



**EL RENO FAMILY DENTISTRY**  
GENERAL COSMETIC IMPLANT SEDATION™

New Location!  
1570 SW 27th Street, El Reno, OK 73036  
(Just off Country Club Road & I-40)



Adam Cohlmiya, DDS  
dentistelreno.com | 405.262.6737

...continued from front page

bacteria. These substances either kill or suppress bacteria, preventing them from growing or producing tooth-attaching acid. Depending on the type of water you use to brew your tea, a cup of tea can also be a source of fluoride.

- Sugarless chewing gum: Another great saliva generator that removes food particles from your mouth.
- Foods with fluoride: Fluoridated drinking water helps your teeth.

**More Tips**

1. Consume sugary foods with meals (if you consume sugar.)
2. Limit between meal snacks.
3. Drink more water.
4. Brush your teeth twice a day and floss once a day.
5. See your dentist a minimum of twice a year.

We can't wait to see you at your next visit at El Reno Family Dentistry where we are El Reno's Most Caring Dental Office. Providing general, cosmetic, implant, and sedation dentistry.



*Oh, Joy!*  
*A new Baby Boy!*

Dr. Adam and Alexandra welcome Charlie Cohlmiya to the family!

Birthdate: 04.07.17

6 lbs., 3oz., 19"

Mom and baby are doing fine.



**Who is Who?? ANSWERS to the Childhood Photo Quiz on page 2 & 3:**

**LEFT TO RIGHT:** 1) Dr. Cohlmiya; 2) Dr. Faulconer; 3) Rena Edwards; 4) Tina Davidson; 5) Ginger Allred; 6) Belinda Wilson; 7) Tana Gatz; 8) Cassie Owens; 9) Kristen Boone; 10) Erica Bingham

*News Bites*

Spring 2017 dentistelreno.com | 405.262.6737



**EL RENO FAMILY DENTISTRY**  
GENERAL COSMETIC IMPLANT SEDATION™

El Reno's Most Caring Dental Office™

**FREE FIRST VISIT™**  
Includes X-rays & Exam



See you at our new office!

Office Hours  
Monday 8a-5p  
Tuesday 8a-5p  
Wednesday 8a-5p  
Thursday 8a-5p  
Friday 8a-3p

For appointments  
please call  
(405) 262-6737  
info@dentistelreno.com

*our mission*

We strive daily to be the leading team in dentistry. We are committed to providing a warm, caring and professional environment for our patients.

At El Reno Family Dentistry, we believe in treating our patients like our family.



**Foods for a Healthier Mouth**

It's not a secret that eating a well-balanced diet and regular exercise is essential for good health. But what you may not know is what you eat can directly affect your oral health. Certain Food choices can lead to increased plaque-causing bacteria and there are also foods that can help combat plaque.

**Bad Food Choices**

- Sticky candies and sweets: Lollipops, caramels and cough drops that contain refined sugar. If you eat sweets, go for those that clear out of your mouth quickly.
- Starchy foods that can get stuck in your teeth: Soft breads and potato chips can get trapped between your teeth.
- Carbonated soft drinks: These drinks are the leading source of added sugar among kids and teens. Besides being laden with sugar, most soft drinks contain phosphoric and citric acids that erode tooth enamel.
- Substances that dry out your mouth: These include alcohol and many medicines. If medications are the cause, consider talking

to your health care provider about getting a rinse or a gel to brush your teeth.

**Good Food Choices**

- Fiber-rich fruits and vegetables: Foods with fiber have a detergent effect in your mouth, says the American Dental Association. They also stimulate saliva flow, which is the best natural defense against cavities and gum disease. About 20 minutes after you eat something containing sugars or starches, your saliva begins to neutralize the acids and enzymes attaching your teeth. Because saliva contains traces of calcium and phosphate, it also restores minerals to the areas of teeth that have lost them from bacterial acids.
- Cheese, milk, plain yogurt and other dairy products: Cheese is another saliva generator. The calcium in cheese, and the calcium and phosphates in milk and other dairy products, help restore minerals your teeth might have lost due to other foods.
- Green and black teas: Both contain polyphenols that interact with plaque

...continued on back page



Ginger with her Aunt, Brenda.



The team headed out to Sid's Diner on a beautiful day to celebrate team birthdays and anniversaries.

Always having FUN!



Dr. Cohlmia went to visit his sister Ms. Kasey Cohlmia's first grade class at Charles Haskell Elementary. The same school he went to. The students loved learning and asked a lot of great questions. Pictured left are two of the thank you notes Dr. Cohlmia received from the children.



Dr. Cohlmia and Tana with Jacquelyn

Tana and Emily. Emily won tickets for her and her family to the El Reno movie theater in one of our Children's Dental Health Month challenges.



Los Bandidos taco truck spent the day in our parking lot serving El Reno. They were sold out 2 hours early! Our team and doctors may have had something to do with that. They were delicious!



Tina with Janie. She was another winner during Children's Dental Health Month. Took home two Sonicare toothbrushes for her and her family.



Tina, Kristen, and Rena with Symphony on Valentine's Day.



The team dressed up and had a blast handing out roses to our patients on Valentine's Day.



National Pizza Day! Tina treated the office to lunch.

### Celebrating Children's Health Month — Can you tell who is who??

It was fun to showcase team pictures during Children's Health Month. Patients guessed who was who on Facebook and were entered to win prizes. (ANSWERS on bottom of the newsletter back cover page!)

