

Eby Family Dental

WHAT'S IN THIS MONTH'S ISSUE:

- Fluoride
- Smile Club Membership
- New Patients
- Featured Recipe

NOT JUST KIDS!

Fluoride is not just for Kids. Dr. Eby and Dr. Chris both recommend patients getting fluoride. Fluoride protects teeth from damage and helps rebuild enamel. Some insurances cover, some do not, based on age. Ask us about your insurance!

Eby FAMILY DENTAL

Fluoride recommended for kids

Fluoride is a natural mineral that can slow or stop cavities from forming. Bacteria in the mouth combine with sugars make acid that can harm the outer layer of the tooth (enamel). Fluoride protects teeth from damage and helps rebuild the enamel. Many communities have added fluoride to the tap water to help fight cavities. Children should drink plenty of water and brush with toothpaste that has fluoride in it.

No Insurance?

We've got you covered!



We offer an in-house Smile Club Program at each of our locations. If you are without insurance this is a great savings plan! Call or stop in and we can give you all the details!

SMILE CLUB MEMBERSHIP

We offer at both clinics our Smile Club Membership. This is our in-house membership program for those who do not have dental insurance. It is a great savings plan to ensure you keep up to date with your oral hygiene care!

Eby Family Dental

ACCEPTING
NEW
PATIENTS!



ALWAYS!

We are always accepting new patients. We never want to turn away patients who need dental care. We have 2 locations and do our best to accommodate patient schedules and have late night hours as well as early morning hours! We love serving the Fort Atkinson Community as well as the Jefferson Community! Call us at either location to get scheduled!

Fort Atkinson - 920-563-2928
Jefferson - 920-897-6080

FEATURED RECIPE

Strawberry Chocolate Yogurt Bark

Prep Time: 10 Minutes
Total Time: 3 Hr 10 Min

Equipment: Sheet Pan
www.eatingwell.com

Ingredients:

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips

Directions:

1. Line a large rimmed baking sheet with parchment paper
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

