



# Dr. Garcia General & Cosmetic Dentistry August Newsletter

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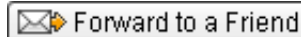
#### Contact Us

#### Quick Tips for a Brighter Smile!

Dear Valued Client,

We hope you are enjoying a relaxing summer! Even though you may be in "beach mode," don't forget to keep up with your regular six month cleanings and exams!

As always, we appreciate your referrals to our office; your trust in us is our greatest compliment! If you know someone who needs a kind and caring dentist, plus a convenient office location, please let them know by forwarding this email to them:



Sincerely,

The Staff of Dr. Garcia General & Cosmetic Dentistry

### QUICK TIPS FOR A BRIGHTER SMILE!

Most everyone wants a brighter smile. Yellow, dingy teeth are a common complaint in our office.

The brightness of your smile is somewhat dependent on factors like your age and diet. As you get older, the outer part of your teeth wears thin, allowing the yellowish dentin to show through. And the things you eat and drink, like coffee, tea, cola, wine and berries, may also discolor your teeth.

Here are some tips to keep your smile as bright as it can be:

- Brush at least twice a day for two minutes each session, and floss daily.
- Get a dental checkup and cleaning every 4-6 months.
- Stop smoking; tobacco is one of the biggest offenders in ruining white smiles due to staining.
- A healthy diet will benefit your smile just the same way as it will benefit the rest of your body. Avoid coffee, tea, soda, sugar and sweets. If you do indulge once in a while, be sure to brush your teeth afterwards.
- Consider a professional whitening system like [Zoom!](#), offered here in our office. The results are immediate, and it is a safe and affordable way to get the results you are looking for fast.
- The most important factor in a bright and healthy smile is also to remember to actually smile! Remember, if you smile to the world, the world will smile at you!



### Dr. Garcia General & Cosmetic Dentistry

36 S. Charles St.  
Suite 2202  
Baltimore, MD 21201

**410.837.0304**

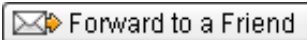
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### Our Mission

To be truly modern, today's dentistry should meet all of its patients' expectations. It should offer the most personalized care possible, in an attractive and comfortable environment. It should be dedicated to its patient's dental health, offering all the latest dental techniques and procedures. It should use advanced technology to create a beautiful mouth and a perfect smile for each patient, all while reducing any possibility of pain. It should accomplish all of this with friendliness, thoughtfulness and professionalism. At our practice, we strive to achieve the ideal in modern dentistry.

Our goal is to create a dental practice that is ideal for our patients, where each staff member is a highly-trained dental professional. A practice so agreeable that you feel cared for before you even sit in the chair overlooking downtown Baltimore. We are a practice that makes it possible for your dental dreams to come true, sculpting a smile that is second to none.

### Our Staff

**Dr. Nicholas Garcia**

**Dr. Grace Yao**

**Carrie, Office Manager**

**Jill, Front Desk Manager**

**Amy, Scheduling  
Coordinator**

**Terri & Ki, Dental  
Assistants**

**Regan & Judith,  
Hygienists**