
Fruit Juice & Children – Not a Good Mix

A recent article in the ADA news discusses fruit juice and children. The article recommends that children under the age of one should not be given juice at all; while children ages 1-18 should have limited amounts. Fruit juice, when consumed in large amounts, has been proven to contribute to weight gain and tooth decay in children. Parents may feel that fruit juice is a good supplement for the actual fruit, but this is not the case. Fruit juices contain additives that are not beneficial and sometimes even harmful. Juice given to babies in bottles and toddlers in “sippy cups” allows the child to drink throughout the day bathing their teeth in sugar and adding to weight gain. The best option for giving juice is in a cup at mealtime and on a very limited basis. Limiting juice intake will aid in the child’s diet, nutrition, and oral health.



Maximize Your Insurance Benefits - Insurance benefits seem to be changing all the time. Premiums continue to increase as the benefit decreases. It isn’t too early to start thinking about utilizing your remaining benefit for this year. In order for you to MAXIMIZE your remaining insurance benefits, we recommend that you schedule any necessary treatment before the end of the year. When you don’t use your benefits, you may never be able to recoup the lost benefit. Due to holidays and end-of-year benefits, our schedule tends to fill quickly in Nov. & Dec. so, call today for your appointment!

What are implants?

Do you hide your smile? Do missing teeth, or uncomfortable dentures cause you pain or uncomfortable situations? Many patients choose implants to replace missing teeth or to support dentures. Implants are root-forms that are made of titanium and surgically placed in the upper or lower jaw. Sufficient bone is required for implant placement. What’s involved? Treatment time depends on many factors. There are three general phases in planning for implants. The first phase is the surgical placement of the implant into the bone. The second phase is the bone healing process. Everyone heals differently, thus the time frame will vary for each individual. After healing, customized crowns, bridges, or dentures are made to each patient’s exact needs. If you are interested in restoring your smile with implants, we can help!



Appointment Cancellation Policy –

In order to have reserved appointments available when you might need one, please be considerate about our office time. We try very hard to stay on schedule for your convenience and proper treatment. If we have an emergency appointment in the office, we are most cognizant of the schedule, but many times, quick treatment to control the problem is important.

When you make an appointment, please remember that it is **RESERVED** time for you. Short notice cancellations cause lost time for you, other patients, Mandy, and Dr. Bill.

As a reminder, we need to re-emphasize our cancellation policy: Please give **48 hours' NOTICE by PHONE** to be fair to all concerned. Our cancellation fee may be applied to a broken appointment or short-notice cancellation.

Our new communication system sends multiple texts and emails well ahead of your appointment. Confirming is easy. Cancellation needs to be done by phone.



Congratulations! –

Congratulations to our monthly drawing winners! We have had great prizes over the past months!

May's winner was Sharon Snyder. Sharon won a Picnic basket full of great picnic items! June's winner was Shelby Farrar. Shelby won an Ice Cream Basket w/ a Baskin Robins gift card! And the winner in July was Harold Whitson! Enjoy dinner on us at Calhoun's, Harold! Nearly perfect!

Be sure to sign up when you are in the office for your appointment; you may be our next winner!

Office Closings & Holidays

Our team will be out of the office September 1st and 4th for Labor Day. So that we can participate in our required Continuing Education meetings, we will need to close the office on Oct 19th (afternoon only), Oct 20th, and Oct 27th. Thank you in advance for your understanding and consideration when we must be out of the office.



What's Cooking?

Sausage balls are a great crowd pleaser! Perfect for summertime gatherings!

Sausage Balls

Ingredients

- 1 pound ground pork sausage
- 2 cups biscuit baking mix
- 1 pound sharp Cheddar cheese, shredded

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine sausage, biscuit baking mix and cheese. Form into walnut-sized balls and place on baking sheets.
- Bake in preheated oven for 20 to 25 minutes, until golden brown and sausage is cooked through.

Do you follow our Facebook (Elite Dental Care TN) page? If not, you should! Keep an eye on the page for discounts, specials, and contests in the upcoming months. We love it when you comment and share our posts with your friends! If you love us, please let the Google world know by posting a Google review! Posts and reviews help our placement in the digital world!