

MY LINCOLN DENTIST

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Dental Trivia:

More people use blue toothbrushes than red ones.

Like fingerprints, everyone's tongue print is different

Kids laugh around 400 times a day.
Grown-ups just 15

SPORTS DRINK HYPE

Summer is a warm time here in Lincoln and with the heat comes thirsty patients. There are many sports drink companies out there that try to convince us that we need to consume them to stay hydrated. In fact, it is usually unnecessary to replace losses of sodium, potassium and other electrolytes during exercise.

This is due to the fact that under normal training conditions it is unlikely that a significant depletion of these minerals will occur.

Only in extreme exercising conditions over 5 or 6 hours (an Ironman or ultramarathon, for example) is the consumption of a complex sports drink with electrolytes recommended. Athletes who do not consume electrolytes under these conditions risk overhydration. The rest of us can stick with good ol' water.

If you do consume an occasional sports drink, keep in mind that they typically contain very high levels of



Even on the Tour de Lincoln, water is the best bet.

sugar, and are not recommended for regular use by children. Water is considered the only essential beverage for children during exercise. For those that insist on the electrolytes, there are also some rehydration tablets sold that can be mixed with water and contain no sugar (eg. NUUN, at REI). So get out there this summer and exercise this summer and drink plenty of water!

YOUR LINCOLN DENTAL OFFICE

One of the things we love about working in the dental field is the personal relationship that we develop with our patients. As the years go by, we not only work at maintaining our patients oral health, but we all become friends. We see families grow and know about parents, children, and grandchildren that live

out of the area. We hear stories about friends and can't wait to hear about your last trip and recent activities.

Well, we also would like to share a little about who we are in this newsletter. Each upcoming edition will feature a different staff member and give you a little insight on who we are outside of the dental office.

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GOOD HOME CARE

Early attempts to clean teeth consisted of chewing on sticks, wiping the teeth with rags, or using pointed toothpicks. Although the first modern toothbrush was invented in the late 1700's in Europe, *most* Americans didn't brush their teeth regularly until after World War II, when Army soldiers brought the practice back as part of their daily routine! It was also during the post-war era that fluoride began to become a standard ingredient in toothpastes, and began to be added to municipal water supplies. The last few decades has also brought about an increased awareness of periodontal (gum) disease. In fact, most tooth loss is a result of gum disease and not cavities at all. The good news is that the method for prevent-



Attention, private! Floss those teeth!

ing gum disease is similar to preventing tooth decay. That is . . . daily brushing AND flossing. While daily brushing is practiced by almost all Americans, most still do not floss their teeth daily. Will flossing eventually catch on like brushing did after WWII? If we could only get the military commanders on board . . .

Recently a dentist was asked where he gets his gas from?
The answer . . . The filling station.

Remember to keep smiling . . .
A smile is the lighting system for the face, the cooling system of the head and the heating system of the heart. A frown is a flat tire.



Our Request to Our Patients

We are an office that welcomes new patients. If you have been satisfied with your care at Denzler Family Dentistry, please tell your family and friends. Word of mouth is how we wish to attract new patients to our practice. If they are anything like you, then we will be thrilled to welcome them to our office. Thank you!