



# TOTAL DENTAL CARE

February 2017 Dental Newsletter

## MULTI SPECIALITY DENTAL PRACTICE

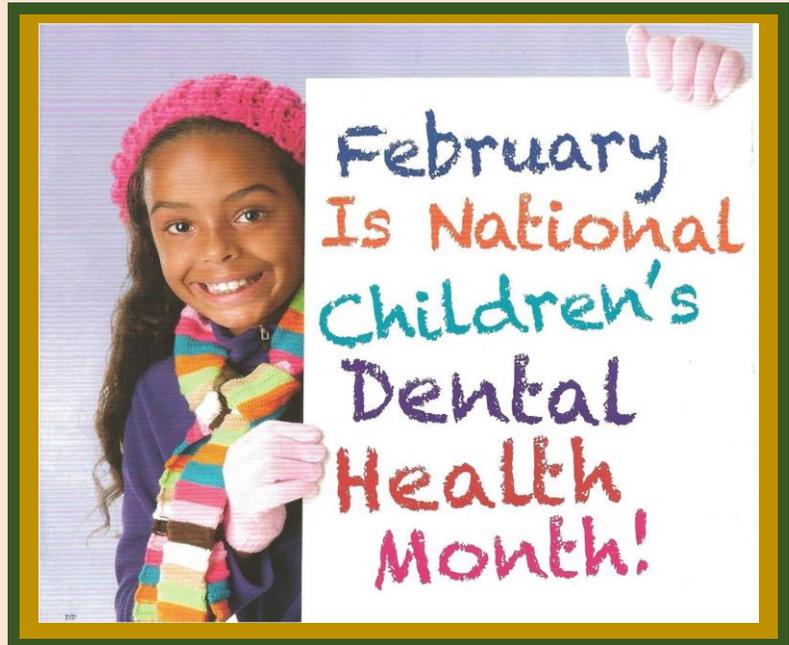
We accept most Insurance.

Affordable Dental plans for  
patients with no Insurance

**Emergency  
appointments**

**Open Mon – Sat.**

**Flexible Morning and  
Evening hours.**



DR. JOSEPHINE AMIGO, DMD  
(PEDIATRIC DENTIST)



### Meet Our Pediatric Dentist:

Dr. Josephine Amigo received her dental degree from the University of the Philippines College of Dentistry. She practiced general dentistry prior to deciding to pursue her **pediatric dental** degree in the United States.

Dr. Amigo completed her **advanced pediatric dental** studies at the Boston University School of Graduate Dentistry in Boston, Massachusetts. Her hospital training was completed at the Franciscan Children's Hospital also in Boston, Massachusetts. Her practice is now limited to **children, adolescents, and those with special needs**. Dr. Amigo is fluent in several languages including English and Filipino. She is a member of the American Academy of Pediatric Dentistry and the Maryland Academy of Pediatric Dentistry.

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## ***February is Children's Dental Health Month***

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Dr. Amigo recommends that taking your child to the dentist at a young age before the first Birthday is the best way to prevent problems such as tooth decay. If your child is already two years old and has not had his/her teeth checked, now would be a good time to make appointment.

**The first dental** appointment is usually short to reduce the child's anxiety and fear.

During the examination, Dr. Amigo will check for decay, examine your child's bite, check the gums, jaw and oral tissues to monitor growth and development and observe any problem areas. If needed, Dr. Amigo will clean any teeth and assess the need for fluoride.

**Baby teeth**, also known as primary teeth, are important for several reasons:

- Neglected decay can affect the permanent teeth developing underneath.
- They assist in proper chewing and eating.
- They create room for the new teeth to grow in the right position.
- They can affect speech and your child's facial appearance.

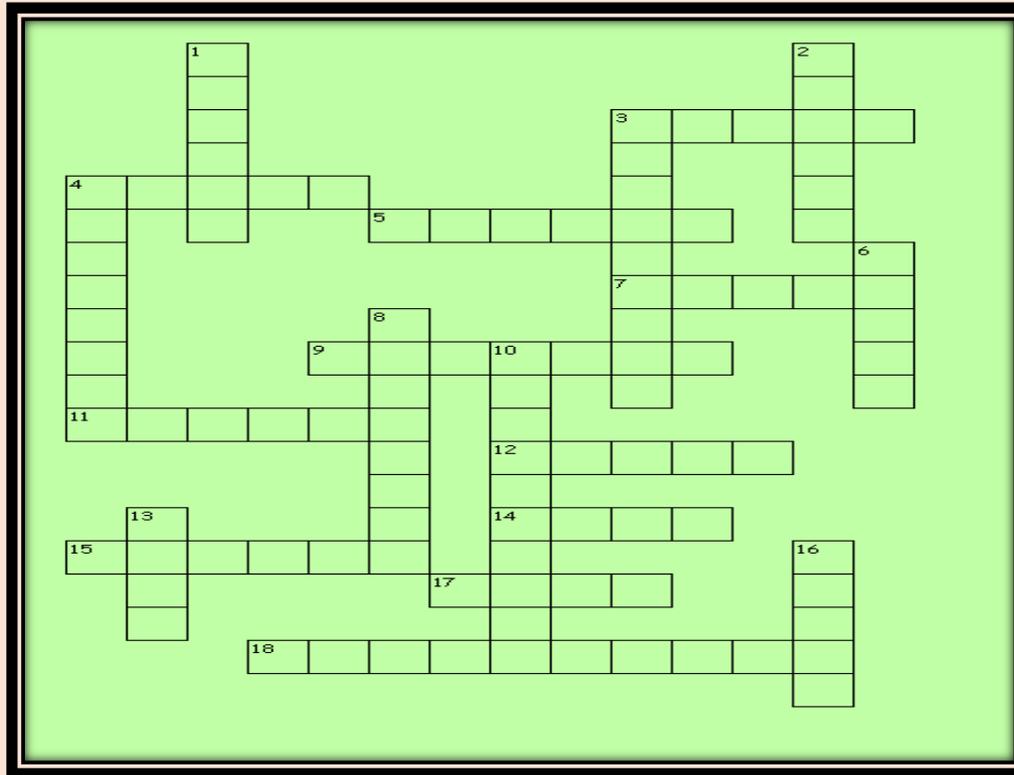
**Teeth grinding, or "Bruxism,"** is a very common habit among children, particularly those under age 11. Most children outgrow it. Teeth Grinding often happens during deep sleep phases or when kids are under stress. Whatever the cause, teeth grinding usually doesn't damage children's teeth, and most kids stop doing it on their own

**Dental sealants** are made of a safe resin material and applied to the surfaces of teeth to prevent cavities. The posterior or back teeth have grooves and pitted areas which collect food and hard to clean. To prevent food impact and cavity, the teeth are polished and the sealant is painted directly onto the chewing surface of each tooth and then hardens.

**Fluoride** is a natural substance that helps strengthen teeth and prevent decay. In our office, it is applied in varnish or gel form. It is known to help prevent tooth decay.

**Dr. Amigo advises to eat a good nutritious diet which also aids in good Dental health. Beverages like soda and juice have hidden sugars which cause cavities.**

# The Tooth Fairy Corner



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## Across

3. Tooth located back of the mouth
4. What helps to clean between the teeth?
5. The whole in the tooth caused by decay
7. Drink this instead of sugary drinks.
9. A Doctor trained to treat tooth.
11. The hardest part of the body, it's not bone.
12. Brush your teeth at least \_\_\_\_\_ a day.
14. Your first teeth.
15. To straighten your teeth.
17. Pink tissue surrounded the teeth.
18. Guard teeth when playing sports.



## Down

1. Dentist use this to see all your teeth.
2. If not removed will lead to cavity.
3. Rinse with this every day after brushing the teeth.
4. A chemical which helps prevent the cavity.
6. The part of tooth which you can see.
8. A plastic coating which protect the tooth from cavity.
10. Dentist recommends soft bristle.
13. Take pictures of teeth.
16. A bad snack for your teeth.

**Across:** 3. MOLAR, 4. FLOSS, 5. CAVITY, 7. WATER, 9. DENTIST, 11. ENAMEL, 12. TWICE, 14. BABY, 15. BRACES, 17. GUMS, 18. MOUTHGUARD. **Down:** 1. MIRROR, 2. DECAY, 3. MOUTHWASH, 4. FLOURIDE, 6. CROWN, 8. SEALANTS, 10. TOOTHBRUSH, 13. RRAY, 16. CANDY.



# TOTAL DENTAL CARE

ASK US ABOUT OUR NEW

## “CARE ENOUGH TO SHARE” PROGRAM

Your referral of a friend or family member to our office is one of the finest compliments you can give us. We welcome your friends and family members to become part of our practice.

Care to share  
Valuable new patient offer

This Certificate entitles you to:  
Teeth cleaning\*, X-rays, Exam and consultation with the Dentist

**Only \$99.00**

Call now to schedule your visit

\$300 value \*in absence of gum disease.

Expires March 31st 2017

**TOTAL DENTAL CARE**

Presenter's Name and Title

### Why choose us?

- Gentle Dentist and Caring staff
- Clean, safe and modern office.
- Help maximize insurance benefits
- Financing available, major credit cards accepted
- We help you feel comfortable during your visit
- Bilingual staff: English and Spanish

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Suite #218

Germantown, MD 20876

#### PHONE

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#### Email:

[Businessoffice@TotalDentalCaremd.com](mailto:Businessoffice@TotalDentalCaremd.com)

#### HOURS

Monday - Friday | 7:00 am - 10:00 pm

Saturday: 8:00 am to 5:00 pm

Sunday | Closed

<http://www.totaldentalcaremd.com/>

