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 **3465 1199**

Current Promotion

New Patient check-up & clean

**NEW PATIENT PROFESSIONAL
CHECK-UP + CLEAN**



ONLY
\$178*

Only \$178*

*Package includes exam, 2 x-rays, clean and fluoride.

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Have a Whiter Smile

for Christmas for Only \$299

Includes two custom made trays, whitening gel and carry case

*Terms & Conditions: Teeth whitening is not suitable for all candidates. Patient may require a hygiene visit before the whitening

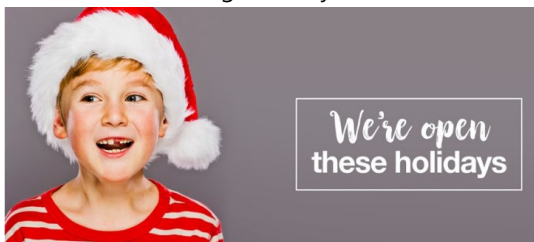


Merry Christmas



Dr Sam, Alison and Melody would like to take this opportunity to wish everyone a warm and happy Christmas. It has meant the world to us that you have trusted us with your oral health throughout the year and we look forward to seeing what fun 2020 brings to us all.

We understand that this is a busy time of year for many people and finding time to go to the dentist can be difficult, we also know that toothaches and dental emergencies can occur at any time. This is why we will be **open all through the festive season**, closing only for public holidays and Friday 27 December. We can also be contacted via Facebook Messenger at any time if the matter is urgent.



Healthy Holiday Smile

The holiday season is the time most of us over indulge in all "naughty" foods and drinks. We like to relax and celebrate with friends and family and forget about the stresses of our very busy lives. Treats every now and then are certainly well deserved but we can't forget to look after our health as we celebrate. Here are a few tips to help you over the coming weeks:

- **Beware of Sugar**—sugary food that stays in your mouth can effect decay. Brush your teeth more often or rinse with water to remove the sugar from your mouth
- **Hard, Crunchy Food**—Be careful when eating hard candy canes or nuts, or crunching pork crackling or when eating sticky treats. These can all damage your teeth, especially teeth that have large fillings or cracks already
- **Cheese Please**—cheese helps to balance the acid in our mouth and can reduce the chances of developing tooth decay. Even a small piece of cheese can have a positive effect!
- **Turkey Feast**—Turkey is a great source of protein which can help fight tooth decay and keep your teeth healthy and strong!
- **Drink More Water**—Drinking plenty of water will help to dilute and acid attacks caused by sugary drinks or snacks
- **Dental Routine**— remember to maintain good oral hygiene over the holidays. Brush for two minutes, twice a day and don't forget to floss. Waiting for at least 30 minutes after having sugary treats as the build up of acids weaken the enamel.



Make the Most of Health Funds

We often pay a small fortune to maintain private health insurance. Don't let this money just go down the drain. Most health funds renew their annual limits at the end of the calendar year, have you used yours to its fullest potential? If you have been putting off going to the dentist or getting that whitening treatment now is the time to book an appointment.



We have even found that some funds cover the ENTIRE COST of the WHITENING TREATMENT!



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