

*Dr. Hugh Wenger's*

# Word Of Mouth

Extraordinary Care With Extraordinary Caring

Winter 2009

## **fromthedentist**

### **Season's Greetings!** *And all the best!*

The holiday season is here, and with it a chance for all of us to give our patients a heartfelt thank you for your loyalty and friendship during the past year.

This is a time to count blessings and to reflect on the values of family and community. Newspaper headlines from both near and far may have made it difficult for many of you to truly believe in the happy and good side of life. Shocking events and the threats to our society seem to be endless. But the spirit of this wonderful season should teach us that hope and goodness are still in great supply and that faith and perseverance will ensure they'll be with us always.

We hope your holidays are happy, healthy, and filled with family and friends.

*Have a peaceful holiday,*

*Hugh Wenger, DDS*

## **turnthepage**

Rejuvenate your smile!

What's your *flossophy*?

Defeating diabetes!



*Season's  
Greetings*

from our  
family to  
yours!

*Extraordinary Care With Extraordinary Caring!*

# Keep Our Number Handy

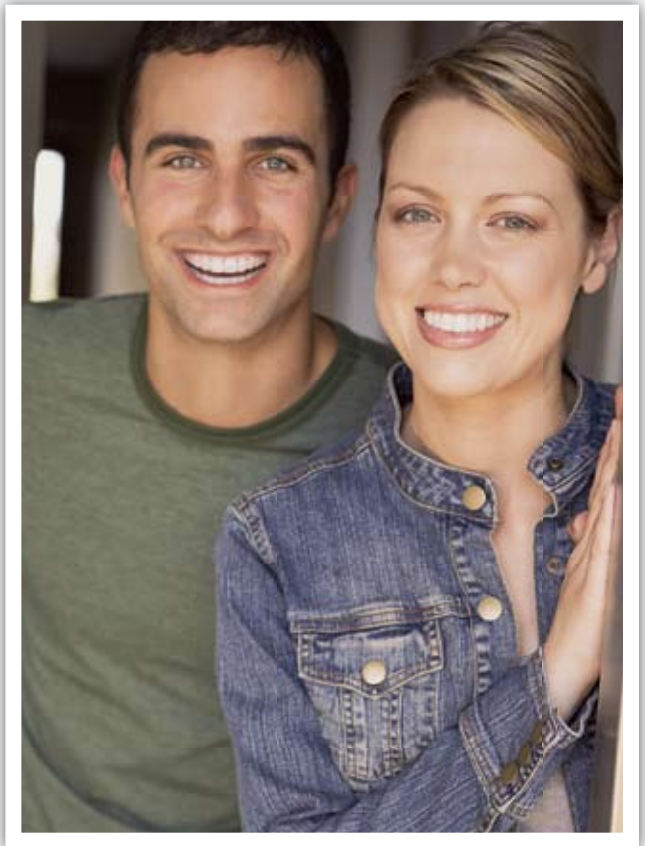
## A mini-guide to children's dental care

**Brushing:** When they can walk, they can try brushing. Use a pea-sized amount of mild-tasting – even sparkly – toothpaste with a fancy kid-sized toothbrush. Brushing for at least three minutes may test a child's fickle attention, so build up to it and try making it a game. By age six or seven, children can brush twice a day independently.

**First Visit:** Schedule your child's first dental visit between the ages of one and two. Most first visits involve introductions to our staff and a basic checkup. You can prepare by playing dentist ahead of time, and examining each other's teeth. Communicate fun and excitement!

**Sealants:** Children should get sealants on their permanent molars as soon as the teeth come in, before decay has a chance to attack the teeth. A plastic tooth-colored material will protect molar surfaces from cavities, without discomfort, for up to fifteen years.

**Emergencies:** Some 14% of children will experience a toothache, a chipped or broken tooth, or a knocked out tooth, so it's important to prepare an action plan. The best protection for damaged or broken teeth is prevention with a mouthguard that can be custom-fitted at the dental office. No matter the cause of the emergency, it is crucial that your child gets to a dentist as quickly as possible for evaluation and treatment. Please keep our phone number handy!



## office information

**Hugh Wenger DDS Associates**  
Dr. Hugh Wenger, MAGD  
1013 W Main Street, Suite 6  
Mount Joy, PA 17552-9699

### Office Hours

Monday 7:30 am – 5:00 pm  
Tuesday 7:30 am – 5:00 pm  
Wednesday 12:00 pm – 8:00 pm  
Thursday 7:30 am – 5:00 pm  
Fri, Sat, Sun closed

### Contact Information

Office (717) 653-8177  
Fax (717) 653-6142  
Web site [www.wengerdental.com](http://www.wengerdental.com)

### Dr. Wenger's Dental Team

Kathy ..... Office Manager  
Sue ..... Business Assistant  
Diane ..... Business Assistant  
Laura ..... Dental Assistant  
Kristy..... Dental Assistant  
Erin ..... Dental Assistant  
Stephanie..... Dental Hygienist  
Meredith ..... Dental Hygienist

## Wenger Dental News

Our open house was a great success. We want to thank all the local businesses who donated door prizes and congratulate the door prize winners. We also want to thank everyone who attended. It certainly is heartwarming to know we have such supportive patients.

Ashley won our Pig and Piglets in the Children's Animal Drawing. The Christmas Penguin Family will be awarded just before Christmas. Be sure to sign up at your next visit. And don't forget to sign up for our Christmas Gift Basket Giveaway for the adults drawing by December 15th.

Baby News! In January, Dr. Wenger and Kathy will become 1st time grandparents. There's sure to be a lot of baby pictures floating around the office next year.

## Clean Your Tongue! Battle bad breath

You know you should brush and floss regularly to protect your teeth and gums, and to help battle bad breath. But don't stop there! Your tongue can contribute to bad breath and trap harmful germs.

You can clean your tongue with a toothbrush. Rinse your brush with warm water, and brush from back to front. Rinse a spoon under warm water, stick out your tongue, and place the spoon at the back of your tongue with the open side down. Drag it forward to the front tip. There are also a variety of tongue-cleaning aids available at your pharmacy. They work on the same principle as the spoon method, but have been designed specifically for the task. You can gently clean your tongue as often as you brush!