

NORTHMEAD DENTAL

(02) 9639 6900

Open 6 days for your convenience.



Sports Drinks: Why Not?



It's understandable that some may choose to consume sports drinks as an aid to hydration, a performance boost or just for the taste!

The problem is, the **acidity** and **sugar** levels in sports drinks are much higher than most of us think.



Hint: 'Syrup', 'Sweetener' and any words ending in 'ose' can be assumed to be sugar. (Australian Dental Association)

Common Dental Myths...

1. **The 'Water Chaser'**
A mouthful of water following a mouthful of sports drink will not prevent tooth decay and erosion. The damage is done during ingestion.

2. **Brushing will fix it!**
Brushing within 30 minutes of consuming any drink high in sugars and acids will cause further damage as the tooth surface is still soft.

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This issue:

- The Cost of Sports Drinks and...
- NEW: Kid's Corner!

Opening Hours

Monday	7:30am – 6:00pm
Tuesday	7:30am – 5:00pm
Wednesday	8:00am – 6:00pm
Thursday	8:00am – 6:00pm
Friday	8:00am – 6:00pm
Saturday	7:30am – 11:00am
Sunday	Closed Sundays and Public Holidays

Treat your password like your toothbrush. Don't let anybody else use it, and get a new one every six months. ~Clifford Stoll

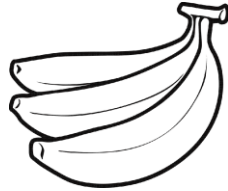
WATER

provides adequate hydration



BANANAS

good choice if carbohydrates needed



CALCIUM

milk and cheese to strengthen tooth surface



KID'S CORNER

Teeth To Treasure!

Can you find them all?

N D R X W X D A O A G X T W I
T I A C Q E F L O S S E O A E
P L B I N S Q X Q R Z H O T K
U Q L T L E M B R F Y L T E C
E R I X U Y K R B E C C H R O
Q S M G K L T M O A K A P Y J
T D N O M S U W Q S R Z A I L
E O K K U N N F U A Z A S B P
T K L I M T O K T K T N T Q I
L E P U L H H A B L F Y E U G
B S O V V E C G M B G T U A F
V V W T F R M I U U I U Q O K
G N I L L I F A M A J C A M K
D O X Q D R K S N Y R F L C S
Q L J Y X W T G B E U D P G I

DAILY	DENTIST
ENAMEL	FILLING
FLOSS	GUMS
MILK	MOUTHGUARD
PLAQUE	TONGUE
TOOTHPASTE	WATER

Colour In Fun!

