dentist 10 Years Running

Dr. Lovato was voted one of Colorado's top dentists in *Colorado Springs Style Magazine* for the 7th year and in *5280 Magazine* for the 10th year running. That's a full decade at the top! It is an honor for Dr. Lovato's dedication, passion, and knowledge in the dental field to be recognized in this way. Thank you to all of our patients that have supported Dr. Lovato over the years.

Summertime Cleanings

Summertime Schedules



Summertime can be the busiest time of year for families. Between summer camps, vacations, sporting events, and more, schedules fill up fast. Summer is also a busy time for our office. Appointment times fill up quickly. Don't forget to schedule your routine cleaning or needed dental work early. We always do our best to offer convenient appointment times and the sooner you schedule the more we can offer you.

Contact us

Michael A. Lovato,
D.D.S.

830 Tenderfoot Hill
Road #210
Colorado Springs, CO
80906
(P): 719-576-8840

Smile Makeover



Sugar and your Smile

Learn more about
harmful Sugary drinks.
[Click here.](#)

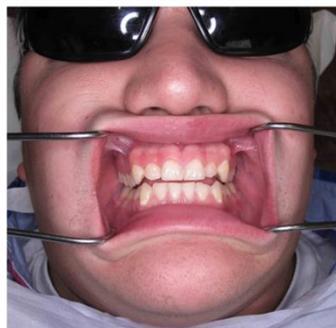


Like us on
Facebook
for a
chance to
win a FREE
teeth whitening kit!

Complete Smile Makeover

Getting the ultimate smile makeover is easier than you may think. Dr. Lovato and his team can give you the smile you have always wanted in a few simple steps. If you have misshapen teeth or large gaps between teeth, Dr. Lovato can use minor orthodontics to straighten your front teeth. Using either a series of custom made clear aligners or a removable spring appliance called an Inman Aligner, your teeth will be gently moved. After 2-4 months when your teeth are straighter and in the correct position, Dr. Lovato is able to use minimally invasive tooth-colored composite bonding to cosmetically fix the size and shape of your teeth. Moving the teeth first makes it possible to restore some worn teeth with minimal tooth reduction, therefore saving valuable enamel and keeping the teeth stronger than if they were crowned.

We have been doing this for more than one year with amazing results and extremely happy patients. If this procedure is something you are interested in, please call the office to schedule a consultation!



BEFORE



AFTER

Sugary Drinks Sabotage Smiles

Sugary drinks have become an everyday treat for most Americans. Before you reach for a soda, fruit juice, or sports/energy drink you should know the harmful side effects it will have on your smile.

Natural bacteria in your mouth feed off of sugar. The bacteria gains energy from the sugars but in the process, harmful acid is produced. This acid causes cavities and erodes your teeth. What you may not know is, the most common and popular drinks are packed with sugar. Even beverages marketed as "healthy" have a shocking amount of hidden sugar. Fruit juices and sport drinks can contain as much sugar as a soda. The high acidity levels in diet or zero sugar sodas also increase your risk of cavities.

To avoid preventable dental work we recommend you replace these high sugar drinks with better for you options. Consider replacing sodas, sports/energy drinks, chocolate milk, fruit juice, and smoothies with healthier options like; water, unsweetened tea, milk, plain sparkling water, or diluted juice.

We realize that no one is perfect so if you can't eliminate high sugar drinks from your diet, we recommend you limit them as much as possible to protect your teeth. If that sweetened coffee, morning juice, or afternoon "pick me up" soda is too hard to resist, try these tips to limit your exposure to cavity causing acids.

- Don't sip, drink
- Brush and floss your teeth twice a day
- Drink water with fluoride

