



December 2019

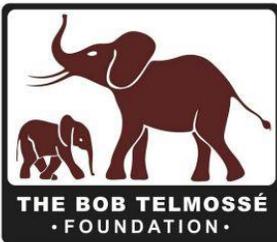
Lake Avenue Dental Word of Mouth

Superior care, one patient at a time

Number 15

Contact us

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Bringing joy to families
in the Pikes Peak region!

37th Annual Bob Telmosse Christmas Giveaway



We are participating in the 37th Annual Bob Telmosse Christmas Giveaway again this year! We love this organization and how they keep the Christmas spirit alive.

The foundation collects toys and useful gifts during the holiday season and donates them to local families in need. If you would like to donate, please bring suggested items to our office by **December 17th**. A Bob Telmosse Foundation representative will collect everything for the big donation day on Saturday, December 21st at Norris Penrose Event Center.

Top suggested items include: new toys and books, bikes, jackets, mittens, and hats but a full list of accepted items can be found on the Bob Telmosse Foundation Christmas Giveaway website. www.santa-bob.org

6 Tips for a Cavity Free Holiday Season

1. Timing Matters- Eat sweets shortly after a meal. Saliva production increases while eating a meal and this helps fight bacteria created from sugar.

2. Be Picky if it's Sticky- Sticky foods like dried fruits stay on your teeth longer. Rinse with water after eating them and brush your teeth!

3. Water with Wine- Alcohol dries out your mouth so always drink water when enjoying an alcoholic beverage.

4. Hard Hitters- Hard candies are packed with sugar and can chip teeth if you aren't careful. It's best to avoid them all together.

5. Sneaky Starches- Starchy foods can easily get stuck between your teeth so remember to floss.

6. Enjoy Yourself- Indulge in moderation and brush and floss your teeth daily!



Happy Holidays! We hope
you have a joyful holiday
season and a Happy New
Year!

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Thank you Operation Gratitude for making this candy buy back possible!



Don't let the tooth fairy take all the baby teeth! You might need them!



Like us on Facebook!!

Candy Buy Back Results



We need to say a heartfelt thank you to everyone who participated in our Halloween candy buy back program this year! It was a huge success! We collected 60 lbs of candy to donate to service members and first responders. Lake Avenue Dental is also donating toothbrushes, floss, toothpaste, and mouthwash to protect the troops from cavities.

And a big thank you to everyone who wrote a note to the service members. We know this will bring them more joy than the candy. We really have the greatest patients around!

Saving Your Baby Teeth Might Save Your Life

Scientists and doctors are encouraging parents to keep their kids' baby teeth. They could possibly save their lives one day! Teeth are filled with an abundance of valuable stem cells. These stem cells can be used in treatment of diseases like Parkinson's, Alzheimer's, and some cancers. If the child develops any of these diseases later in life, they might be able to skip the long wait for a bone marrow donor and use their own stem cells instead.

The teeth do need to be stored properly to preserve the stem cells. There are multiple organization like Tooth Bank that will store teeth correctly so stem cells can be harvested at a later date if needed.

Two thumbs up for planning ahead!

