



A Guide To Fluoride: Q&A

1. Why do children need fluoride? Fluoride is an important mineral for all children. Our mouths contain bacteria that combine with sugars in the foods we eat and the beverages we drink. The acid that is produced harms tooth enamel and damages teeth. Fluoride protects teeth by making them more resistant to acid and can even help reverse early signs of decay.

2. Is fluoridated water safe for me and my children to drink? Yes. Decades of research and practical experience have confirmed the safety of fluoride. Based on what has been learned from both science and our years of experience, the world's leading health, dental, and medical organizations recognize water fluoridation as an effective way to reduce tooth decay for everyone – children and adults alike.

3. We brush our teeth with fluoride toothpaste every day. Do we still need fluoridated water? Yes. For most people, brushing with fluoridated toothpaste is not enough. Drinking fluoridated water throughout the day bathes our teeth in low levels of fluoride to help them stay strong. That, combined with the more concentrated fluoride in dental products, prevents more tooth decay than toothpaste alone. That is why it is so important to make sure your children are drinking fluoridated water and brushing properly with fluoride toothpaste at least twice a day.

4. Are there health risks associated with these forms of fluoride? No. There is no credible scientific evidence that fluoridated water or dental products contribute to or cause illness or disease. The only proven risk associated with excess fluoride is a cosmetic condition known as dental fluorosis.

5. What exactly is dental fluorosis? Should I be concerned about fluorosis from drinking fluoridated water? Dental fluorosis is a change in the appearance of the teeth, usually in the form of very faint white markings. It is usually detectable only by a dental expert during an exam. Most fluorosis does not affect the function or health of the teeth. In fact, teeth with mild fluorosis are more resistant to cavities. Most fluorosis is the result of consuming too much fluoride while teeth are forming, before the age of 8. To reduce this possibility, supervise brushing so that children do not use too much toothpaste or mouth rinse and learn to spit, not swallow.

Source: http://www.mouthhealthy.org/en/babies-and-kids/moms-guide-to-fluoride?source=promospots&content=rotator&medium=mom_fluoride

Visit our Website

Annual Patient Appreciation Day: 10/14/17!

WANTED

YOUR ATTENDANCE AT THE
NORTH EAST DENTAL ARTS
PATIENT APPRECIATION DAY

SAT
OCT *14
2017

ST. GREGORY SCHOOL
140 WEST MAIN STREET
NORTH EAST, PA 16428
1PM - 3PM

PLEASE RSVP BY OCT. 1ST
CALL: 814-725-4700 OR
EMAIL: INFO@NORTHEASTDENTALARTS.COM
[FACEBOOK.COM/NORTHEASTDENTALARTS](https://www.facebook.com/northeastdentalarts)

SO COME ON Y'ALL - PUT ON YOUR BOOTS AND YOUR
BEST WESTERN FLARE, AND MOSEY ON DOWN FOR A ROOTIN'
TOOTIN', BOOT SCOOTIN' GOOD OLE FASHION TIME!

GUESTS ARE ASKED TO PLEASE BRING A NON-PERISHABLE FOOD ITEM TO DONATE
TO THE LOCAL FOOD BANK. YOU WILL BE ENTERED INTO A SPECIAL DRAWING.
PLEASE DO NOT PARK IN THE FAMILY DOLLAR PARKING LOT, THANK YOU!

Real Patient Testimonial:

Dear Dr. Nuhfer & Staff,
Thank you very much for the welcome gifts and a positive first visit. I greatly appreciate the warm welcome, the tour, the nice bag with the mug and opener, and most of all, the professionalism and efficiency exhibited by all. The hygienist did a wonderful (and thorough) job! Plus, the referral cards and follow up thank you note were a nice touch. Thank you again, and see you in your new facility!"

NORTH EAST
Dental Arts
EST. 1998



New Office Construction - Almost Done!

The North East Dental Arts team is excited to announce that we will be relocating to a brand new office by the end of this year! Dr. Nuhfer made the decision to expand the practice by purchasing the vacant building at 90 East Main Street in North East, PA.

Demolition has reached completion, and the brand new North East Dental Arts office has taken form. Our new office will feature a larger parking lot and 9 equipped treatment rooms; that's nearly double what we have in our current office! We will be completely switched over by the end of December of this year.

To follow the progress, please "LIKE" us on [Facebook](#) and read our newsletter each month!





Patient Of The Month: Beckie B.

Once a month, our team members nominate a patient that has been seen during the month who makes our jobs easier and more fun!

Congratulations Beckie, and thank you for choosing our office to exceed your dental needs! We hope you enjoy your new mugs, coffee, soup & candle.

How can you become the Patient of the Month? It's simple - just show up to your next appointment and you could possibly be chosen for that month!

Referrals Make The Greatest Compliments!

Have you heard about our exciting referral program? Several benefits to referring your family & friends to North East Dental Arts include:

- You know your family & friends are in good hands with doctors and a team that you already trust!
- Current patients receive a \$25 gas card for each new patient they refer to our office.
- New patients referred by current patients receive a \$25 credit on their account.
- Each referral enters current patients into a monthly drawing for a chance to win a grand prize!

Ask one of our team members what you could win, or [Click here to see more contests and the prize for this month!](#)

*Refer a Friend
& You Could Win
This Coach Set!*

NEW PATIENTS MUST BE SEEN BETWEEN 10/1-10/31.
ASK ANY ONE OF OUR FRIENDLY TEAM MEMBERS FOR
MORE INFORMATION ON HOW YOU CAN ENTER!



BUNDLE INCLUDES A BLACK CROSS-BODY PURSE,
A BLUSH WALLET AND A BLUSH 2-SLOTTED WRISTLET.

Vera Bradley Package Winner: Cheryl B.

For our September Referral Contest Prize, we gave away a *Vera Bradley Package* that included a blanket, duffel bag, travel coffee mug, travel tumbler, lunch bag, cosmetic set of 4, a 2018 Planner and a wallet.

Congratulations to our winner, Cheryl, and thank you for all of your new patient referrals to our office.



We are flattered that you are so confident in our services, that you would recommend your friends and family to our office!

Congratulations to the September 2017 members of our



Moses McCracken	Riann Cochran
Khali Bilski	Enrique Ruiz
Emmett Lican-Clover	Quentin Pennington
Cade Fowler	Caedyn Allen
Nate Fowler	Brooklyn Rizzo
Eli Bagley	Cole Lindstrom
Hailee Allen	Landon Kelly
Thomas Murphy	Brodie Kelly
Matthew Murphy	Caylee Pinzok
Bryanna Clark	Taylor Pinzok
Quinten Clark	Liam Morgan
Shanda Harris	Gabby Allen
Aydon King	Charlee Kelly

Real Patient Testimonial:

The dental work I have been receiving here at North East Dental Arts has completely changed my life. Dr. Nuhfer and her associates have given me my smile back, something invaluable to me as a health care worker and student. I cannot express how deeply grateful I am of everything this office has done for me. They have given me a second chance to make a lasting first impression on my future patients. Thanks so much, Dr. Nuhfer and staff at North East Dental Arts!"

-Heather H.

Please Review Your 5-star Experience At One Of The Links Below:



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HealthGrades



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