

H  
U  
L  
M  
E



February

LUKE VOIGT

2009

TWO THOUSAND NINE

**February is National Dental Health Month**

This month is to help children learn more about their teeth and how to keep them healthy for a lifetime. Take this opportunity to talk to your child about how important their teeth are and how good eating and brushing habits will ensure a happy, healthy smile. Below are some guidelines from the American Dental Association that will help you and your dentist provide the best possible dental care for your child.

- Brush your teeth at least twice a day with a fluoride toothpaste. Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. Clean between teeth daily with floss or an interdental cleaner. This helps remove plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for professional cleanings and oral exams.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OFFICE CLOSED					
1	2	3	4	5	6	7
						VALENTINE'S DAY
8	9	10	11	12	13	14
	RODEO WEEK					
	PRESIDENT'S DAY SCHOOL HOLIDAY					
15	16	17	18	19	20	21
				BEST ORAL HYGIENE CONTEST ENDS		
22	23	24	25	26	27	28

February 16th - 19th  
Rodeo Week

*Come in wearing your cowboy hats, boots, and any other rodeo attire to earn extra Orthobucks and be entered to win a grand prize.*

January 5th - February 26th  
Best Oral Hygiene Contest Ends

*Be the patient with the best hygiene scores at your appointments in these two months and win a prize.*



Orthodontics & Dentofacial Orthopedics

210.479.2000  
www.hulmeortho.com