

Sherman Oaks Dental

1100 Sherman Ave. Suite 103, Naperville, IL 60563

(877) 507-4487



SmilesAtShermanOaks.com

Did you get an A+ at your last dental visit?



Knights wear armor to protect them in battle. Sealants are like armor for your teeth. They seal the parts of your teeth you use to chew, and keep out the food and bacteria that makes cavities. Sealants are painless and can last a few years.

SHOULD I WEAR A MOUTH GUARD?

Wearing a mouth guard is one of the best ways to prevent a sudden trip to the dentist. Dentists estimate that between 13% and 39% of dental injuries occur while playing sports. 8 in 10 injuries affect at least one of the front teeth. If you enjoy sports or other high risk activities, protect yourself with the use of a mouth guard.

THE FACTS ABOUT SUGAR

1 fruit roll	2 tsps	1 donut	34 tsps
1/2 c raisins	4 tsps	1 can pop	10 tsps
1 cup orange juice	6 tsps	32 oz Gatorade	14 tsps
1 serving fruit loops	4 tsps	8 Oz Gatorade	3 1/2 tsps
1 Brown Sugar Pop Tart	4 tsps	1 serving ice cream	23 tsps

10 WAYS TO KEEP YOUR CHILDREN CAVITY FREE FOR A LIFETIME

1. Eat Nutritious snacks, like fruits and veggies.
2. Limit snacks that are sugary or sticky sweets cling to your teeth.
3. Drink healthy beverages including fluoridated water.
4. Brush at least 2 times per day, in the morning and before bedtime.
5. Make sure you brush properly, don't brush too hard or too fast.
6. Floss once a day.
7. Visit your dentist every 6 months.
8. Replace your toothbrush every 3 months, and after you've been ill.
9. Never share your toothbrush.
10. Brush your teeth after taking liquid medicines, some may contain a lot of sugar.

SHERMAN OAKS DENTAL IS DESIGNED FOR OUR PATIENTS COMFORT AND OUR TRAINED PROFESSIONAL STAFF WORKS AS A TEAM TO MAKE YOUR VISIT PLEASANT. WE TAKE PRIDE IN OUR ABILITY TO PROVIDE THE FINEST DENTAL CARE WITH A SINCERE REGARD TO OUR FAMILY OF PATIENTS.

We enjoyed our time at school and hope to see sparkling smiles throughout the year.



DR. BRYAN WEYNETH is a Mill Street Elementary School dad. His daughter Andrea, is a fifth grade student on Mrs. Widlacki's room and his youngest son, Christian is a 2nd grader in Mrs. Overman's room. He has an older son, Alec, who is in the 7th grade at Jefferson Jr. High.



DR. LYDIA SOSENKO - BURCH has a 2nd grade daughter, Marissa Burch, Natalie Burch, whom attend Saints Peter and Paul School. Dr. Sosenko focuses on a team approach for the treatment of sleep breathing disorders.