



FROM THE DESK OF WILLIAM GRAND, D.D.S.



September Newsletter 2024

Greetings Dr. William From Grand Family Dentistry!

Diet and Dental Health

Diets low in certain nutrients reduce resistance to oral and dental infections, that is, periodontal disease (gum disease) and decay. A healthy immune system is essential to controlling periodontal disease.

Counseling in the Four Basic Food groups will improve dental health and general health. The consumption of sugar, especially in sticky forms or in a baby bottle while sleeping, contributes to the rapid development of dental decay.

The trace nutrient fluoride, may not be adequately supplied by bottle or municipal water supplies. Supplementation with oral tablets and topical application will reduce the incidence of dental decay by more than 60%.

Together, a balanced diet, daily use of fluoride, effective brushing, and sensible eating habits can reduce the risk of, or even prevent, infectious dental disease.

If you need more information on diet or fluoride supplementation and its relationship to dental health, please don't hesitate to call our office at (844)62-GRAND or email us at contac@GrandFamilyDentalCare.com today!

Ain't Life Grand!

Best Regards,

A handwritten signature in blue ink, appearing to read "W. B. Grand, M.D.", with a stylized flourish at the end.

Dr. William B. Grand

P.S. If you have any friends or family members who you feel could use our services, please don't hesitate to have them call us. We'll be sure to take "GRAND" care of them.