



# The Tooth the Whole Tooth & Nothing But the Tooth



Summer 2013

(334) 566-8266

## Welcome to our newsletter!

We take great satisfaction in helping you maintain optimal oral health. Our practice is devoted to comprehensive and preventive patient care. Our patients are **our most important asset**, and we strive to develop long-lasting, trusting relationships with all of our patients. Your referrals are welcome and appreciated. We look forward to seeing you!

Sincerely,

*Dr. Allen Blackmon & Team*



## Trivia & Fun Facts

- 50% of people consider the smile the first thing they notice about another person.
- 69% of men find women more attractive when they smile than when they are wearing makeup.
- Your teeth naturally darken over time, but we can help! Call us about whitening options to get and maintain a sparkling smile people will notice.



## Reasons NOT To Dodge The Dentist

- ✓ **Gum Disease**—Gum disease is one of the leading causes of adult tooth loss.
- ✓ **Preserve Your Smile**—To keep your pearly whites, maintain your cleaning schedule.
- ✓ **Dental Insurance**—If you have insurance, use it. You can avoid costly out-of-pocket expenses to keep your smile.
- ✓ **No insurance**—No problem. We have options for you to afford the care you deserve.
- ✓ **Dazzle**—Regular cleaning remove most tobacco, coffee and tea stains, polishing your teen to a beautiful shine!

## Why We Ask...



From over-the-counter cold remedies to prescribed blood pressure regulators, many medications may have side effects that affect oral health. We need to know what's in your medicine cabinet to better serve your dental health needs. For example, 'dry mouth' is listed as a side effect for more than 400 medications. Without adequate saliva, bacteria and plaque can accumulate and make a person more vulnerable to gum disease and tooth decay. If you believe your medication is causing your dry mouth, drink plenty of water and talk to us about your symptoms.

Monitoring and early intervention from your dentist can reduce the likelihood of gum disease in at-risk patients. Some medications used for treatment of acne, such as tetracycline, can discolor teeth. Many cough drops, liquid medications, children's liquid medicine and antacid tablets contain sugars that leave behind a sticky residue on teeth, making them more susceptible to decay. When taking any prescription or over-the-counter medications, tell your dentist and discuss any side effects you may be experiencing. We're as concerned about our patient's overall health as we are about helping you keep a winning smile.



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## New Patients

We are always accepting new patients! If you are happy with the care we've given you, we would love to offer the same care to your friends and family!



We want to help you take control of your dental health without worrying about out-of-pocket expenses. Whether you select CareCredit or 1st Franklin, they can help you with your dental needs today.



Allen Blackmon, DMD  
815 South Brundidge Street  
Troy, AL 36081

## Low Sugar Oatmeal Cranberry Chocolate Chip Cookies

### Ingredients:

- 1/3 cup Smart balance original butter
- 1/3 cup Mashed ripe banana
- 2/3 cup Splenda brown sugar blend
- 2 Egg whites
- 1 ½ cup Quick cooking oats
- 1 ½ cup Whole wheat flour
- 1tsp. Baking soda
- ½ tsp. Salt
- 6 oz. Dried cranberries
- 2/3 cup Hershey's sugar free chocolate chips
- ¾ cup Chopped walnuts



### Directions:

Preheat oven to 375 degrees. Beat butter, banana, sugar and egg whites for 2 minutes,

In a separate bowl combine oats, flour, baking soda and salt. Add this to the butter mixture slowly mixing well. Stir in cranberries, chocolate chips and walnuts.

\*\*These cookies also make for a great breakfast on the go.