

## How much sugar is really in Gatorade?

Have you ever read the label on a Gatorade?

The nutrition label boasts two important electrolytes-Potassium and Sodium. Both Potassium and Sodium are vital in keeping the body fluids in balance. **Did you know that Gatorade also contains a lot of sugar?**

- 20 Oz. Original Gatorade
- + 130 calories
- + 34 grams sugar = 8 teaspoons of sugar
- + 34 carbohydrates
- + 270 mg Sodium
- + 75 mg Potassium

Keep in mind that you must drink enough water to replenish the amount of fluid you lose during the course of the day.

Good Advice: 1/2 water to 1/2 gatorade

This still gives you the electrolytes that you need with the water that you need, but half the sugar!!!



Another helper on Burger Day!



Dr. Kirk's sons enjoy snow cones.

## Fresh from the Kitchen... *staff recipes*

### Taco Salad

Layer these items in a large bowl...

- 1 head of lettuce; chopped
- 1 lb. lean ground beef, cooked and rinsed
- 1 Can of Mexican Chili Beans
- 2-4 diced tomatoes
- 1 cup of shredded cheddar cheese
- 1 bag of crushed Taco flavored Doritos

Place bowl in fridge until ready to serve.

Just before serving, add 1 bottle of Zesty Italian Dressing, mix well and ENJOY!!



Our team of professionals provides general, implant, and cosmetic dentistry with your health and comfort being the top priority. We are here to take care of you and your family.

Work Hard  
Play Hard!



Grand Dental El Reno team attends the Oklahoma Dental Association meeting in downtown OKC.



Enjoying the Oklahoma Dental Association conference from left to right: Shelley, Jennifer, Stephanie, Julie, Kristen, Julie, Tina

How happy are your teeth?  
Let the world know!

Review Grand Dental El Reno on our **Google Place page** and help others find a caring dental team.

Simply visit our Google business listing, click our address and **Write**

**a Review** to leave your message. You'll need to be signed into your Google account to do it, and if you don't have one yet, go to the top-right corner of the page: it takes 30 seconds to create.



Get  
Rewarded  
for being  
flexible!

Grand Dental would like to reward patients like you who are flexible with their schedules! We

have a Flexible Schedule Call

List that provides an additional 5% discount on your visit when you move up your appointment on short notice to fill an open time on our schedule. The additional 5% discount will be applied the day of your appointment.

If you would like to take advantage of this offer, please call us at (405) 262-6737.

Why are  
crooked  
teeth  
a problem?



*Straighter teeth make a difference.* Abnormal stress on teeth can lead to premature wear and chipping. If teeth are crowded, it can be harder to clean, harboring harmful bacteria causing bad breathe. Large spaces allow food to lodge between the teeth. This can cause sore and tender gums.

Is Invisalign an option for you? It is as easy as taking your picture and impressions of your teeth. You wear a series of clear aligners, 22 hours a day. Yes, you can talk and drink with them. Straightening your teeth can make a significant difference in a healthy mouth. **And OH, WHAT A BEAUTIFUL SMILE!!**



Summer 2012  
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*our mission*

is to provide General, Cosmetic and Implant dental care in a way that we hope changes your perception of dentistry. Our vision is to pamper and care for you in ways you have never experienced in a dental office before.

## Grand Dental Celebrates Burger Day!



Grand Dental El Reno team giving out free snow cones at Burger Day.

**For appointments  
please call  
(405) 262-6737**

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

The 24th Annual Fried Onion Burger Day was a great success! The festivities started at 10am and thousands of people participated! We enjoyed seeing familiar faces and meeting new ones! Dr. Kirk, Stephanie, Julie C, Tina, Jenn, Kristen, Julie H, and Shelley all put hard work into our snow cone stand. Our entire team had their families helping out too. We gave away approximately 2,500 snow cones and approximately 3,500 toothbrushes! Grand Dental is already preparing for next year, so make sure you come out and see us! We are very proud to be part of the El Reno community.



Dr. Kirk works the snow cone booth.

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