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FAMILY DENTISTRY
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Dr Tzioros' Dental Corner

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@drheidit



Notes From Dr Tzioros

I am so excited to share some great news with everyone. We are changing our practice name to Divine Dental. We wanted our name to reflect how we want all our patients to feel when they visit with us. We want everyone to have the divine family experience in our practice.

Why should you use an electric toothbrush?

We brush our teeth to remove plaque from our teeth. Plaque is bacteria that coats our teeth that is made of saliva and leftover food particles in our mouth. When plaque sits on our teeth for long periods of time, it damages our teeth causing tooth decay and gum problems. There are several reasons why we recommend electric toothbrushes. An electric toothbrush is superior at removing plaque due to the more rapid movement. Also, most electric toothbrushes have a timer which encourages brushing the necessary 2 mins. Another favorite feature is the pressure sensors to help patients know when they are brushing too hard. The last reason and our favorite is the ease of use. You only have to guide the toothbrush along the teeth instead of the back and forth method used with manual toothbrushes. This is especially helpful with kids who are still mastering their brushing

techniques and people with arthritis or similar conditions. We love the Oral B toothbrush which has an oscillating movement. It has been shown in studies to remove more plaque than its counterpart the Sonicare which uses vibrating movement to brush.



In the Spotlight



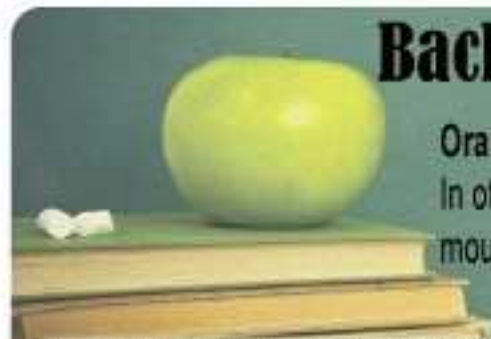
I have been a dental hygienist for 6 years, and I have worked with Dr. Tzioros my whole career. Although my hygiene career started as a second career, I find helping my patients with their oral health and overall health very fulfilling.

I am married with 2 stepsons and 3 four-legged family members. I have several interests outside the office—spending time with my family, running endless miles, spending time with friends, enjoying hanging by the pool and kayaking.

Back to School Special

Oral-B Toothbrush

In office special \$95.00 includes toothbrush, mouth rinse, floss and toothpaste



Promotion starts on August 1st to September 15th— limited supply