

# Awesome Smiles in August



## Give Up the Grind

The economy is really stressing people out. As a result we are seeing a rapid increase in worn tooth enamel due to grinding, which is often a result of stress. Teeth grinding wears away vital tooth enamel, which never grows back and can only be replaced with costly veneers or crowns. Here are some simple steps to help protect your teeth and your pocket book.

1. Come in for an evaluation
2. If you are a 'grinder' we can help you by designing a custom-fit night guard
3. Make a little time to relax, whether it's 5 minutes of meditation before bed or attending a Body Pump class with our team at Energia, it's important to relieve stress in a positive way



## From Numb to Normal

Novocain is very helpful during some treatments, but what about after? No one likes walking into a business meeting with a droopy lip. That's why we offer OraVerse. OraVerse reverses the affects of local anesthetics like Novocain, getting you back to normal in about half the time. Best of all, it's affordable and painless.

## Helping Kids & Brightening Smiles

Thank you. With your help, we raised over \$10,500 during our Smile for Life Campaign. Many of you contributed generously by purchasing half-price whitening kits. Half of the dollars you contributed stay right here on the Peninsula and will benefit Dance Kids of Monterey. The other half was given to the Garth Brooks Teammates for Kids Campaign which helps sick and underprivileged children nationwide.



## Business Excellence Award

The Monterey Chamber of Commerce selected our dental practice for a 2009 Business Excellence Award. We are thrilled and appreciate the support of the business community and each of the patients we serve. Thank you everyone for your continued trust and support!



## A Beautiful Birthday



"Every time you smile at someone, it is an action of loving, a gift to that person, a beautiful thing"  
- Mother Teresa

Hygienist, Kristie and Mother Teresa share the birth date of August 27th.

## New Patients Welcome

Many of you have asked if we are accepting new patients. The answer is of course! We love our patients and always welcome your friends, family and co-workers. Your referral is the greatest compliment we can receive.



Call Us Today -

**831-372-8011**

[jkerndds.com](http://jkerndds.com)



**JEANETTE KERN DDS**

PERFECTING SMILES - ENRICHING LIVES