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# December PATIENT Newsletter

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## Have You Been Naughty or Nice... to Your Teeth?



It's not easy keeping your teeth healthy during the holidays. Sweets seem to appear everywhere you go, and with all of the present-wrapping and card-writing, there's not much time to devote to you and your family's health and well-being.

Luckily, your friends at The Dental Views have come up with a few tips for keeping your mouth and teeth healthy during the holidays.

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✓ **Have a routine.** Brush your teeth two times a day, for two minutes. It's what keeps your mouth healthy in December and all year long. Make sure to use a fluoride toothpaste that has earned the ADA Seal of Acceptance.

✓ **Choose the carrots.** (That means you, Santa!) Cookies and sweets are nice holiday treats, but instead of reaching for another candy cane, take a cue from Rudolph the Red-nosed Reindeer and eat the carrots.

✓ **Don't forget the dentist!** The holidays can be a busy time, but that doesn't mean you can forget about your teeth. If you are due for a teeth cleaning or need work done, don't forget to visit your dentist in December.

✓ **Drink water.** You need a lot of energy for holiday activities, but avoid drinking sodas, sports drinks and juices with lots of sugar. Instead, drink water with fluoride in it to keep your teeth strong and healthy.

✓ **Protect your teeth.** Wear a mouthguard whenever you play sports

▼ Protect your teeth. Wear a mouthguard whenever you play sports – or reindeer games – this winter.

## Fun Things to Know About December



December was originally the 10th month of the Roman calendar (until 153 BC). Hence, December comes from the Latin word "decem," meaning "ten."

On December 17, 1903, Orville and Wilbur Wright made the first recorded flight in history of a powered, heavier-than-air aircraft. Orville piloted the biplane, which flew for 12 seconds and covered 120 feet.

Look skyward on the night of

December 13 after 9 P.M. for a chance to catch a glimpse of the Geminid meteors. The Geminid meteor shower is the most active shower of the year.

Written in 1944 by Donald Gardner, the lyrics of the song "All I want for Christmas is My Two Front Teeth" are about a child who wants to speak clearly but can't due to missing teeth. Gardner, a 2nd grade teacher, asked his students what they wanted for Christmas. Almost all answered with a lisp due to at least one missing front tooth.



On December 14, 1911, a Norwegian expedition led by Roald Amundsen reached the South Pole, where previously no human had ever been.

Two years later, on December 21, 1913, the first crossword puzzle was published in the New York World newspaper



**Last Chance! Benefits Expire this Month!**



**Take advantage of your dental insurance before the year ends. Dental Insurance Benefits DO NOT roll over.**

Have you taken advantage of your insurance benefits? You only have until the end of the year to get the treatment you need before your benefits expire. All dental benefits and insurance policies expire on December 31st.

So if you need dental care, it's important to make your appointment

soon.

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## DID YOU KNOW?

Your teeth are like your fingerprint: They're uniquely yours. Even identical twins don't have identical teeth. Bonus fact: Your tongue also has a unique "tongue print."



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## Bring Big Smiles to Little Tots.



'Tis the giving season, where the exchange of gifts warms the hearts of both the giver and receiver. But at The Dental Views, we want to make sure the joy of giving reaches out to those less fortunate.

So we encourage you to participate in a toy donation program. We recommend these groups: Toys for Tots, The Toy Bank, Salvation Army Angel Tree, and Operation Christmas Spirit.

But no matter who you choose, remember, it's always better to give than to receive.

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**A smile is the beauty  
of the soul.**



**FUN  
CORNER**



### **FUN DAYS TO CELEBRATE IN DECEMBER**

**December 1 Clark Kent's Birthday**  
**December 3 Bartender Appreciation Day**  
**December 4 World Wildlife Conservation Day**  
**December 7 Pearl Harbor Remembrance Day**  
**December 10 Dewey Decimal System Day**  
**December 11 Gingerbread Decorating Day**  
**December 15 Cupcake Day**  
**December 16 Chocolate-covered Anything Day**  
**December 17 Ugly Christmas Sweater Day**  
**December 18 Answer the Telephone Like Buddy the Elf**  
**December 21 Crossword Puzzle Day**  
**December 22 Be a Lover of Silence Day**  
**December 23 Festivus**  
**December 24 Christmas Eve**  
**December 25 Christmas Day**  
**December 26 Boxing Day**

**We're Here For You**



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