

Howard County Family Dentistry

Giving you a reason to smile!

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Welcome to SMILETALK!

Moms, We Know You Care!

The best thing that parents can do for their children is to keep them on a consistent preventive program because in my practice, what we know works best is these routine checkups. I'd say that probably 90% of the kids that come through my practice leave with only having one or two small cavities. Probably 80% of them leave without having any cavities. There are several benefits to having your kids on a re-care routine. It gets them used to working with a hygienist and working on their hygiene. It also allows us to see them on a routine basis to increase and improve their self image by praising them and telling them how important their smile is and telling them how great their teeth are. It gives them an opportunity to have a real good experience with the dentist which lays down the foundation for future years. So parents, this is something that is absolutely vital for you to establish in your kids.

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YUM! Aunt Anne's Secret Family Pound Cake Recipe

My wife Mary and I have been invited to our neighbors 90th birthday party. For the occasion. My wife Mary is making a pound cake that is the recipe of my great Aunt Anne. A beautiful women who had no children but I remember her loving ways and her love of sweets. The following is her recipe... I hope you enjoy it!

3 cups of unbleached all purpose flour.
2.5 cups of sugar
8oz. Package of cream cheese
1/8 tsp. of baking soda
1/4 tsp. of vanilla
6 Eggs

Whip all ingredients together and pour into a greased bundt pan. Cook on 325 for 1hr 15min. Remove from the oven and let the cake sit for 1 hr.



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

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www.smilesforlife.org

What's New at Howard County Family Dentistry

- Howard County Family Dentistry and Dr. Fenlon would like to extend our Condolences to the families of Isabel Cek and Joseph Tringali who have recently passed away. They were fine people and we will miss them as part of our practice
- We now offer a home sleep study to determine the severity of Snoring & Sleep Apnea.

Bruxism, In Dr. Fenlon's words

You have heard the reports on the news and on TV these days about bruxism appliances or bite guards. Bruxism and grinding is probably the most devastating thing that happens to my patient's teeth and dentitions over a lifetime. Grinding your teeth (Bruxism) is an oral para-functional activity that occurs in most humans at some time in their lives. In most people, bruxism is mild enough not to be a health problem. While bruxism may be a diurnal or nocturnal activity, it is bruxism during sleep which causes the majority of health issues, and can even occur during short naps. Bruxism is one of the most common sleep disorders. Some symptoms of Bruxism are headaches, jaw muscle pain, jaw joint pain, loosening of teeth, and unfortunately the loss of teeth.

If you think about it, your teeth should never touch. There are dentists and doctors who are extremely well thought of in the field of occlusion and bite that say your teeth should never touch. Not even when you eat. As an experiment you can try this. You can put some food into your mouth and you can virtually chew your food at a nice relaxed pace without your teeth even touching. So the fact that your teeth do come together, most times when they do it's abnormal.

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