



# January and February

## Be prepared for Valentine's Day with fresh breath!

### Special points of interest:

- Be prepared for Valentine's Day
- Donations for Humane Society
- Getting to know Sam
- Chocolate-dipped strawberries

While maintaining dental health should be practiced regularly, people who have a date this coming Valentines Day may want to step up their teeth cleaning to avoid bad breath, which is a sure way to spend a Saturday night alone!

Many people associate bad breath with eating garlic or onions, and smoking cigarettes or drinking alcohol. What many people don't know is that poor dental care can also contribute to the condition.

Without brushing and flossing regularly, the build up of food debris can create an unpleasant odor emanating from one's mouth, according to the American Dental Association. It can also be caused by plaque or gum disease. Another offender is food and germs that build-up on your tongue.

A good test to see if you are amongst the bad breath population is to lick the back of your wrist or the back of a spoon, let it dry and take a sniff.

We suggest flossing and brushing daily to help prevent dental decay and gum disease. Tongue scrapers work great to keep your tongue from giving off odor. These inexpensive plastic gadgets can be purchased at your local pharmacy.

## DONATIONS FOR HUMANE SOCIETY

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Through the month of February we are collecting dry and canned pet food in honor of Children's dental health and Pet dental health month. All donations will be taken to the Sioux Falls Humane Society.

Each patient that brings in a donation will receive a **FREE** fluoride!





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## Getting to know Sam

Sam moved to Sioux Falls a few years ago from western Nebraska and joined Designer Dentistry and Smiles in June 2009. She graduated from Southeast Tech for dental assisting in May 2010.

Sam loves spending time with family and her husband Wade, their dog Sadie and ferret Bueller. She enjoys reading, and time with friends in her spare time. When the weather is nice Sam and her husband enjoy taking their Harley out.

Sam looks forward to meeting each patient and is dedicated to making each visit a pleasant one!



## Chocolate-Dipped Strawberries

### Ingredients:

- 1 pint strawberries with stems
  - 8 ounces chocolate melts for dipping
1. **Melt the chocolate in a double boiler.** Hold each strawberry by the stem and dip into the chocolate.
  2. **Place onto a waxed paper.** Let the chocolate dry and set.

