

Riverside Dental Care to donate to the Foundation for Students of Washington County



Riverside Dental has chosen the Foundation For Students Of Washington County to donate to this year. Any teeth whitening, including Zoom Teeth Whitening Fridays, will be our fund raiser. Please set up your appointment between now and the end of April 2012. 100% of the net proceeds will be donated to the Foundation for Students of Washington County.



368 East Riverside Drive, #2A
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St. George

Smiles

2012

Dentistry With a Heart—Coming March 3rd!

During February, thoughts turn to the heart—and at Riverside Dental Care, our thoughts turn to Dentistry With a Heart! With this year's event scheduled for March 3, preparations are well underway for this, our premier community service day. Just how big is our Dentistry With a Heart day? Well, over the last four years, we have donated about \$200,000 in free dental treatment to 700 members of our community. As you might imagine, this level of community service takes months to plan and an army of volunteers to make happen. Just last year we had four general dentists, two endodontists, and an oral surgeon participating, along with six hygienists and seventy other volunteers! These volunteers contribute in a variety of ways,



providing translating, dental assisting, office help, security and entertainment services. Our staff are among our most enthusiastic supporters, and even former employees come back to help us with this event.

And just who benefits? In recent years, many people in our community have been hit hard by unemployment and other financial hardship. This day is for them. But you know what? It is also for us—we love lending a helping hand!

Contact Us

435.673.3363

www.stgeorgesmls.com

Like us on Facebook!

Dentistry with Heart



Saturday March 3, 2012
Call for more details.



Lining up to sign in for last year's Dentistry With a Heart day. Our 5th annual event will be held Saturday, March 3rd.



Pam, Annalisa, and Shari at our Christmas Part at Gun Barrel Steak and Game House. Annalisa recently announced her engagement. Congratulations!



Lanelle with Dr. Wade's baby, Riley, at our Christmas Party. Lanelle is expecting her own baby in June



Midwinter Blahs?

It's time to shake things up. It is not quite spring but the winter has been mild so it feels like we are in limbo. It is easy to become bored or get despondent. Here are a few fun ideas to put some zest back into your routine and show some love to your loved ones. Just don't be overwhelmed. Pick one thing at a time, accomplish it, and it will revitalize you.

1 Do a treasure hunt.

You can do this with kids, grandkids, a spouse or date, or just friends.

Don't think you need to make this too hard—just pick 5-10 locations in your house and make sure you have something fun to search for! Kids love it when they have to look in sock drawers and dryers. You can add a twist and do a love note treasure hunt. A fun date idea is to pick

different locations around town and hide the clues so they don't fly away or get removed before you get there.

2 Do something you keep putting off.

Whether it is something fun or a nasty chore you will feel tons better just doing it. Tackle that stack of bills and papers on the counter and you will reclaim your kitchen. It feels great! If you are an artist, draw something. If you want to dance, go to a dance class. Do something that stimulates the creative side of your brain.

3 Enjoy nature.

Each season of the year there is something special to enjoy. In February, maybe it is the cooler (but not frigid) temperatures. Go for a quick walk or hike—Southern Utah has miles of trails that are accessible throughout the year. The winter season has its own beauty and February

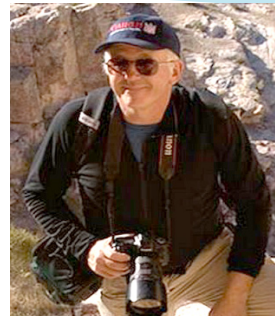
is the perfect time to discover it! One of our favorite walks, only accessible this time of year, is the Johnson Canyon trail at Snow Canyon State Park.

4 Go on a mini trip.

Nothing can break up the mundane schedule like a mini vaca. All you need is a car and a tent. (Or a friends/relatives house.) Go bigger if you want or can but don't put it off until you can afford it because that time never seems to come. Mark it on your calendar and plan for it. Write a list of the things you will need and get the whole family to help pack. If you start at least a week out and mark the days off on the calendar it helps build your excitement. Make sure you pack most of the stuff up at least the day before so no one gets too frustrated or upset when it is time to get on the road. That can ruin the whole trip faster than anything else.

5 Come in for a smile make-over

Now, this is one that we can really help with! Is there something in your smile you would like to change? Are your teeth too narrow or too short? Perhaps you have a space between your front teeth that bothers you, or your smile just needs to be brightened a bit. Did you know that old silver fillings can create shadows on the edges of your smile? Newer materials match the color of your teeth and take away the gray shadows. Call us today for a complimentary cosmetic consultation!



New art in the office

There are very talented artists in our community, and many of them are patients in our office. We admire their talents and thought it would interest our patients if we featured some of their work in our office.

So, we are very excited to introduce Duke Breitenbach as our first featured artist in our office and newsletter!



Duke's primary interest is landscape and nature photography. He has an amazing ability to highlight the landscape of Southern Utah that we all love. His photography of Zion National Park following a snowfall is truly beautiful. When you come to our office, make sure you take a look around and enjoy his work. All of Duke's art that is displayed in our office is available for purchase. Feel free to inquire at the front desk, or ask one of our dental team members for details. Keep watching for more inspirational work from great talent in our community.

First aid for kids' teeth.

In our active community, a common thing we encounter is accidental trauma to children's teeth. These are some childhood injuries that can't be treated with a band-aid and loads of TLC—but, here are some things you can do to help:

Chipped tooth – Give us a call! If the chip is big enough, we may need to see your child right away to check for root or nerve damage. At a later time we can either smooth down the fractured area, or rebuild it with special tooth-colored material.

Knocked out tooth – Call us immediately! This is a dental emergency and we will see you any hour of the day. Never try to re-implant a baby tooth, but keep it for us to examine, and we will determine if a retainer is needed to keep the space clear for the permanent tooth. If it is a permanent tooth, try to put it back in right away. Hold it in place with a tissue or other soft material. If it is dirty, rinse the tooth, but don't scrub. If you can't reinsert the tooth, have the child hold the tooth under their tongue (if old enough to do so), or carry it in a cup of milk until you get professional dental attention. The faster you can get the child to us, the better the chance the tooth can be saved.

We always have a doctor on call after hours. Please don't hesitate to call on a weekend for a dental emergency!

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Riverside Dental Care community spotlight

Do you know someone who contributes to the community? Head to our website to nominate them for some great prizes from Riverside Dental Care! Just go to stgeorgesmile.com and click on the banner at the top of the page.

Riverside Dental Care
Call us at 673-3363

Find us online at stgeorgesmile.com
and, on Facebook, Riverside Dental Care of St. George.

SUPPORTING LOCAL BUSINESS

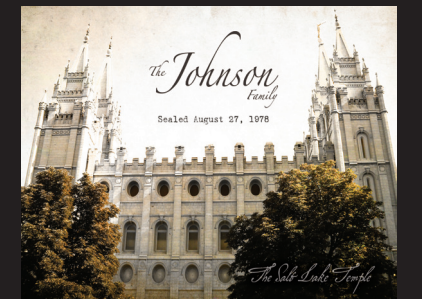
Featuring...



Shane Williams is one of our local patients and he owns and operates two local businesses - Canvas Eternity and Brio Print & Design. We just like to spotlight our friends and give our patients a little bonus...

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