

KAREN D. BARWICK, DDS PA

THE TOOTH BE TOLD

CHRISTOPHER D. BERRY, DDS

March 2019



We love our Assistants!
Thank you for all you do!!

Michelle Day, CDA
Julie Johnson, CDA
Cassidy Spake, DA II
Lindsay Mountford, DA I



Happy Birthday
Cassidy!

March 6th

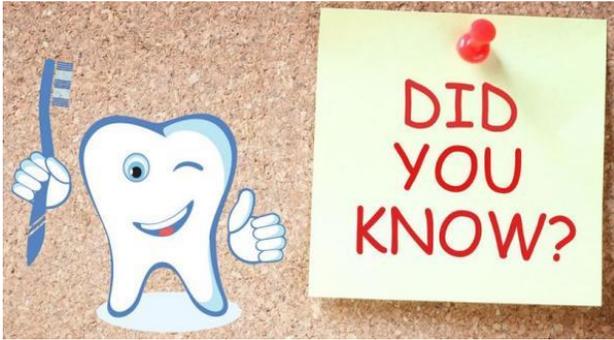




Getting to Know Julie Johnson...

Julie has been a part of our team for almost 12 years. She is a Certified Dental Assistant and serves as our Clinic Coordinator. If she can't be at the beach or by the pool, you'll find her riding her Harley or hanging with her little man, her nephew Noah.

- **What is your favorite movie?** *The Notebook*
- **Where is your favorite place to listen to music?** *On my front porch*
- **What is your favorite holiday?** *Thanksgiving*
- **Have you ever met anyone famous?** *Jim Nabors*
- **What is the strangest or most fun job you've ever had?** *Working the pool deck at the beach*
- **Do you (or would you) sing at Karaoke night?** *NO, NO & NO*



Why You Shouldn't Worry About Lingering Germs on Your Toothbrush

You have undoubtedly heard the recommendation from various sources that you should always replace your toothbrush after you have had a cold, the flu, or virtually any other illness. Is this necessary, especially if you have kids who have frequent colds?

Although it's true that toothbrushes may harbor some germs, research has not found any evidence showing that there is an increased chance you will get sick again if you don't change your toothbrush after an illness.

Your immune system specifically mounts a response to a cold or flu by producing antibodies against the invading virus. These antibodies keep you from catching the same cold or flu twice. Therefore, the cold or flu germs on your toothbrush after your illness won't reinfect you.

The American Dental Association (ADA) has these recommendations about the use and care of your toothbrush:

- Change your toothbrush every three to four months or sooner if the bristles start to look frayed. Kids may need to have new brushes more often than that because they tend to be a little harder on them than adults.
- Rinse your toothbrush with tap water after use and store it upright until air-dry.
- Do not cover your toothbrush or store it in a closed container. This promotes the growth of microorganisms
- Do not share toothbrushes.



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