
TOOTH TRIBUNE

Volume 4, Issue 10

Dr. Clayton Fuller ORTHODONTIST

October Toothousand-Three

Know Your H₂O

The human body is made up of mostly water and depends upon it to keep the bodily systems functioning properly.

Drinking water allows you to stay healthy. If it contains enough fluoride, it can also help build strong teeth and prevent tooth decay.

Health experts recommend drinking 8 cups of water a day. This will vary a little depending upon body size, physical activity, and exposure to hot weather.

Some people are now drinking bottled water for their main source of water. Some even forgo tap water altogether for bottled water. The problem with this, is that bottled water does not usually have fluoride in it and you will be missing out on the benefits.

Even though some bottled water does contain fluoride, the amount can vary widely and it usually does not contain enough to be of any value.

The reason the bottled water does not contain enough

fluoride has to do with the treatment of the water before it is bottled. If the manufacturer does happen to add fluoride after treatment, then they will list it on the label. But to be of any value, the amount has to be within a narrow range.

So, how much is enough? One part per million is the answer. This is usually written as 1.0 ppm. Much less than 1.0 and it will not prevent tooth decay.

If you ingest ten times more than 1.0 ppm, then it can actually damage the enamel. The tooth will be resistant to decay, but it will not be very pretty to look at. But ingest is the key word here. Using a fluoridated toothpaste does not do any damage; as it is rinsed out, not ingested. A very important distinction.

So please read your labels and realize that introducing fluoride to our drinking water is one of mankind's all-time greatest achievements.

Trick or Treat Reminder.

For those of you with braces on, Halloween candy should be restricted to plain chocolates. Nothing sticky, chewy, or crunchy! Sorry.

October Events

Dr. Fuller's Annual Howling Halloween Costume Contest! Come to see us in your costume and we will take your picture. The winner will be announced on October 31st at 5pm. Win a treat!

If not in costume, then come in anyway and sign the big pumpkin! We will have a birthday card for Dr. Fuller posted on the bulletin board. Everyone is welcome to wish him a Happy Birthday!

We will have a big birthday cake on Friday the 31st. Come on in for a piece and help us celebrate Dr. Fuller's birthday!

3rd Annual Eastlake High Choral Boosters' Golf Tournament.

Friday, November 7, 2003. Golf registration begins at 8:30 am. The dinner and show start at 5pm. Tickets for all day are \$125. The dinner and show only are \$30. For info, please call Alex Rodriguez. Several of Dr. Fuller's patients will be performing in the show

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NEW FACES

WITH BRACES

Aldo Vicente-Videl
Chris Puente
Erika Zagornik
Ashley Spillane
Lisa Marie Holmes
Jordan Figg
Marlene Amador
William Amador
Andrea Asuncion
Kristine Jackson
Wendy Munoz
Divina Apan
O'Bryan Manglicmot
Elizabeth Garcia
Kimberlee Parton
Logan Bautista
Oliva Angeles
Felix Vazquez
Melissa Villa
Johnny Clark
Yann Belmonte
Stephanie Cusquen
Jesse Martinez
Samuel Greenberg
Michael Rodriguez
Christian Semano
Alex Zepeda
Breanna Cockrell
Ilyana Castellanos
Dylan Moses
Angelo Seganti
Monique Fleming
David Tavarez
Nicolas Pandaan
Carlos Vasquez
Hector Malvido
Deedee Aripez
Tara Granzow
Vanny Nuon
Jonathan Seibel
Marisol Lopez
Elliot Jung
Nolan Camacho
Ciara Adame

Asami Guenther

Catalina Cortez

Katie Kloss

Fredrick Merriweather

GRADUATES WITH

NEW SMILES

Abigail Meza

Alycia Delgado

Kathleen Boschen

NEWS FLASH:

Robert Sierra, 14, toured Western Europe from July 8th to July 23rd. He visited London, Paris, Madrid, Barcelona, Nice, Venice, Florence, Rome, and Pisa. Wow, that's a lot of pictures!

HAPPY BIRTHDAY TO:

Chad Jacobsen, Omar Gonzalez, Mariuo Montano, Mikhail Farias, Alex Carrozza, Miguel Flores, Aaron Holguin, Christian Chavez, Yvette Moreno, Lindsay Garcia, Lura Kay Knapp, Jade Partee, Cassandra Carrillo, Jaime Farfan, Juan Farfan, Cherryl Ting, Carolina Delgado, Shavonne Wilson, Angel Gonzalez, David Corona, Natasha Proa, Adam Wilbanks, Elizabeth Thompson, Joseph Welch, Jarrett Allen, Brandon Taylor, Allen LaHeist, Masha Zubkis, Viancca Ramirez, Alsy Godinez, Dolores Flores, Adrian Santos, Rachel Hoff, Fletcher Kelsey, Adrian Sancen, Angel Sancen, JohnPaul Castro, Charlie Graham, Robin Hinton, Perla Rodriguez, Maritza Hernandez-Bravo, Amanda Nissen, Steven

Hegy, Erika Marquez, Logan Bautista, Ana Skomal, Michael Freitas, Adriana Delgado, Carla Delgado, Elizabeth Custodio, Brandon Johnson, Esteban Ocampo, Jaclynn Adams, John Rausch, Kimberly Semano, Hannah Lyden, Hillary Lyden, Brittany Esmeier, Marco Connalley, Nikole Villareal, Karen Leyba, Jackie Malaney, Alycia Delgado, Stacy Peterson, Jack Chilcott, Ron Leuzinger, Christian Vasquez, Victor Curiel, William Amador, Josh Prado, Michael Gamboa, Charlotte Schmidt, Amy Corrigan, Brittini Syktich, Matthew Barajas, Amanda Hernandez, Nicole Clark, Kristina Henry, Kelly Perreira, Porsche Camacho, Josiah Gerken, Mick Harrington, Phaly Truong, Robert Riggs, Andrea Cudal, Goeffery Sadsad, Brandon Mikels, Curtis Casey, Carolyn Williams, Alyssa Alfonso, Danixsa Villavicencio, Heather Hamada, Rebecca Martinez, Kevin Sevilla, Jeanette Roadarmel, Nicole Wamsley, Hector Herrera, Kaylie Linton, Christine Marwan, Kristie Tanaka, Brett Gastelum, Nkechi Johnson, Sofia Vincente-Vidal, Aldo Vincente-Vidal, Tara Granzow, Sonya Villanueva, Dustin Perreira, Sunny VanZandt, Elisa Gomez, Dominique Marquez, Scott Pyrz!!

