



# Brushing UP

ISSUE 9 – October, November, December 2014



## From the Office of Dr. Diana

Summer 2014 was fabulous at Growing Smiles. We enjoyed great weather and great times during our summer hours. I was happy to once again host the annual Growing Smiles kick-ball tournament (my team lost). I continued my role as Clinical Professor at the University of Maryland, School of Dentistry, welcoming a new class of residents and pre-doctoral students, and making progress on collaborative research projects. I also received recognition from the University of Maryland for my outreach efforts and community service- a wonderful honor.

I have to say, fall is probably my favorite time of year. I love the autumn leaves and “flavors” of the season. For most of us it also means we are savoring our summer vacation memories while returning to regular school schedules and routines. At Growing Smiles it means we will be preparing for our popular “Candy Buyback”. Last year we paid kids for 470 lbs. of candy that was donated to our troops overseas. This year our Candy Buyback will be held at Growing Smiles on November 1<sup>st</sup> from 12-2pm. Please stop by, sell some candy and write a note or draw a picture for our military forces.

Fall also means that Dr. Lyman and I will be immersed in continuing education courses. As President of the Maryland Academy of Pediatric Dentistry, I will be leading two separate courses held in November. In October I will also participate in a national conference on preventing cavities. I am always excited to learn new materials, procedures and research, a fact proven by well over 50 hours of new education each year.

As we move through the weeks settling into routines and shorter days, I remind parents to encourage healthy habits and lifestyles. This means a variety of behaviors such as: wearing mouth guards and head and neck protection during contact sports, packing healthy snacks (and limiting sugary beverage consumption), eating numerous fruits and vegetables, getting enough rest and remember to SMILE!

~Dr. Diana ☺



Dr. Diana Capobianco courtesy of *Baltimore Magazine*

## Did you know that . . .

Pilot fish actually clean the teeth of sharks, sting rays, sea turtles, and other items such as ships in the sea. They eat the leftover food on the teeth and in the mouths of these sea creatures. They have been known to follow ships on long journeys. They are mainly found in the seas of England and are striped black and silverish shimmer. They are harmless to humans.



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## Ask the Dentist!

Parents & Patients, if you have a question please email us and your question could be in the next newsletter!

Is it Important to have just the “right” amount of toothpaste on your toothbrush?

The short answer is: YES!

The American Dental Association recommends a “smear” of fluoride toothpaste for children younger than 2 years old. Use a pea-sized amount for children 2-6 years old.



### Growing Smiles

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*Brushing Up* is published five times/year by Dr. Diana Capobianco and Growing Smiles Pediatric Dental Office.

Send your comments/suggestions to **Dr. Diana** or **Dr. Lyman**

## Office News

On September 13<sup>th</sup> we participated in the Kids for Hope Event at the Arena club. Thanks for coming out to see us! Kids for Hope benefits the Upper Chesapeake's Cancer Center and Cancer LifeNet. Over \$18,000 was raised.



## In The Community



On November 1st, Growing Smiles will be participating in *Operation Gratitude Halloween Candy Buyback* again. With your help, and the generosity of our community, we will send over pounds of candy, dental supplies, and kid-created “thank you” notes for inclusion in care packages for Troops serving overseas. Bring in all your candy so you can earn some money and so that we can share it with the Troops! can't wait to see you there!

## Calendar

**October 25th** – Trick or Treat on Main St. 11-3 – downtown  
**November 1st** – 2<sup>nd</sup> Annual Candy Buy Back 12-2 at our office  
**December 12<sup>th</sup>** – Holiday Movie at the Bel Air Armory on Main street showing Disney's Brave