



**CLIFFORD**  
FAMILY DENTISTRY

# NEWSLETTER

Q1 2019

Best Dental Staff ▪ Quick Examinations ▪ Painless Procedures ▪ Latest Technology



@CliffordFamilyDentistry



## MEET THE TEAM

**NICK CLIFFORD, DDS**  
Dental Surgeon, Owner



## Meet Dr. Clifford

Since this is our inaugural Clifford Family Dentistry Newsletter, we wanted to introduce all of you to our fearless leader - Dr. Nick Clifford. Dr. Clifford was gracious enough to answer some questions to help all of you get to know what we already love about him!

### 1. Tell us a little about yourself. What are some of your hobbies, etc.?

- I love all sports! I grew up playing tennis in high school and I played 4 years of tennis in college. I am originally from Arkansas and am a Dallas Cowboys and Arkansas Razorback fan. I enjoy being outside, building things, and woodworking.

### 2. When did you first start Clifford Family Dentistry?

- I started Clifford Family Dentistry in June 2017.

### 3. How did you originally become interested in the dental industry?

- My best friend's dad in high school was a dentist. He introduced dentistry to me and I fell in love with it!

### 4. What is the most rewarding thing about owning your own practice?

- Being able to treat EVERYONE! Even those who are less fortunate.

### 5. Is there one day/procedure that stands out in your mind for being positive?

- Actually two! I treated a woman that said to me that she "smiled for the first time in 5 years" after working with me. I also had a grown man in tears that said to me "the best thing that happened to my teeth is being referred to you!"

### 6. What has been your proudest moment at Clifford Family Dentistry?

- The reviews and referrals from current patients—They are the best complement to a dentist!

### 7. Tell us 1-3 things that most people don't know about you. And/or random facts.

- My favorite athlete of all time is Rafael Nadal.
- I have been skydiving 3 times.
- I love cars, but I REALLY love fast cars.

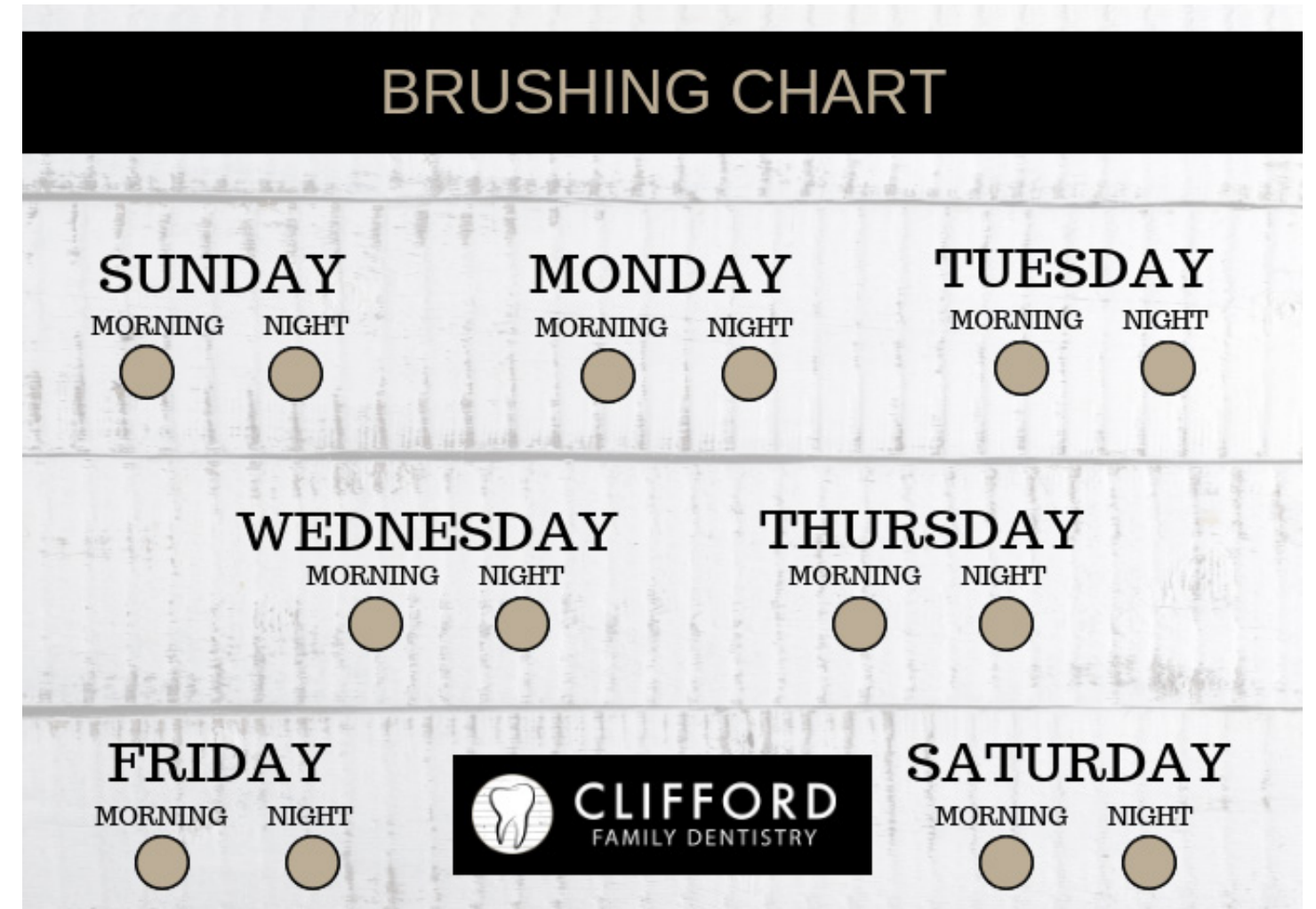
### 8. What are your top 3 life highlights?

- Getting married and having a family. For those of you who don't know, I have 2 daughters!
- Being a first generation college graduate and dental school graduate in my family
- Winning Nationals in Tennis in college as a doubles player



### Norman Transcript Reader's Choice Awards

We already knew Dr. Clifford was pretty great, but because of your nominations, he was a finalist in this year's Norman Transcript Reader's Choice Awards. So, THANK YOU so much for all of your votes!



### Dental Tools

We have been hard at work developing some useful and informative tools that our patients can use at home. Check them out on our website's Forms & FAQ's pages and choose the ones that best fit you and your family's needs.





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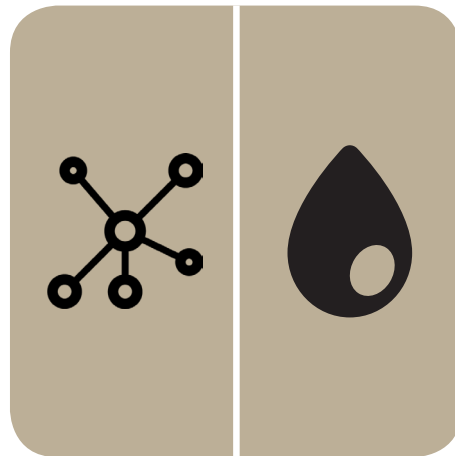
# FLUORIDE

## What are the benefits of Fluoride?

*For both children & adults*

### Systemic Benefits:

Before teeth break through the gums, the fluoride taken in from foods, beverages and dietary supplements makes tooth enamel (the hard surface of the tooth) stronger, making it easier to resist tooth decay.



### Topical Benefits:

After teeth erupt, fluoride helps rebuild (remineralize) weakened tooth enamel and reverses early signs of tooth decay. When you brush your teeth with fluoride toothpaste, or use other fluoride dental products, the fluoride is applied to the surface of your teeth.

## How to Get Fluoride



Brush  
**x2**  
a Day



### Children < 3 years old

For children younger than 3 years, start brushing their teeth as soon as they start to appear in the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a **grain of rice**.



### Children 3-6 years old

For children 3 to 6 years old, use no more than a **pea-sized amount** of fluoride toothpaste.



Fluoride Toothpaste  
& Mouth Wash



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## Office Polaroid

Next time you stop in, be sure to check out our new giant office polaroid! We are really excited to have this available for all of our patients to use to take a fun photo before or after their appointment. Patients can post their photos on social media and tag us on Instagram and Facebook. We are looking forward to seeing everyone's smiles!

## Don't Forget to Follow Us!



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