

June 14, 2013  
Smile Bright This Summer



This summer, [Grand Dental El Reno](#) wants to make sure you keep your teeth healthy while enjoying all the fun this season has to offer. With a few simple tips, your smile will be shining brightly all summer long.

It's important to remember that your teeth were designed to help you cut and tear apart food while eating it. They weren't meant to be used as bottle openers, ice crushers, hangers, or scissors. Using your teeth for functions they just weren't meant to perform can cause cracks or fractures that may be costly to repair.

Many times we associate summer with sugary treats such as sodas, ice cream or other treats. While these are all very enjoyable, remember to consume them in moderation. The sugar can prove to be harmful to your tooth enamel. If you must drink sodas, try to use a straw because it reduces the harm to your teeth. Swapping your soda for water is an

even better solution.

Finally, don't forget to come visit us for your regular [dental checkup](#). Our caring staff will clean your teeth and remove any plaque or tartar that might be built up on your teeth. We'll also check for signs of disease, decay or other damage. We're here to help you with any questions or concerns you might have about your smile.

Take the time this summer to make a commitment to your dental health. With these small steps you can ensure you'll have a healthy smile both this summer and all year long.

Interested in learning more about **general dentistry** or scheduling your next appointment? [Call](#) us today at **Grand Dental El Reno**! Our office is located in **El Reno** and serves patients from **Minco, Calumet, Hinton, and other communities in the Canadian County.**