

PREMIER DENTAL

FAMILY, COSMETIC & SEDATION DENTISTRY

September is
National Gum
Care Month

Is Flossing... ESSENTIAL?

You may have heard of an article circulating in the news lately suggesting that there may be no need to floss. We found this information to be alarming and poor advice for the health of our dental patients.

We want to take the opportunity to set the record straight.



Did you know?

- More than 300 types of bacteria make up dental plaque.
- If you don't floss you miss cleaning about 35% of your tooth surfaces.
- According to a study reported by the CDC in 2012, 47.2% of adults aged 30 years and older have mild, moderate or severe periodontitis.

The *American Dental Association* has long recommended brushing for two minutes, twice a day with a fluoride toothpaste, cleaning between teeth once a day with an interdental cleaner such as floss, and regular dental visits as advised by your dentist. The ADA recently reinforced this recommendation with the statement that "interdental cleaners, including floss, are an essential part of taking care of your teeth and gums."

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Dentist Trivia



Dr. Stephanie
Ebke

When Dr. Ebke was a junior at Fairbury High School she made it to state in three sports:

volleyball,
basketball, and
track!



Welcome!



Dr. Griffiths completed his undergraduate studies at the University of Nebraska at Kearney, earning his Bachelor's degree in Biology. From there he moved to Lincoln to attend the University of Nebraska where he earned his Doctorate of Dental Surgery. When asked why he chose the profession of dentistry, Dr. Griffiths responded, "Dentistry is a career that is different each day. Every patient and their needs are different, thus making every day very different. It's also a career of

lifelong learning and I have the opportunity to help people every day!" As a practicing dentist, Dr. Griffiths enjoys knowing that he has the knowledge and skill to enhance a patient's quality of life through oral function, esthetics, and pain elimination. "To hear that I have improved a patient's life and that going to the dentist wasn't as bad as they previously thought makes each day worth it!" Dr. Griffiths is trained in placement and restoration of dental implants, and has attended courses at the Kois Center and Rocky Mountain Dental Institute. He is a Fellow of the International Congress of Oral Implantologists. When not in the office Dr. Griffiths enjoys going on walks with his wife Kaylene, attending Nebraska Husker sporting events, exercising, reading and grilling. Dr. Griffiths also enjoys history, particularly Old West history. Dr. Griffiths and his wife have a cat named Maggie. When choosing a dental practice, Dr. Griffiths considered the people he would get to work with each day and the growth as a dentist they could help him achieve. Being surrounded by a great team is important. He looked for a caring, patient friendly environment and an office that provides state of the art dental care. We think he found the perfect office. Please join us in welcoming Dr. Griffiths!

Is Flossing... ESSENTIAL?



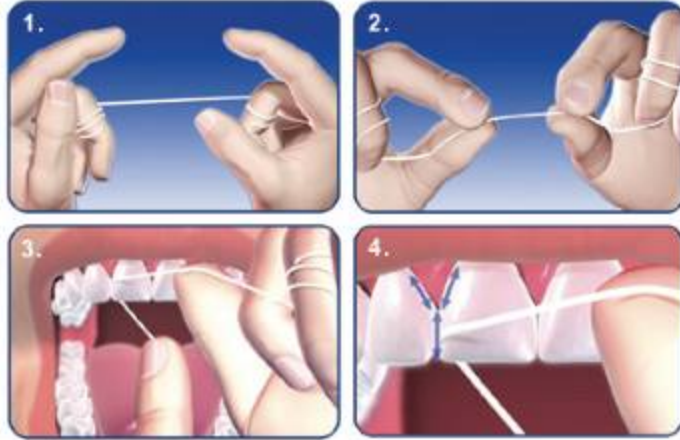
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Hot Topic

It is easier to see why flossing is "essential" when you look at how the teeth are situated in the mouth. There is often a small space between the teeth where the tooth meets the gum. This area is hard to reach by toothbrush bristles and can collect tiny particles of food. At first this turns into a soft goeey mixture of plaque, but if it is not dislodged it will harden into tartar that only your dentist or hygienist can remove by specialized instruments. Plaque and tartar can lead to gingivitis: red and inflamed gums. If the gingivitis is not addressed the tartar and plaque can spread below the gum line, eventually causing periodontal disease with tooth and bone loss. Dr. Aldredge, the president of the American Academy of Periodontology, makes a good point when he says, "Those who quit [flossing] are 'rolling the dice'." You don't want to find out too late that you have irreversible damage from periodontal disease.

Floss plays an important role in controlling the buildup of tartar in those hard to reach places, but it can't strengthen tooth enamel like fluoride toothpaste can. The key to successfully fighting cavities and gum disease is to combine flossing with brushing with a fluoride toothpaste. Once the plaque is dislodged from the small spaces between the teeth, fluoride from the toothpaste can spread onto that surface, helping to strengthen those areas. Using an antibacterial mouthwash can also help reduce bacteria that create plaque and strengthen tooth enamel if it contains fluoride.

Follow these steps from the ADA to get the most out of your flossing:



1. Using about 18 inches of floss, wrap ends around two fingertips.
2. Hold the floss tightly between your thumbs and forefingers for better control.
3. Gently slide the floss between your teeth using a gentle rubbing motion, being careful to not snap the floss into the gums. Holding the floss tightly against the tooth, gently rub the side of the tooth, moving the floss up and down.
4. When the floss reaches the gum line, curve it into a C-shape against one tooth. Gently slide it into the space between the gum and the tooth.
5. Repeat with all teeth. Don't forget the back side of your last tooth. Once you're finished, throw the floss away. A used piece of floss won't be as effective and could leave bacteria behind in your mouth.



CLIP & SAVE!



HOMEMADE Electrolyte Drink

All Natural - No Sugar Added!

ingredients

- Coconut water
- Sea salt
- Lemons
- Sugar free simple syrup
- Tart cherry juice
- 3 Limes
- Red, seedless grapes

<http://www.runwild.org>

directions

lime

- Mix 2 cups of coconut water, juice of 3 limes, 3-4 T. of sugar free simple syrup, and 1/4 t. of sea salt.

lemonade

- Mix 2 cups of coconut water, juice of 2 lemons, 3-4 T of sugar free simple syrup, and 1/4 t. of sea salt.

orange

- Mix 1 cup of coconut water, 1 cup of juice from oranges (about 2 to 3 oranges), 1-2 T. of sugar free simple syrup, 1/4 t. sea salt.

tart cherry

- Mix 1 cup of coconut water, 1 cup of unsweetened tart cherry juice, 1 T. of sugar free simple syrup, 1/4 t. sea salt and a squeeze of lemon juice.

grape

- Mix 1 cup of coconut water, 1/4 t. sea salt, squeeze of lemon juice, 2 T. of sugar free simple syrup and set aside.

- In a blender add 2 cups of washed red seedless grapes with 3 T. of water and blend until smooth. you can add this mixture directly to the coconut water, or strain through a sieve and add to coconut water mixture if you don't like the pulp.

Great For Fall Sports!

What's Happening in Omaha



Kidchella: Music and Arts Festival for Kids

Location: Stinson Park
Aksarben Village
Date: Sept 10th 2-8pm
Cost: \$12 per person
Children under 2 free

5th Annual ARTsarben
Dates: Sept 24-25th
Location: Aksarben Village

Maroon 5

Date: Oct. 4th
Location: Pinnacle Bank Arena

Def Leppard

Date: Oct. 4th
Location: CenturyLink Omaha

2016 Kellogg's Tour of Gymnastics Champions

Date: Oct. 8th
Location: CenturyLink Omaha

Keith Urban

Date: Oct. 8th
Location: Pinnacle Bank Arena

Minnesota Timberwolves vs Denver Nuggets

Date: Oct. 12th
Location: Pinnacle Bank Arena

Chicago Bulls vs Atlanta Hawks

Date: Oct 20th
Location: CenturyLink Omaha

132nd German Day Celebration/Oktobertfest

Location: 3717 S 120th St
Omaha, NE 68144
Dates: Sept 16-17th
Cost: \$5 Adults,
Kids 12 and under free & active
Military w/valid ID

Omaha Restaurant Week

Sept 16-25th
Omaharestaurantweek.com

Omaha Marathon

Location: TD Ameritrade Park
Date: Sept 18th, 2016

AKSARBEN Stock show & Rodeo

Dates: Sept. 22-25th
Location: CenturyLink Center
Omaha

PATIENT OF THE MONTH

Congrats to Mike M., our August Patient of the Month! Mike has gone the extra mile for a healthy smile and has referred his friends and family to Premier Dental!



"It's great how friendly everyone is. I love how they know who you are when you walk through the door!"
- Mike M.

You Can Be Our Next Patient of the Month!

Each month we select one patient based on the following: exceptional oral hygiene, significant change to oral health, keeps regular appointments and arrives on time, refers friends and family, completed an online review, had a life changing smile transformation or gives back to our community.

SELFIE PHOTO BOOTH

NEW

Check out our new SELFIE STATION!

Now all of our patients can get all **glammed** up and **GOOFY** for the camera! Take a selfie or get a group to make a memorable pic in our new office photo booth. Be sure to post it on social media with #PremierDentalSelfie.



KICKBALL - TEAM PARTY



Winning Kickball Team at our Premier Dental event!

Dr. Bost was our Most Valuable Player!

Great Job Team!

PATIENT APPRECIATION EVENT



Front Office Team

An Evening at Werner Park

Summer Fun With Premier Dental!

Inside This Issue:

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CONGRATULATIONS MISS NEBRASKA!

Meet Aleah Peters, our 2016 Miss Nebraska! Miss Nebraska is part of the Miss America Organization, which is the largest scholarship provider for young women in the United States. The organization has a national platform, which is the Children's Miracle Network. This network helps raise funds for Children's hospitals, medical research, and community awareness of child health issues. In addition to supporting the Children's Miracle Network, Aleah is extremely passionate about

her personal platform, "Cyber Bullying Prevention- Make Kindness Viral." As someone who was personally affected by cyber bullying during her teenage years, she has a sincere passion for prevention. Aleah started her journey by competing in local pageants and winning Miss Omaha. In June she took on the big stage for Miss Nebraska. After competing in the different categories including talent, swimwear, evening gown, onstage question and interview, Aleah took home the crown. Family and friends now wait in anticipation to see Aleah compete for Miss America in New Jersey on September 11th, 2016. At Premier Dental we have had the privilege to help Aleah prepare her smile for the upcoming pageant.

After her new patient exam and Zoom!® Whitening Aleah commented: "I love how personal Premier Dental is. I have always felt right at home whenever I am there. The staff cares about you and your personal life. It is a very welcoming environment." As someone who takes an interest in her community, Aleah attended Premier Dental's 3rd annual Dentistry From The Heart event. Once she returns from the Miss America pageant she will continue to travel the state encouraging everyone to take a stand against Cyber Bullying.

ZOOM!®
Whitening Can
Give You A
Miss Nebraska Smile!



Aleah Peters

Dentist Trivia

Which Doctor made it to state in three sports? Bonus points if you can name those 3 sports!

(Find the answer on the front cover.)

Get To Know Our Dentists!



Thanks to all our patients who voted for us last month!

Awards are announced in October!

Call us in the MORNING...

We'll get you in TODAY—GUARANTEED!

Premier Dental

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Omaha, NE 68130

(402) 804-1002

www.PremierSmile.com



Current Special!

Send a friend to Premier Dental and receive a **\$100 Account Credit** as our way of saying THANKS!

They will also receive \$50 off their exam & x-rays!

