

# The Cosmopolitan Times



Questions? Call 219-548-2322

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For more info visit [cosmopolitandentistry.com](http://cosmopolitandentistry.com)

## No Insurance? No Problem!



We have recently rolled out a new program for our patients that don't have insurance. "Cosmo Club" wraps several services into the monthly membership. With this program you'll receive two cleanings per year, one emergency visit, and up to 15% off of all other treatment (some exclusions may apply). We value our patients health and want to make sure that the best care possible is available. This membership aims

to make your health care more affordable. Scan the QR code below to find more information and sign up today!



### Fun Facts with Toby the Tooth

Did you know that Americans buy more than 14 million gallons of toothpaste every year! Are you brushing two times a day?



25% of adults DO NOT brush twice a day, this increases their risk of developing tooth decay (cavities) by 33%. Tooth decay can be caused by a build-up of plaque on the teeth. The built up plaque produces acid which erodes the teeth, causing cavities. So make sure you're brushing and flossing twice a day to protect your teeth from cavities!

### Cosmopolitan Dentistry

Cosmopolitan Dentistry has been happily serving our community for over **25 years!**

Your one stop shop for:

- Cleanings and checkups
- Tooth colored fillings
- Same Day Crowns
- Veneers and cosmetic care
- Dental Implants
- Tooth removal
- Dentures
- Whitening



You're Always Wearing Your Smile!

### Cosmopolitan Shout-out!

A heartfelt thank you... Our dental family is built on word of mouth advertising and we would like to thank the following people who were kind enough to recommend our practice to their friends and family.

Thank you very much!

- Helena S.
- Sandy C.
- Conner C.

Want to be featured here? If you have referred someone to our office, with your permission, we will thank you in our next newsletter.

#### Welcome New Patients

We would like to take a minute to recognize the newest members of the Cosmopolitan family. We are eager to provide you with the best care possible!

A warm welcome to you!

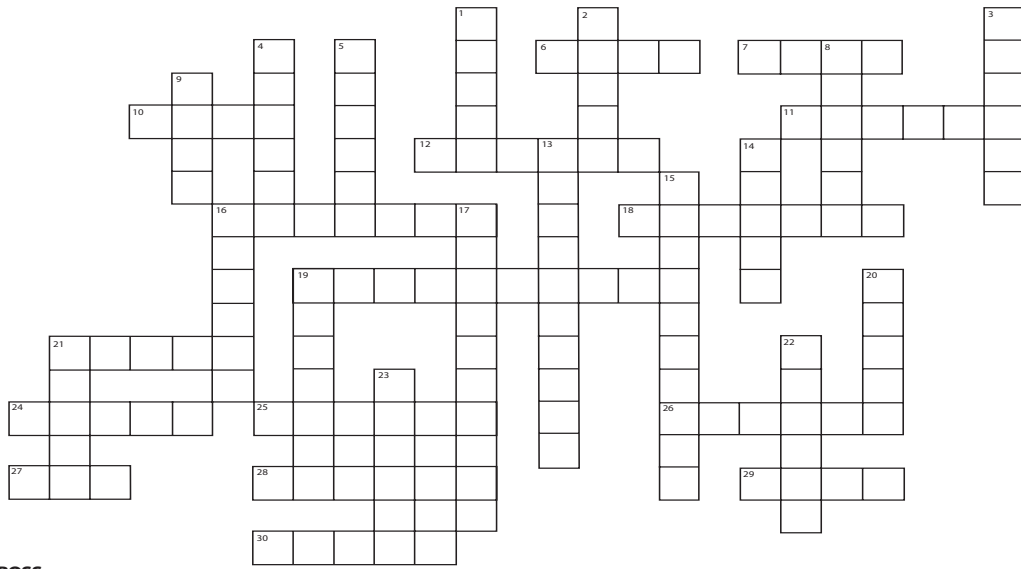
If you have recently or plan to come to our office as a new patient, with your permission, we will thank you in our next newsletter.

### A word from our hygienists.

Haley, Kristiana, and Irene

Routine cleanings every six months are crucial for maintaining good oral health and allows us to promptly catch and fix problems before they become complex issues. Some other benefits are...

- improves smile and boosts confidence
- saves money in the long run
- prevents plaque and tooth decay
- prevents gum disease
- maintains healthy teeth and gums
- builds relationship with doctors and the Cosmopolitan team



**ACROSS**

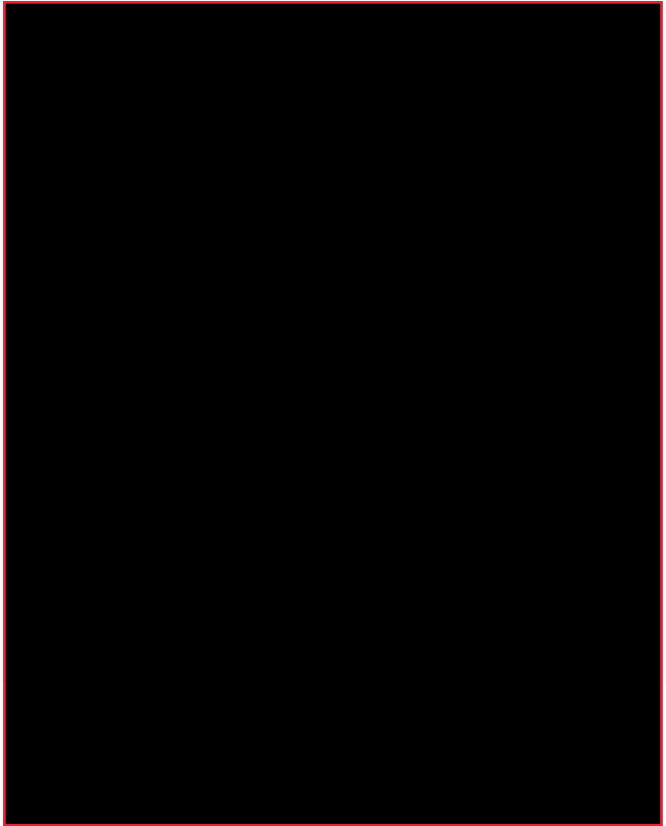
- 6 Your first teeth.
- 7 They hold your teeth in place.
- 10 Smile.
- 11 If not removed, can lead to cavities.
- 12 The hard outer layer of a tooth.
- 16 What your dentist applies to protect teeth from decay.
- 18 Visit your \_\_\_\_\_ regularly.
- 19 Sing into this to make your voice louder.
- 21 Brush your teeth at least \_\_\_\_\_ a day.
- 24 Pictures of your teeth.
- 25 A dentist uses this to help see all your teeth.
- 26 The words of a song.
- 27 Use only a \_\_\_\_\_-sized amount of toothpaste when you brush.
- 28 Limit between meal \_\_\_\_\_.
- 29 Musical group.
- 30 Clean between your teeth with dental \_\_\_\_\_.

**DOWN**

- 1 The part of a tooth that you can see is called the \_\_\_\_\_.
- 2 Den likes to break- \_\_\_\_\_.
- 3 Only eat sparingly to keep your smile healthy.
- 4 Don't forget to brush your \_\_\_\_\_.
- 5 A \_\_\_\_\_hygienist cleans your teeth at the dentist's office.
- 8 \_\_\_\_\_are back teeth used for grinding food.
- 9 Bang on this to keep the beat!
- 13 Wear this to protect your smile while playing sports.
- 14 Drink this instead of soda pop.
- 15 Broccoli and carrots are nutritious \_\_\_\_\_.

- 16 Den and Gen's last name is \_\_\_\_\_.
- 17 Use this to keep teeth clean.
- 19 Buck and Flossy's last name is \_\_\_\_\_.
- 20 Flossy and Buck are \_\_\_\_\_.
- 21 Most kids have all their baby teeth by the age of \_\_\_\_\_.
- 22 Six-stringed instrument.
- 23 Den wears \_\_\_\_\_to straighten his teeth.

For the answers to this quarters crossword visit our website at [cosmopolitandentistry.com](http://cosmopolitandentistry.com)



Website:  
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*You're ALWAYS wearing your smile!*

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# No Insurance? No Problem!

Check out this newsletter to find more information about how our "Cosmo Club" can save you money this year!

# Happy New Year!

Find inside some tips to keep your teeth clean and healthy this upcoming year!

Gen and Flossy are putting their heads together to solve this crossword puzzle.

