

Welcome to SmileTalk!

The Launch of SmileTalk!

Howard County Family Dentistry and Dr. Fenlon are please to announce the launch of SmileTalk, our quarterly newsletter! This is the first edition of many that will allow our office to stay in touch with you regarding recent health news, new happenings in our office, and other fun stuff. Unlike other health newsletters, we want SmileTalk to be informative yet fun for our patients.

Things to expect from SmileTalk:

- Regular updates concerning our office, staff and operation
- Pertinent information regarding the dental health of your family
- Recent updates on personal wellness
- A good joke or two
- And maybe a secret family recipe!

Please feel free to contact our office at (410) 442-2800 or visit our website at www.howardcountydentist.com. Thanks, and we hope you enjoy!

Smiles for Life!

Dr. Fenlon and Howard County Family Dentistry are proud to announce that we have teamed up with the [Smiles for Life Foundation](http://www.smilesforlife.org) for the third year. Howard County Family Dentistry and Dr. Fenlon will donate our time to provide a superior [professional teeth whitening](#) service at a 50% discounted rate this and every March through June. This allows you to donate your entire \$200 fee directly to the [Smiles for life Foundation](#). Through Smiles for Life, Howard County Family dentistry is able to designate 50% of your contribution directly to Ellicott City MD's [Linwood Center, Inc](#) a school for children with autism. The other 50% goes to the [Garth Brooks Teammates for kid's foundation](#) which has successfully raised 74 million dollars over the last ten years, 100% of which has gone directly to the children. This has allowed our patients the opportunity to "Brighten your smile and help a child smile for life."

For more information on how to "Send a Friend" this information please visit www.howardcountydentist.com!



People are Talking!

Tom Fenlon is a true craftsman. The quality of his work is undeniable. My smile is very important to me and Tom has taken great pains to keep me smiling. The office staff creates a relaxed and caring atmosphere that always puts me at ease. I look forward to my visits.

—Nancy S, West Friendship

[More Testimonials](#)



www.smilesforlife.org

What's New at Howard County Family Dentistry

- As some of you know, Howard County Family Dentistry's own Niki (Hahn) Fincher was married to Brad Fincher last summer! Congratulations to Niki!
- Dr. Fenlon is now up to eleven grandchildren! Hopefully we can get a picture posted on our website soon.
- We are also proud to announce that Gena Kilroy-Cesar, a previous employee of ours, has just celebrated her first year of motherhood with twin baby girls Dakota and Laycee.

Dr. Fenlon is an active member of the following groups and organizations. [Full List Here](#)



Healthy Alternatives this Easter!

With Easter fast approaching it will not be long until our children are waking up to those brightly-colored baskets filled with goodies. We all know the risks to our teeth when we consume sugary treats.

Dr. Fenlon wants to give the Easter Bunny some ideas on ways to supplement the usual candy treats with other healthy items. Here is a list of Dr. Fenlon approved healthy alternatives to Easter candy:

- | | |
|----------------------------------------|---------------------------------|
| Art supplies, markers, crayons, paints | Bubbles & chalk |
| Hair Clips & Brushes | Journals & pens |
| Easter-based books or movies | Fun tooth brushes & tooth paste |
| Mini board games & jump ropes | Jewelry & nail polish |
| Family video games | Movie tickets |
| Easter-based books or movies | I-Tunes gift cards |

Also, here are some helpful tips to remember after watching your children enjoy their Easter goodies:

1. Monitor that your children are brushing three times a day.
2. You could have your children use an age-appropriate fluoridated mouthwash.
3. Have extra disposable dental flossers around. You'd be amazed at what kids do when they're bored.
4. Avoid or limit candy such as caramels, jelly beans, and taffy. These particular candies are extra sticky, making it hard for saliva to wash away the sugar.

Give your kids sugar-free gum or candy with [XYLITOL](#) to chew. Not only does sugar-free gum help prevent cavities; it also helps neutralize the effects of sugar from the candy. Therefore, it combats the bacteria in plaque that causes cavities.

For more information on oral health visit www.webmd.com/oral-health

To remove your name from our mailing list, please [click here](#). Questions, comments, or feedback please email us, info@howardcountydentist.com or call (410) 442-2800!

