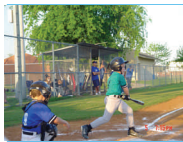




Hot Weather Leads to More Sports Drinks Being Consumed



While summer may have just officially started, we are already feeling the dog days of summer. Despite the heat we all love the outdoor activities that the summer months bring.

Many of you are keeping cool in pools and & at the beach but , most of us will reach for a drink to cool us down. If that drink is a sports or energy drink you might be in for a shock. Although those drinks are wonderful at hydrating you they may also be hazardous to your teeth.

Energy drinks and citrus-flavored beverages -- like many sports drinks -- are more abrasive on tooth enamel than tea or even cola drinks, J. Anthony von Fraunhofer, director of biomaterials research at the University of Maryland Dental School in Baltimore reported in a recent issue of the journal General Dentistry. These drinks could be eating away your enamel, setting you up for tooth decay and other dental problems.



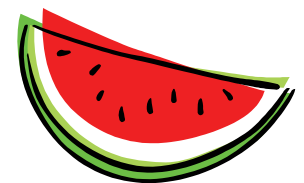
So what is the solution? Don 't sip on these type of drinks all day. When you sip on these drinks you continually bath your teeth in sugar. Brushing your teeth after you

consume one of these drinks would be the best solution. Most of the time this is not possible since you are usually on a sports field, so drink a glass of water after you have consumed the drink. This will rinse some of the sugar off.

From the Den-

We want to congratulate all of our patients that graduated from High School and College this past year. It has been a pleasure watching you grow up and become young adults.

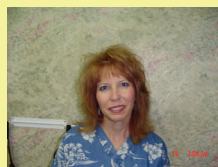
*Have a wonderful & safe summer,
Dr. Clyde Dollens & Staff*



Team Members Update

Cheryl-Assistant

After working with Dr. Dollens for almost 13 years Cheryl has decided it was time for a new adventure and left our staff mid June. She will now have more time to spend riding her Harley and playing with her grandson. The friendships she has made over the years will last a lifetime. We will miss working with her and wish her well in her new adventure.



Cheryl



Lynn

Lynn,- Hygienist has been a part of Dr. Dollens team since 1999. She took a few years off from the office to travel with her husband and family to Kuwait for her husband's job. Dr. Dollens and the patients were happy to welcome her home and asked her to rejoin our team. Unfortunately her husband's job has taken her to Kazakhstan this year. She is a mother of 1 and very active in her child's life. Lynn is very artistic and a wonderful decorator. She promises to stop by the office when she is in the country. We miss her but know she is having a wonderful time in her travels.

Special points of interest:

- ♦ *We will be closed July 4th & 5th for Independence day!*
- ♦ *Dr. Dollens will be on vacation August 27 - September 3rd. If you have an emergency you can call the office and your call will be returned by one of our staff members.*