
◆ The Smile Help Newsletter ◆

“Ode to Fathers!”

Since the topic of last month was Mother’s Day it seems only fair to use this month to focus on Father’s Day. A Short History of Father’s Day...

Interestingly enough the history of Father’s Day is intricately tied into the history of Mother’s Day, which may come as no surprise. According to my research the biggest promoter of Father’s Day was Sonora Dodd who wanted a special day to commemorate her father, William Smart. It appears that Sonora was inspired by a Mother’s Day sermon held in Spokane, WA., in 1908.

As Sonora grew into adulthood she came to understand the many sacrifices her father had to make while raising six children by himself. She came to view her father as a loving, selfless courageous man, one who was more than worthy of having a day set aside to honor him and those like him. In 1909, Sonora approached her minister and others in Spokane about having a church service dedicated to fathers on June 5, her father’s birthday. It turned out that date was too soon for her minister to prepare a proper service, so he spoke a few weeks later on June 19th. From then on, the

state of Washington celebrated the third Sunday in June as Father’s Day. In 1916 President Woodrow Wilson approved of the idea of a national Father’s Day but it wasn’t until 1924 that President Calvin Coolidge made it into that national event saying that Father’s Day would “establish more intimate relations between fathers and their children and impress upon fathers the full measure of their obligations.” Since then it has been tradition to celebrate Father’s Day the third Sunday in June but it didn’t become “official” until 1966 when President Lyndon Johnson signed a presidential proclamation declaring it “Father’s Day”.

Somehow it seems fitting that fathers owe their day to mothers and a daughter.



“The family that brushes together, stays together!”

**Ask About Our
Summer White Sale
Going On Right Now!**

My Hero

As I ponder the love that I saw in his eyes,
 A Godly love, given without compromise....
 I recall many times that he stood by my side,
 And prodded me on with great vigor and
 pride.
 His voice ever confident, firm and yet fair,
 Always speaking with patience, tenderness
 and care.
 The power and might of his hands was so
 sure,
 I knew there was nothing we couldn't endure.
 It's true, a few others provided insight,
 Yet, he laid the foundation that kept me up-
 right.
 He's the grandest of men to have lived on
 this earth,
 Although he's not royal by stature or birth.
 He's a man of great dignity, honor and
 strength.
 His merits are noble, and of admirable
 length.
 He's far greater than all other men that I

know,
 He's my Dad, he's
 my mentor, my
 friend and hero.

-Poem by
 Debbie Hinton Young



Father's Day Quotes

"I have found the best way to give advice to your children is to find out what they want and then advise them to do it."---**Harry S. Truman**

"Blessed indeed is the man who hears many gentle voices call him father!"---**Lydia Child**

"A king, realizing his incompetence, can either delegate or abdicate his duties. A father can do neither. If only sons could see the paradox...they would understand the dilemma."---**Marlene Dietrich**

If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right."---**Bill Cosby**

"I watched a small man with thick calluses on both hands work fifteen and sixteen hours a day. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example. I talk and talk and talk, and I haven't taught people in 50 years what my father taught by example in one week."---**Mario Cuomo**

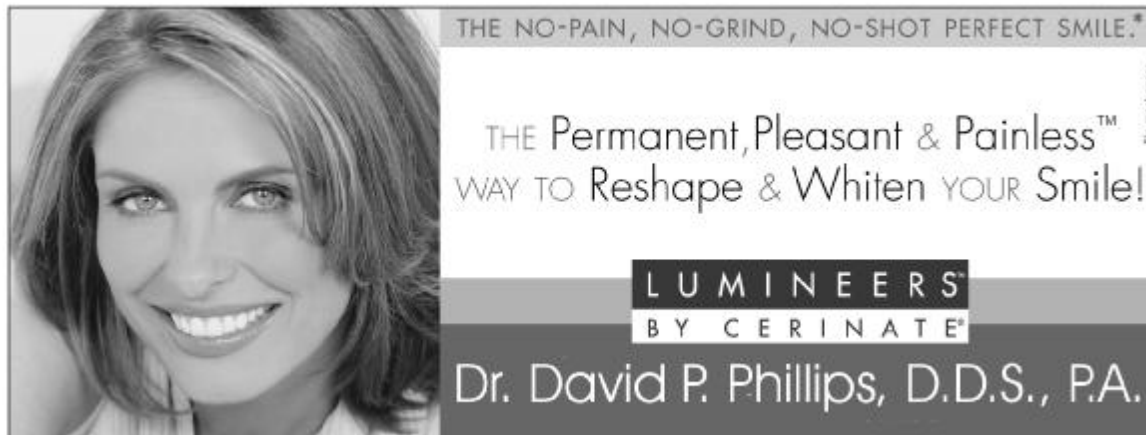
"By the time a man realizes his father is right, he usually has a son who thinks he's wrong."---**Charles Wadsworth**

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Dr. David P. Phillips, D.D.S., P.A.

Ask Doctor Moody!



What is the best technique for brushing?

There are a number of effective brushing techniques. Patients are advised to check with their dentist or hygienist to determine which is the best one for them since tooth position and gum condition vary. One effective, easy-to-remember technique involves using a circular or elliptical motion to brush a couple of teeth at a time, gradually covering entire mouth. Place a toothbrush beside your teeth at a 45-degree angle and gently brush teeth in an elliptical motion. Brush the outside of the teeth, inside the teeth, your tongue and the chewing surfaces in between teeth. Using a back and forth motion causes the gum surface to recede, or can expose the root surface or make the root surface tender. You also risk wearing down the gum line.

Who is at risk for cavities?

Because we all carry bacteria in our mouths, everyone is at risk for cavities. Those with a diet high in carbohydrates and sugary foods and those who live in communities without fluoridated water are likely candidates for cavities. And because the area around a restored portion of a tooth is a good breeding ground for bacteria, those with a lot of fillings have a higher chance of developing tooth decay. Children and senior citizens are the two groups at highest risk for cavities.

Do certain foods cause bad breath?

Very spicy foods, such as onions and garlic, and coffee may be detected on a person's breath for up to 72 hours after digestion. Onions, for example, are absorbed by the stomach and the odor is then excreted through the lungs. Studies even have shown that garlic rubbed on the soles of the feet can show up on the breath.

If you have questions for Dr. Moody, please mail them in to our office or you can bring them by on your next visit. Our mailing address is:

Ask Doctor Moody c/o Dr. David Phillips

2420 South 51st Court
Fort Smith, AR 72903

Summer's Sun... Beware!

With Summer here, we are very concerned with our patients health. Please take time to look over these facts about the sun and what to do about sunburn.

What is sunburn?

Sunburn is a visible reaction of the skin's exposure to ultraviolet (UV) radiation, the invisible rays that are part of sunlight. Ultraviolet rays can also cause invisible damage to the skin. Excessive and/or multiple sunburns cause premature aging of the skin and lead to skin cancer. Skin cancer is the most common type of cancer in the US and exposure to the sun is the leading cause of skin cancer.

Children often spend a good part of their day playing outdoors in the sun, especially during the summer. Children who have fair skin, moles, or freckles, or who have a family history of skin cancer, are more likely to develop skin cancer in later years.

UV rays are strongest during summer months when the sun is directly overhead (normally between 10:00 a.m. and 3:00 p.m.).

What are sunscreens?

Sunscreens protect the skin against sunburns and play an important role in blocking the penetration of ultraviolet (UV) radiation. However, no sunscreen blocks UV radiation 100 percent.

Terms used on sunscreen labels can be confusing. The protection provided by a sunscreen is indicated by the sun protection factor (SPF) listed on the product label. A product with an SPF higher than 15 is called a sunblock.

How to use sunscreens:

A sunscreen protects from sunburn and minimizes sun-tan by absorbing UV rays. Using sunscreens correctly is important in protecting the skin. Consider the following recommendations:

- Choose a sunscreen for children and test it on your child's wrist before using. If your child develops skin or eye irritation, choose another

brand. Apply the sunscreen very carefully around the eyes

- Choose a broad-spectrum sunscreen that filters out both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- Apply sunscreens to all exposed areas of skin, including those easily overlooked areas, such as the rims of the ears, the lips, the back of the neck, and tops of the feet.
- Use sunscreens for all children over 6 months of age, regardless of skin or complexion type, because all skin types need protection from UV rays. Even dark-skinned children can have painful sunburns.

***Sunscreens
are not just
for the***

- Apply sunscreens 30 minutes before going out into the sun to give it time to work. Use it liberally and reapply it every two hours after being in the water or after exercising or sweating. Sunscreens are not just for the beach - use them when your child is playing outdoors in the yard or participating in sports.
- Use a waterproof or water-resistant sunscreen.
- Use of a sunscreen with SPF of 20 to 30 offers substantial protection from sunburn and prevents tanning. High SPF sunscreens protect from burning for longer periods of time than do sunscreens with lower a SPF. Talk with your older child or teenager about using sunscreen and why it's important. Set a good example for them by using sunscreen yourself.

Teach your teenager to avoid tanning beds and salons. Most tanning beds and salons use ultraviolet-A bulbs. Research has shown that UVA rays may contribute to premature aging of the skin and skin cancer.

Quick Teeth Facts:

Teeth can do more than just chew food!

- Some predators **catch** their prey with their teeth.
- Some animals **dig** with their teeth. Wild pigs dig with their tusks, which are actually canine teeth.
- Teeth are used for self-defense and power **displays** as males fight for access to females, territory, or social positions.
- Walrus use their large canines to **anchor** themselves to ice while they sleep.
- Rodent incisors grow continuously, so they have to **gnaw** on wood and other materials to wear them down. Otherwise, the incisors would grow too big for their head!



Now... Aren't you glad you just chew your

Oxyfresh Dental Gel

Fluoride Gel

Oxyfresh Fluoride Formula Gel can help to reduce tooth sensitivity, fight cavities and assist in the strengthening of tooth enamel.

Recommended Use: Apply Dental Gel liberally to clean affected tissue, leaving on for several minutes. Expectorate gel and do not drink or eat for at least 30 minutes. For children under six years of age, consult a dentist or physi-



BEFORE




After

LUMINEERS - Porcelain Veneers That Do Not Require Removing Painful Tooth Structure

LUMINEERS BY CERINATE is a terrific cosmetic solution for permanently stained, chipped, discolored, misaligned teeth, or even to revitalize old crown and bridgework. LUMINEERS BY CERINATE is a porcelain veneer that can be made as thin as a contact lens and is placed over existing teeth without requiring painful removal of sensitive tooth structure (unlike traditional veneers.)

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Over-The-Counter Lips Don't Work

Women bent on achieving that bee-stung Angelina Jolie look may want to avoid buying over-the-counter products that claim to provide fuller, poutier mouths.

The results of a new study suggests those claims may be little more than lip service.

Researchers at the University of Washington School of Medicine in Seattle say their small study of female patients using one of the "lip enhancers" found it offered no observable enhancement.

"It should be noted that these patients were all quite motivated to try this product. While no adverse effects were noted, only 14 percent said they would use the product again," study co-author Dr. Sam Most, an assistant professor of facial plastic and reconstructive surgery, said in a prepared statement.

The women used the product for one to four months. The Seattle team used digital before-and-after photographs to assess changes in the women's lips but found no statistically significant change in lip size.

"Many manufacturers have attempted to parlay the public's desire for quick and painless methods for cosmetic enhancement, with the promise of results similar to time-tested surgical and non-surgical methods. In many cases, these products are sold at the cosmetic counter or on the Internet as effective without scientific study, and consumer should be wary of them," Most said.

The findings appear in the May/June *Archives of Facial Plastic Surgery*.

By Dr. Robert J. Luchi
Department of Medicine — Geriatrics

Hey Dr Phillips,
How do my teeth
look today?



Supporting Yourself... With Good Posture

Baylor College of Medicine

The quality of your posture can make a big difference in your life. Good posture can make you look and feel younger, stronger and more confident.

Straightening up allows you to fill your lungs when you breathe, giving the body more oxygen, which gives you more energy. Slouching stresses muscles, which makes you tired. And bad body alignment is the main cause of back and neck problems.

Posture is not a position; it's the relationship of one body part to the next. You not only stand but walk, sit, bend, reach, type, telephone, brush your teeth, one set of motions after another, all day. The ideal is to use your bodies in a relaxed, balanced, correctly aligned way all the time.

summer White Sale Going on NOW!

The Winner's Page!



We want to hear from you, our clients and friends! If you have comments, pictures or just something fun to add to our newsletter, please drop it off at your next appointment. You will also be seeing a lot of "Winners" in our Newsletter. This is just one way that we are showing how we are thankful to have you as a client and friend. Please visit our "Business Partners"; Burns Carousel of Flowers, Chili's, Lone Star Steakhouse, Domino's Pizza, El Chico and Red

COWABUNGA!



Congratulations to N. Brisher. She won Lunch for 2 at Lone Star Steakhouse!

Congratulations!

J. ALLEN & R. WARD



These patients have just won a Large Pizza from Dominos! You could win too! Just drop your name in our Prize Box



Congratulations to J. Cousins. She won a \$25.00 Gift Certificate to Red Lobster!



Congratulations D. Green She is the winner of a beautiful bouquet of fresh flowers from Burns Carousel of Flowers.

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We appreciate your referrals. Ask about our "Care to Share" Program. This is a great way to get \$25 off your account for BOTH you and



Congratulations to R. Hunsucker. She won a \$25.00 Gift Certificate to Chili's!



2 Free Entrees

Congratulations to J. Ford. She won 2 FREE Entrees at El Chico!

In This Issue...

Ode to Fathers, Summer Sun Facts, Good Posture, Ask Doctor Moody and a lot more!

Summer White Sale!

**20%
OFF**

Due to overwhelming demand, we are **thrilled** to continue our *Summer White Sale* through July! If you have always dreamed of having **whiter and brighter teeth**, now is the time! If you are embarrassed about those stains that have accumulated over the years, **let us help you!** The most important service that a dentist offers to tooth whitening patients is finding out if you are a candidate for whitening.

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