

Fall Time

Fred Dreher, DDS

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Welcome updates!

In this issue:

We Are So Thankful!

Now that the Candy Buy Back is behind us (Thanks to all who brought in their candy, we collected over 120 pounds!), we are ready to turn to thoughts of Thanksgiving and everything we have to be thankful for. We are thankful for the freedoms we have in this great country of ours, and the men and women of the armed forces who fight for those freedoms for us. We support Operation Gratitude in their efforts to make their lives a little brighter. You can find information about Operation Gratitude at www.opgratitude.com. They have lots of ways for all of us to help send care packages to the troops overseas. There is a cell phone recycling program, which won't cost you a thing. (You can even drop them off to us, and we'll take care of sending them in!) They encourage us to send notes and Beanie Babies. They work with other businesses to raise money for their cause, and you can help without spending a cent! Please visit their website for more information. Thank you to our troops and all the people who support them. Thank you to our valued patients/friends for supporting us! We appreciate you more than words can say. Have a Very Happy Thanksgiving!

Just a note as we enter the "Holiday Eating Season"...

Flossing is Important!

Why is flossing so important? Because even with proper brushing, the areas between your teeth don't get completely cleaned. And most cavities start between your teeth! To keep your teeth and gums healthy you must use dental floss to remove the plaque between your teeth at least once a day.

How to use dental floss

First, take about eighteen inches of floss and wind the two ends of it around your middle fingers, leaving about five inches between your hands. Pinch the floss between your thumbs and index fingers and leave about one inch in between to work with. Gently guide the floss between the first two teeth using a side-to-side motion.

Pull the floss tightly in a C shape around the side of one tooth and slide it under the gum line. Clean the surface of the

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tooth by using an up-and-down motion not the side-to-side motion you used to guide the floss between the teeth. Repeat on the adjacent tooth. Then remove the floss, wind it to an unused section and repeat the process to clean both sides of every tooth.

If you are just beginning to floss for the first time, your gums will probably bleed a little. The bleeding should stop after about a week of regular flossing. If the bleeding continues after a couple of weeks let us know right away. It might indicate problems or it might just be that your technique needs adjusting. We can help either way. Also, if you have trouble getting the floss between your teeth or if it catches or tears, let us know as soon as possible. It could indicate a problem that needs to be corrected.

Just another gentle reminder to **use or lose your dental benefits and flex** spending money! We still have a few openings before the end of the year!

Have a Fabulous Holiday!

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