



# Summer Newsletter

Summer 2010  
www.HillsideDental.com

507 Main Street  
Eau Claire, WI 54701  
(715) 834-6603

William Hutchinson, DDS • Tom Breneman, DDS • Lonneta Breneman, DDS • Christopher Johnson, DDS

## SAVE MORE OF YOUR "BEN FRANKLINS"

"An Ounce of Prevention is Worth a Pound of Cure. "

Ben Franklin wrote this (ushistory.org) referring to fire safety rather than health, but the message stands clear in dental health, as well. Dental health has a large prevention component. Most of us recognize that daily tooth brushing and flossing are an integral part of dental disease prevention. A diet low in sugar and acid (think soda) is important in reducing tooth decay. Did you know that smoking contributes to gum disease and smokeless tobacco can cause gum recession? Therefore, a tobacco free lifestyle is also key to minimizing dental disease.

Expenditures on prevention can save many "Ben Franklins". Just like house or car maintenance, your mouth needs regular maintenance too. It may seem like you keep spending and get nothing in return, but don't forget the potential expense if something major happens. The cost between tooth decay repair when caught early and an extensive cavity that requires loss of the tooth and replacement can be many hundreds of dollars. Think about the difference in cost between paying for car oil versus letting the oil run dry and paying for a new engine. Sure you could take the bus, but it's not the same. (Neither are false teeth compared to natural.)

Many preventive services are available beyond the exam and cleaning. X-rays help to catch problems early. Topical fluoride protects against decay. Athletic guards help protect teeth during trauma. Nightguards help prevent tooth wear in those who grind their teeth. And, sealants are wonderful too. We can't prevent everything, but regular examinations and keeping up with repairs go a long way in reducing your dental disease and expenses.

## FAMILY DAY COMING THIS SUMMER.....

On Tuesday, August 24, Hillside Dental will open the doors for family dental appointments-this is a day we dedicate our entire staff to your **preventive** dental health. We will be reserving Exam & Cleaning appointments (& treating any emergencies, of course) for families scheduling together. We will have drawings for prizes and serve lemonade & snacks. It is a great day to share some family time before school begins! Call soon to reserve your time.

## Sunscreen for your lips too!

Summer's here! Don't forget to protect your lips from the sun. Many lip balms are made with sunscreen now. This may help prevent cold sore occurrence and reduce the chance of lip cancer.

## ROAD CONSTRUCTION IN DOWNTOWN EAU CLAIRE



Please allow a little extra time when coming to your appointment as there are various projects that may affect your trip. Current street closures can be found at:

[www.eauclairewi.gov/engineering/street-construction](http://www.eauclairewi.gov/engineering/street-construction)



## HAPPY RETIREMENT MARLENE!!

After 33 years with Hillside Dental Marlene is off to do some relaxing, fishing, & spending time with family. Words cannot express how grateful we are to have had Marlene in our midst all these years. A HUGE THANK YOU!! (Stop in and wish her the best!)

CONGRATULATIONS TO THESE EMPLOYEES FOR THEIR MANY FINE YEARS OF SERVICE WITH HILLSIDE DENTAL:

- 10 yrs-Cindy Mattison
- 10 yrs-Lisa Zunker
- 5 yrs-Marianne Neff

HILLSIDE DENTAL IS A PROUD SPONSOR OF THE "SOUNDS LIKE: SUMMER" CONCERT SERIES. JOIN US DOWN AT PHOENIX PARK ON THURSDAY EVENINGS FROM 6:00-8:30 PM CONCERT SCHEDULES CAN BE FOUND AT: [www.volumeone.org](http://www.volumeone.org)

We have recently become providers for:



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