

AUG / SEPT 2010

# Summertime



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## Our Mission

Our purpose is to provide our patients with the highest quality of dental care. We are committed to delivering personalized treatments and to developing lasting relationships with our patients and their families. We want to help our patients achieve a lifetime of oral health and will not rest until they are satisfied with their smiles!



## Educational Travels

- May 1-4 The entire office attended the American Association of Orthodontics Annual meeting in DC for an update in orthodontic knowledge and technique.
- May 7 Dr. Tong and Lily attended the Paragon Excelleration Seminar in Baltimore.
- June 11 Dr. Tong attended the Treating Class II Cases in Class I Time seminar, which teaches the advanced techniques necessary to treat extreme overbite cases.
- June 12 Dr. Tong attended a seminar on aesthetic dentistry, including how to restore implants. Luvy and Natasha traveled to Baltimore for the Advanced Hygiene Seminar.
- July 16 Dr. Tong attended a hands-on seminar in minor tooth movement, a supplemental course for Invisalign® treatments.
- July 22-23 The entire office traveled to Columbus, OH for Paragon's Front Office II seminar and a course on Finance Independence.

## Convenient Hours

**Highlands Dental Care**

Tue: 8am – 5pm  
 Thurs: 9am – 6pm  
 Sat: 8 am – 2pm

**Children's Dental Care**

Mon – Wed: 8am – 6pm  
 Fri: 8am – 5pm  
 Sat: 8am – 2pm

## Our Locations

**Highlands Dental Care**

23206 Brewers Tavern Way  
 Clarksburg, MD 20871  
[www.HighlandsDentalCare.com](http://www.HighlandsDentalCare.com)  
 (301) 515-5100

**Children's Dental Care**

803 Russell Ave, Suite 2A  
 Gaithersburg, MD 20870  
[www.ChildrensDentalCareMD.com](http://www.ChildrensDentalCareMD.com)  
 (301) 216-1780



# Our 4th Annual Picnic



On May 22, 2010, our patients, staff, family and friends enjoyed our 4th Annual Picnic Celebration at Black Hills Regional Park. Every year, we make it a point to celebrate the unique relationships we develop with both our patients and our community. This year's celebration was a huge success as more than 300 people came out for a day of sunshine, food, games and laughter. Activities ranged from water balloon tosses to hula-hoop contests; there was something fun to do for everyone who came! It was a great day for everyone to reconnect with old friends and to make new ones. And with plenty of yummy food and awesome prizes, this year's picnic was very memorable indeed!



Yummy

Games



Friends



## Are You At Risk For Dental Decay?

New research and technology have shown us that your risk for getting cavities may be defined by much different factors than we once believed. You have likely been told for years to brush, floss and avoid sugar if you want to avoid cavities. We now know that it has much more to do with the chemistry of your mouth and in many cases, *brushing and flossing alone has little to do with lowering your risk for decay.*

A certain family of bacteria that produces high levels of acid, which breaks down, or demineralizes, the enamel of the teeth, causes tooth decay and cavities. These bacteria thrive in an acidic pH environment. There are many factors that may contribute to having an acidic pH in the mouth, including a lack of saliva, medications that cause dry mouth, acid reflux, and frequent consumption of beverages such as Coke and lemon-flavored juices. What we do know is that, if this acid condition exists, and you have this bacterial infection, then you are at much greater risk for dental decay, whether you brush and floss diligently or not!

The good news is that we now have the technology to test for the presence of those bacteria and reverse the acidic chemistry of the mouth. This allows us to predictably lower your risk for tooth decay on your next visit. Once the chemistry has been corrected and the pH levels stabilized, you can look forward to a lifetime of oral health free from decay, longer lasting restorations, and no risk of passing this infection on to your loved ones. For more information, visit [www.carifree.com](http://www.carifree.com).



## A Confident Smile Will Change Someone's Day

Give them a smile: a happy, friendly, genuine smile. Go ahead, flash it; it's contagious, it's infectious, it's the universal expression of happiness. A simple smile can change someone's day!

Some people are a little nervous about smiling. They don't think their smile looks good, or they think that smiling makes them look unprofessional or vulnerable. But the truth is, no matter how professional, intelligent, or "together" you think a serious face makes you appear, people almost always respond better to a smile.

We all know someone who has an "infectious" smile. Infectious smiles always start with confidence. If you're not 100% confident about your smile, we're here to help! While our first concern is keeping your teeth and mouth as healthy as possible, we also have the tools and the training to make sure you have a smile that you are confident about and excited to share with others.

We're more than happy to discuss with you the many options available to help you achieve a smile worth sharing and a smile that will change someone's day – including your own.

**Call us today (240) 654-0315 and let us make you smile!**

"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."  
- Mother Theresa

