

# We Healthy Smiles

Dear Patient Friends,

We love to see you smile. Naturally, our highest priority is providing you with valuable information about your health and advocating for your wellness. This month we hope you pay special attention to the mouthwash warning. We also hope you can celebrate with us, as our dental team is marking three marital milestones. Finally, we would love to know what you think of our work with comments on Yelp, a web site with local reviews.



## *Mouthwash Warning*

Your mouthwash might be doing you more harm than good. A recent study published in the Dental Journal of Australia and supported by the Australian Dental Association, concluded that people who use mouthwash containing alcohol are up to 500% more likely to develop oral cancer.



The Australian Dental Association is urging the American Dental Association to withdraw their seal of approval from mouthwashes that contain high levels of alcohol, such as Listerine, Cepacol, and many generic brands.

We recommend mouthwash users switch to Non-Alcohol Biotene which can be found at Target and most drug stores or Breath RX which is available at our dental practice.

## *Here Comes the Brides*

It's official Monterey! Erin, Leann and Traci are all blushing brides. Erin and husband Shawn were married in a breathtaking ceremony in January at Pebble Beach. Leann and fiancé Clay are set to walk down the aisle on February 21. Traci and fiancé Mel are tying the knot island-style this April 27 in Hawaii. We wish all of our beautiful brides many years of happiness.



## *Helping with Helping*



We surf the web looking for great local restaurants and businesses. Yelp has us hooked with its online reviews. Now, we would love some reviews of our own. Please add your review to our Yelp profile by [clicking here](#).

We hope you are all celebrating the love in your life this month. If we can be of service in any way, please do not hesitate to contact us at 372-8011.

Warmest Regards,

*Jeanette Kern, DDS*