



ISSUE 8 – SPRING 2014



From the Office of Dr. Diana

Here at the office, we've had a busy start to 2014. We've launched an updated version of our [website](#) which is now easier to navigate and has even more dental care information for both parents and kids. We've also given our newsletter a facelift and hope you like our fresh look! Our dental "road show" is still "on-the-road" as we continue to visit to area schools, child care facilities, and community groups in honor of *National Children's Dental Health Month*, and, we are a proud participant in [Reach Out and Read](#), a national literacy program for healthcare providers.

As for me, when I'm not seeing patients or teaching, I'm busy with committee work for organizations like [Maryland Dental Action Coalition](#), Maryland Oral Health Literacy Alliance, and [Maryland Academy of Pediatrics](#). I enjoy mentoring pediatric clerks at University of MD-Perryville and will travel to Boston in May as the Maryland rep at the Annual Session of the [AAPD](#) where I'll serve on the council for pre-doctoral education.

This March, Growing Smiles celebrated a special milestone – a decade of service to our community! And, we are excited to share our 10th Birthday with all of you! Follow us on Facebook and Twitter for more news on what we'll be doing.

Keep smiling,

~Dr. Diana ☺



Dr. Diana Capobianco courtesy of *Baltimore Magazine*

Did you know that . . .



~Growing Smiles is a participating partner with [Reach Out and Read](#), a national program that promotes literacy as a standard part of pediatric primary care. Dr. Diana and Dr. Lyman realize the importance of reading aloud, and, through this program are giving books to children (six months to age 5) at their dental check-ups.



~Growing Smiles is the sponsor of the [Visiting the Dentist kit](#) from the Learning and Sharing collection (LSC) at the Bel Air Branch of the Harford County Library. [Check it out!](#)

Ask the Dentist!

Does Your Toothbrush Need Cleaning?

The short answer is: YES! According to the *Center for Disease Control*, "Even after being visibly rinsed clean, toothbrushes can remain contaminated with potentially pathogenic organisms." Yuck! Here are some tips to get (and keep) your toothbrush clean.

Keep Your Toothbrush in Tip-Top Shape

- Clean your hands with soap and water before and after touching your toothbrush.

- Wash your toothbrush after every use. Allow the water to wash away food particles for at least 10 seconds.
- Disinfect your toothbrush by soaking it in some antibacterial mouthwash that contains alcohol for 10 minutes after brushing.
- Store your toothbrush in a container that allows it to stand upright, exposed, and mold-free.
- Invest in a UV toothbrush cleaner. The light from the cleaner kills germs so that you don't have to.
- Replace your toothbrush at the first signs of bent bristles or after you've been sick.
- Buy a new toothbrush every 3-4 months.

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

Office News

- Congratulations to Dr. Diana who has begun her term as president of the [Maryland Academy of Pediatric Dentistry](http://www.marylandpediatricdentistry.org).
- Extra! Extra! Read all about it . . . Dr. Diana is profiled in the February 2014 Issue of *I-95 Business* magazine. Check it out!



- Growing Smiles now accepts CIGNA insurance. Help us to spread the word!

In The Community



In November, Growing Smiles participated in an *Operation Gratitude Halloween Candy Buyback*. With your help, and the generosity of our community, we sent over 450 lbs. of candy, dental supplies, and kid-created "thank you" notes for inclusion in care packages for Troops serving overseas. Thanks to all of the kids who sold us their candy so that we could share it with the Troops!

Calendar

April 26 – "Healthy Kids Day" - Ward Family YMCA – Abingdon

June 16 – "HCPL Summer Reading Kick-Off" – Bel Air Branch & Aberdeen Branch