

# THOMAS S. CLIFTON, D.D.S.

Brightening Smiles in Durham Since 1991

Caring, Family-Oriented Dentistry

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## In this Newsletter:

- 1 ) [Our Practice Vision](#)
- 2 ) [Dental Sealants](#)
- 3 ) [Fluoride and Tooth Decay](#)
- 4 ) [Mouth Protection During Sports](#)
- 5 ) [Halloween Safety Tips For Kids](#)

## Our Practice Vision

By Dr. Tom Clifton

Since 1991, our practice has been providing top quality dental care for the entire family. My staff and I strive to create a comfortable, relaxing environment in which your dental needs are met. We are committed ...

[Read Article](#)

[Back to Top](#)

## Dental Sealants

Many of the foods you or your child eat, especially those high in sugar and starches, cause the bacteria that normally occurs in your mouth to produce acids. If this acidic plaque isn't removed from your teeth by daily brushing and flossing, tooth decay ...

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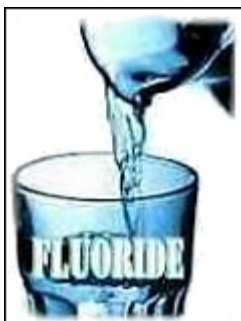


[Back to Top](#)

## Fluoride and Tooth Decay

Fluoride is a compound of the element fluorine, the 13th most abundant element, which is naturally present in water, soil, and air, as well as in most foods. Fluoride is absorbed easily into tooth enamel, helping to strengthen it, and is also effective ...

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## Side Note

### Diet



The primary cause of cavities, gingivitis and periodontal disease is accumulation of plaque and tartar on your teeth. The bacteria normally present in your mouth converts the food you eat into acid, which in turn combines with bacteria and leftover food ... [Read Article](#)

## Links

[American Dental Association - Tooth Whitening](#)

[NC Health Choice Insurance for Children](#)

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[Back to Top](#)

## Mouth Protection During Sports

Dental injuries are the most common type of injuries to the face, and 60% of facial injuries occur during sports practice. An athlete is 60 times more likely to suffer damage to the teeth when not wearing a mouth guard.



A mouth guard is a ... [Read Article](#)

[Back to Top](#)

## Halloween Safety Tips For Kids

Anytime a child has an accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and the family.



There are many ways to keep your child safe at ... [Read Article](#)

[Back to Top](#)

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