

SUN TIMES

We're One of the
Best of the Desert!



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Thanks to all of your votes, we were voted third-place Cosmetic Dentist in the 2019 Best of the Desert people's choice awards!

This is the first year we've thrown our hat in the ring for the contest held by the

Daily Press newspaper, and we're thrilled to have placed in the top three.

Staff members Kaitlin and Christyne represented the team at the March 28 awards ceremony at the Hilton Garden Inn (pictured).

We'll continue providing our friendly and caring service for years to come, and hope to show many new patients what our current patients have come to expect from their dental care provider!

WHAT'S INSIDE



Best and Worst
Easter Candies



EAT THIS, NOT THAT



Chocolate

Jelly Beans

Candy with Nuts

Gummies

Marshmallows

Sour Candy

It's Easter this month—the second largest candy-selling holiday of the year (after Halloween).

Americans will spend millions of dollars on *billions* of pounds of candy.

According to a survey by the National Confectioners Association, chocolate bunnies/eggs are most people's favorite item (55% of respondents), followed by candy-coated eggs, jelly beans, and marshmallow creations.

This order of preference is good news from a dental perspective.

Ideally we wouldn't eat any sugar, but because we're human and need to enjoy ourselves sometimes, moderation and type of candy is key, as well as dental hygiene.

Chocolate, particularly the dark variety, has health benefits, and less sugar.

Sticky candy, such as jelly beans and gummies, are the worst offender, because they are extremely

high in sugar—and sometimes citric acid—and can get stuck in place for hours. Lollipops or other candies you suck on also linger too long.

The longer sugar is in your mouth, the more bacteria feed off of it and produce acid that wears away enamel.

If you eat candy, eat it all at once, promptly rinse with water, and brush, floss and use mouthwash as part of your normal cleaning routine.

\$75

NEW PATIENT SPECIAL

Full exam, full-mouth X-rays & regular cleaning (a \$296 value!)