



HAPPY NATIONAL
**DENTISTS
DAY**



#NationalDentistsDay

March 6, 2021 is National Dentist's Day!

Mark your calendar for a fun holiday. Okay, maybe not as fun as Christmas, or the Fourth of July, but National Dentist's Day on March 6th is a day to celebrate the men and women who keep your teeth healthy.

But really, it's an opportunity for us to give back to our patients—and appreciate all you have done for us. So on our big day, from all of us at the Dental Views, we thought we'd celebrate with some fun facts, some oral hygiene tips, and a big thank you to all of our patients.

Ten Fun Facts About Dentistry

1. That's a lot of brushing!

The average American spends 38.5 total days brushing their teeth over a lifetime.

2. And even more toothpaste!

Americans buy more than 14 million gallons of toothpaste every year.



3. But what about his famous apple?

The most valuable tooth belonged to Sir Isaac Newton. In 1816 one of his teeth was sold in London for \$3,633, or in today's terms, \$35,700. The tooth was set in a ring!

4. Do Piña Colada's count?

Coconuts are a natural anti-bacterial food and can help reduce the risk of developing gum disease and



cavities.

5. For some reason my gums hurt...

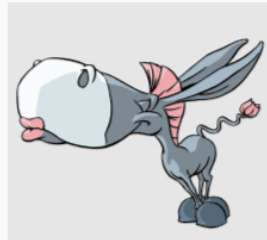
The first toothbrush with bristles was made in China in 1498. Bristles from hogs, horses, and badgers were used.

6. But you knew this already.

Halloween is the biggest candy-selling holiday, followed by Christmas, Easter, and Valentine's Day.

7. Is that where the expression comes from?

It was customary during the Middle Ages to kiss an ass (donkey) if you had a toothache.



8. Harder than abs of steel?

Tooth enamel is the hardest structure in the human body.

9. Sounds like an episode of "CSI."

Your teeth are as unique as your fingerprints, and are often used by police to identify bodies.

10. It's about time.

In 1866, Lucy Beaman Hobbs became the first licensed female dentist.

[Book an Appointment](#)

Smile! It's National Dentists Day!

(Or, seven other good reasons to smile)

We know how excited you are about National Dentist's Day, and can't help but smile about it. :) But there are lots of other good reasons to smile. We've gathered seven right here. For instance...

1. **Smiling** releases endorphins, which make you feel better.
2. **Smiling** brings down blood pressure.
3. **Smiling** releases stress.
4. **Smiling** strengthens your immune system.
5. **Smiling** makes you more attractive.
6. **Smiling** dulls pain and speeds relief.
7. **Smiling** makes you live longer.



Remember, it takes 43 muscles to frown, and only 17 to smile. So what are you waiting for? SMILE!



Choosing Healthy Drinks for Children



Healthy drinks are just as important as healthy foods—especially for kids. Many drinks have added sugar. When children consume drinks with sugar throughout the day, their risk for developing tooth decay increases.

Milk and Water Are Healthy Drink Choices

During a baby's first year of life, breast milk is best. If an infant is not fed breast milk, the infant should be fed iron-fortified infant formula. It's recommended that children be fed whole milk until age 2. Low-fat or nonfat milk and plain water are healthy drink choices for children over age 2. Children can begin drinking water at age 6 months.

Many Drinks Have Added Sugar

Parents often do not know that many drinks, like the ones listed below, have added sugar:

- Flavored milk, such as chocolate, strawberry, and vanilla milk
- Fruit drinks, such as fruit punch and juice cocktails
- Kool Aid
- Vitamin water
- Sweetened teas
- Energy drinks

It's best to get your kids in the habit of drinking water—the earlier the better. And stay away from sugary sodas!

[Book an Appointment](#)

March is Also Women's History Month



Let's hear it for all you women! This month, they're pulling out all the stops to recognize and celebrate the women of America, as March is National Women's History Month.

From the Library of Congress and the National Endowment for the Humanities, to the National Gallery of Art and the Smithsonian Institution, these are just a few of the organizations that are commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

Enjoy a host of films, engage in book discussions, or just revel in the many achievements of the women who've made this country what it is.

To learn more, visit: <https://womenshistorymonth.gov/>



FUN





CORNER



FUN DAYS TO CELEBRATE IN MARCH

- March 1:** Peanut Butter Lovers' Day
- March 3:** Peach Blossom Day
- March 5:** Employee Appreciation Day
- March 6:** National Dentist's Day
- March 8:** International (Working) Women's Day
- March 9:** Panic Day
- March 10:** International Day of Awesomeness
- March 11:** Popcorn Lover's Day
- March 13:** Smart & Sexy Day
- March 14:** National Pi Day (Today is 3.14, the value of Pi.)
- March 16:** Everything You Do is Right Day
- March 17:** Saint Patrick's Day
- March 20:** International Day of Happiness
- March 23:** National Puppy Day
- March 26:** Live Long and Prosper Day

We're Here For You



During these uncertain times, we know you have questions, so don't hesitate to give us a call. Because offering a safe, professional Dental experience is our mission.

- Your friends at The Dental Views

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