

Cornerstone Dental Newsletter

VOLUME 2
ISSUE 2

NEWSLETTER
DATE: 2/1/12

Fun Facts about Valentine's Day and the Super Bowl

- Amongst the earliest Valentine's Day gifts were candies. The most common were chocolates in heart shaped boxes!
- More parties are held on Super Bowl Sunday than any other holiday, even New Year's Eve.
- Except for Thanksgiving, people eat more food on Super Bowl Sunday than any other day of the year.

February is National Children's Dental Health Month!

Happy Valentine's Day...

As we all know February is known for Valentine's Day and of course, the Super Bowl! Something many people are not aware of, February is also National Children's Dental Health Month!

As everyone prepares to celebrate these events there are a few things to keep in mind. Be aware of the foods you and your family are eating. Sticky or hard foods can easily damage your teeth, resulting in a dental emergency. Avoid chewing ice, popcorn kernels and hard candies, all of which can crack a tooth. Cut tape or open packages using scissors rather than using your teeth. If you are being cautious, an accident is less likely to occur. If you do have an emergency that occurs, please call our office as soon as possible!



Cornerstone Dental
30 West Concourse
Waterville, ME 04901
(207)877-2200

www.cornerstonedental.us

