

THE FOCAL POINT SPRING DENTAL TIPS

YOUR SMILE DESERVES IT, TOO.

Spring has sprung – well, at least we think so. After what seems to have been a very long week filled with lots of teeth-staining coffee, tea and hot cocoa, it's time to brighten your smile and for a good teeth cleaning. At Amsterdam Dental, we agree and also have a few other tips to pass along.

Get a new toothbrush

As you clean out drawers and stow away winter garb, remember to replace old and worn toothbrushes. Worn down bristles don't reach small crevices and can leave food particles behind. Also, toothbrushes are prone to retain infectious agents that cause colds and viruses.

Mouthwash can expire

Like most everything else, mouthwash does have a shelf life. Not only does outdated mouthwash taste bad but it will lose its effectiveness. So, check the date to be sure it provides the best possible breath freshening, plaque removal and tooth decay prevention.

Stock up on floss

Did you know that it takes 18 inches of floss to maximize the benefits? That's a foot and a half every time you floss and literally 45 feet per month is needed. Since brushing alone is not enough, make sure you never run out.

Set a date in the dental chair

No oral hygiene regimen is complete without a visit to the dentist for an exam, checkup and preventative treatment. In fact, according to the Academy of General Dentistry getting a professional cleaning at least twice a year can have a significant impact on your long-term health.



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THE NEWS Amsterdam Dental Supports Walk MS



This coming weekend, Amsterdam Dental office manager, Dawn Prisco, will be putting her feet to work for a great cause at the Walk MS in Sewell, NJ.

Walk MS® is supported by the National Multiple Sclerosis Society, the largest private funder of MS research in the world. The walk brings together a community of passionate people and the more than 400 walks annually have raised more than \$1 billion since its founding in 1988. According to Walk MS, donations are used to drive groundbreaking research, provide life-changing services and guarantee a supportive community for those who need it most.

Statistics show that MS is thought to affect more than 2.3 million people worldwide. So, ending multiple sclerosis for good will take all of us. Amsterdam Dental is pleased to support Dawn, her friends and all MS Walkers as we together become a powerful force with every step and every dollar – knowing we're that much closer to creating a world free of MS forever.

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THE SPOTLIGHT CELEBRATING OUR ADMINISTRATIVE STAFF



At this time each year, companies across the country and around the world honor administrative professionals. We do too.

However, when it comes to the 6-person Amsterdam Dental Group administrative team, one day, one week or one month is not nearly often enough to say thank you for all they do.

You may recognize them as the first faces to greet you and often the last to see you off. It's our administrative staff that makes sure all your needs are met and information gets where it needs to go. Our team will also review your benefits before any major dental work, send reminders before office visits and schedule appointments when needed.

So, to our administrative team, we say this ... Your contributions - immeasurable; your commitment - unending; your value - priceless. We celebrate all your hard work all year round!

[MEET OUR TEAM](#)