



Laura Hannon, D.D.S.

**"Motivation is what gets you started.
Habit is what keeps you going."**

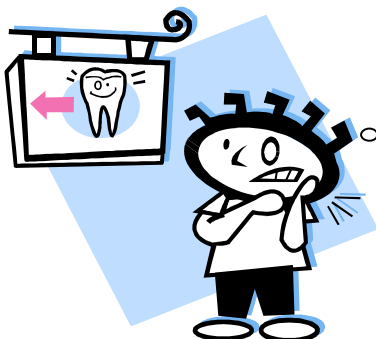
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PART OF OUR DENTAL
FAMILY!**

**We are seeking patients
just like you; please share
your experience with your
friends and family! When
they join our practice you
may receive your choice of
a \$25 credit towards
nutritional supplements,
hygiene products, or
toward dental services of
your own!**

FALL IS FAST APPROACHING ARE YOU PREPARED?

Nasal Sprays are they safe?

Nasal sprays bring almost immediate relief by shrinking swollen blood vessels in the nasal passage. Though using nasal sprays for too long can cause you to feel stuffier than you were to begin with. The maximum time recommended for taking over the counter nasal sprays or drops is three days. Using them longer can cause rebound congestion, which is short term or severe congestion that occurs after the medications effects wear off. It is important not to double your decongestants and to check with your doctor or pharmacist first if you have conditions such as high blood pressure, heart disease, thyroid disease, or an enlarged prostate. These conditions can be made worse by decongestants including sprays. Nasal sprays therefore are safe when used within recommended limits.



When was
my last
check up?

Xylitol- A healthy natural sweetener with surprising benefits.

What is Xylitol? It is a natural sweetener derived from plants that does not break down like sugar and can help keep a neutral pH level in the mouth. When the pH is above 7, calcium and phosphate salts in saliva travel to the parts of the enamel that are weak and begin to strengthen them. Studies have shown that using xylitol as either a sugar substitute or a small dietary addition have shown a dramatic reduction in new tooth decay, along with stopping and even reversing existent decay. It is safe for everyone, where sugar causes damage, xylitol; heals, repairs, builds immunity, and protects against diseases. Xylitol can be found in toothpaste, mouthwash, nasal sprays, chewing gum, candies, and mints.

Cold/Flu Prevention at Work

- Wash your hands for at least 15 to 20 seconds with soap
- Sanitize with an alcohol gel sanitizer
- Avoid touching your face, eyes, or rubbing your nose.
- Clean your shared items such as phones, keyboards, handles and door knobs
- Drink plenty of fluids
- Don't smoke
- Relax
- Eat healthy foods such as whole grains, fresh fruits, and vegetables
- Exercise regularly

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