



## June 2013 Newsletter

### Dates to Remember

The office will be closed on July 4th and from July 22nd-26th.

### Upcoming Events

**Invisalign Week** is June 17th-21st. Receive **\$400 OFF** Invisalign with **FREE** Whitening. Call our office for details.

### Visit Us Online

Are you on Facebook or Twitter?  
[facebook.com/belairmddentist](https://www.facebook.com/belairmddentist)  
[twitter.com/dentistbelairmd](https://twitter.com/dentistbelairmd)

### Practice Hours:

Monday: 9AM-6PM  
Tuesday: 8AM-5PM  
Wednesday: 8AM-5PM  
Thursday: 8AM-3PM  
Friday: By Appointment



### *A Word from Dr. Mandras...*

This past April 29th marked the two years of our dental practice transition from Dr. Taneyhill to Dr. Mandras. A lot has happened in this time period and I would like to share some of it with you. To start, this has been **THE BEST** decision I have ever made. The town of Bel Air has been so good to me and I cannot say enough about the patients. You all are the most respectful, courteous and health conscience group I have ever treated. It is important to note that there are many excellent dental clinicians in the area and I thank you for choosing our practice.

As you all know, our staff has changed over the two years. Our new additions include our office manager Judy; who replaced Lark following her retirement, Tammy who works the front and back offices and Ruth, our lovely new hygienist. The practice is at its strongest since I have been here and we are really clicking as a team. Our long standing staff members Marsha, Becky, Tracy and Amy are here to introduce you to anyone that you may not know in the office. We hope this staff is around for a long, long time to serve your dental needs.

We have made many equipment changes within the office over this time. We are now using a Picasso diode laser (replacement for a scalpel and electrosurge) to more comfortably treat and remove soft tissue abnormalities, growths, infections and in some cases, treat gum inflammation and disease. There is virtually no post operative pain! Our new intraoral camera gives the patient a clear first hand magnified view of what we see with our microscopes on! Our next addition will be electric handpieces. Remember those high pitched noises from the drill that make you want to run far, far away? Those will be gone hopefully by the end of the year. Also, ask about our new whitening. The office will be offering the Kor Deep Bleaching technique. This is a far superior in-office whitening system from any others that we have ever had!

The weather is getting hot and summer is a time for relaxation, barbecuing, and traveling. Please have a safe time this summer and get the kids in for a quick visit while they are off from school.

*Dr. Mandras*



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## Today's Chuckle

A little boy was taken for his first visit to the dentist. The dentist discovered that the boy had a cavity that would have to be filled.

"Now, young man," asked the dentist, "what kind of filling would you like for that tooth?"

"Chocolate, please," replied the youngster.

## Patients Are Saying...

*"Both Dr. Taneyhill and Dr. Mandras not only performed outstanding work but treat their patients as people."*

*"It is my pleasure to tell others about the dental office of Drs. Taneyhill and Mandras, as both dentists are very professional, excellent at their craft and kind in their delivery of services."*



## Hygienist Becky Talks Sodas...

Most Americans consume over 50 gallons of soda per year. That is a lot of sugar and acid! One 12 oz. serving of regular soda has the maximum recommended daily intake of 9-10 teaspoons. Bacteria in the mouth turn sugar into acid that dissolves enamel. If you want to enjoy a soda, diet sodas are a better choice because they lack sugar. However, they still contain the same amount of carbonic, phosphoric and citric

acid as regular sodas.

The pH of a healthy mouth ranges from 6.2 to 7, which is close to the neutral pH of pure water (7). The pH of soda ranges from 2.6 to 4.6 which is closer to battery acid which is at a pH of 1! Even though sports drinks like Gatorade contain far less sugar than soda, about 3 teaspoons per 12 oz., they share the same pH level as Coke and Pepsi which is under 3.

Energy drinks also contain a lot of caffeine, which in high amounts cause the body to excrete calcium. That loss of calcium can put both teeth and bones at risk and raise your chance of osteoporosis. Large quantities of caffeine can also dehydrate the body, leaving the mouth dry and risk for cavities and tooth erosion. New studies show that consuming 1-3 herbal containing energy drinks daily can lead to excessive bleeding during dental treatment due to the blood thinning effects of ingredients like Gingko, Ginseng and Guarana.

### Here are a few easy ways to limit tooth exposure from these drinks:

- 1) Drink through a straw, do not swish
- 2) Use a glass filled with ice to dilute the drink
- 3) Drink these beverages with a meal
- 4) Rinse with water after drinking or chew sugarless gum to raise the pH in the mouth
- 5) Wait 1 hour before brushing to avoid further tooth erosion
- 6) Always use a fluoridated toothpaste

Here's to healthier teeth and gums!

## 2013 New Patient Referral Program



Back in January we started an exciting new **New Patient Referral Program** based on your request! When you refer a new patient to our office, you can win a gift card from Bonefish, Target or towards a night out at the movies. The most exciting part of this program is that there is no cap on how many people you refer.

In fact, the person who refers in the most new patients by December 31, 2013 will win a **\$250 gift card!** Visit our website **belairmddentist.com** for all of the details.