



## From the Desk of the Drs.

Greetings Readers!

Aaahhh, finally we welcome blue skies and the warmth of sunshine. I'm sure we are all glad to venture out into the fresh air to appreciate the exercise and fun of sports and recreation. However, as pediatric dentists, this is also a time of year when we see many more traumas to the head and neck. Please be careful and safety minded. Caution and use of protective equipment such as helmets, pads, and mouth-guards can be very effective in minimizing injury. In this newsletter we have included some safeguarding tips to protect children and teens from injury to the head, face, neck, brain and teeth. Please do not hesitate to give us a call to discuss protective strategies for your own son or daughter.

While the warmer weather brings more outdoor play time, it also means prospects for gardening. Whether you enjoy the beauty and fragrance of flowers, the tranquility of green grass and trees, or the satisfaction of home-grown vegetables and fruits, the season is sure to bring delight. In celebrating freshness, I'd like to encourage everyone to eat more vegetables and fruits. If you've never planted a garden with your family, I highly recommend it. Cultivating a garden can be extremely rewarding and nothing beats knowing you grew your own. Literally, you get to enjoy the "fruits of your labor." And if children are included in sowing and tending plants, they are much more likely to appreciate and be willing to try more variety in their diet. Look for opportunities to introduce a variety of richly colored produce and teach kids the value of organic nutrition. We wish you the best the season has to offer.

Think safe and think green,

Sincerely,  
Drs. Diana and Lyman



### Did you know that . . .

The average woman smiles about 62 times a day!

A man? Only 8!

Kids laugh around 400 times a day.

Grown-ups just 15 :-)



## 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 for my child to wear a mouth guard while playing sports?***

**Yes...**

Mouth guards are designed to help cushion the mouth, teeth and jaw, to help prevent significant damage where injuries could occur. Mouth guards provide protection by covering the front and lower teeth. Mouth guards limit the risk of injuries to your teeth, lips, tongue and jaw.



### **Growing Smiles**

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## Office News

April is National Facial Protection Month. In honor of Facial Protection Month, and because we care about your teeth, we are offering 25% off custom mouth guards through May 31<sup>st</sup> to current and new patients. Feel free to ask your dental provider for a consultation to see if a custom mouth guard is right for you. Keep that smile safe while you are having fun!



## In The Community

We have quite a bit going on in the next few months. We will be at the following Health Fairs:  
Good Shepherd Lutheran, Bel Air: 4/18/15 from 8-12  
Healthy Kids Day at the Y in Abingdon: 4/25/15 from 9-1  
North Harford Middle Schools 5/5/15 from 8-2.  
More fairs in September. Also, this summer we are an exclusive sponsor of the Summer Movie Series in Shamrock Park. We will keep you posted on Facebook with exact movies and the dates. Hope to see you there!

### **Calendar**

April - June Health Fairs and Summer Movie Series

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