

# Dahl & Mack Dental Gives People A Great Big Smile

**By: Karen Carpenter**

The health of one's teeth contribute to the overall health just as much as any other system of the body.

Dahl & Mack Dental in Barnesville provides a variety of services including preventative care, restoration services including fillings, bridges and dentures.

If there are any questions the local dentists always recommend a consultation and if it's beyond their scope of care, they help set up a referral to an outside office.

The Barnesville office is open Tuesdays and Wednesdays from 8:00 a.m. to 5:00 p.m.

Dr. Jonathan Dahl, D.D.S. and Robert Mack, D.D.S. are currently the practicing doctors. They employ hygienist Brianne Stotesbury, dental assistant Jill Ladwig and front desk associate Lindsay Johnson.

"Dental health is very important. The mouth can show the health

of your body," stated Dr. Dahl. "Regular exams and practicing good oral hygiene can prevent most dental disease. Aesthetically speaking, the look of your teeth is important."

"Keeping the teeth and gums healthy is just as important. It reduces inflammation which contributes to periodontal or gum disease. Periodontal disease is a contributing factor in tooth decay and loss."

Dahl & Mack Dental advise patients to brush their teeth twice daily with a fluoride toothpaste and clean in between teeth by flossing at least once a day.

Changing ones toothbrush every two to four months is also very important as the bristles become worn down and it's not as effective in cleaning the teeth.

Toothbrushes can harbor bacteria. That's why it is recommended to replace it on a regular basis when in good health and even more often when fighting sickness to avoid

reinfection.

"Ensure you are thoroughly rinsing your toothbrush after using it and allow it to air dry," said Dr. Mack. "Remember not to share your toothbrush and practice proper hand washing before and after brushing or flossing to cut down on the spreading of germs."

The local dentists state that maintaining a healthy diet, avoiding sugary substances and regular dental check-ups are always recommended for good oral health.

A healthy diet and exercise reduces the risk of diabetes and many other diseases.

Diabetes reduces blood flow to tissues, gums being a tissue. Therefore, the gums don't get the oxygen they need to stay healthy. When gums are not healthy, the risk of periodontal disease increases.

"Practicing a healthy lifestyle is exponentially beneficial in every aspect of life," commented Dr. Dahl.

"We educate patients on how food and drinks affect the overall health of the teeth and how to prevent tooth decay."



Dr. Jonathan Dahl, D.D.S., left, and Jill Ladwig, Dental Assistant, right, confer over patients at the Dahl & Mack Dental office in Barnesville. The office is open on Tuesday and Wednesday each week.



Behind the mask and goofy glasses is Brianne Stotesbury, Dental Hygienist for Dahl & Mack Dental in Barnesville.

"Teeth need nutrients to resist infection and prevent gum disease or tooth loss. Drinking water instead of juice or soda and limiting snacking during the day can also help prevent tooth decay," continued Dr. Dahl.

Dr. Mack and Dr. Dahl suggest that people check out [www.choosemyplate.gov](http://www.choosemyplate.gov) as a great resource to learn which foods are best for the body.

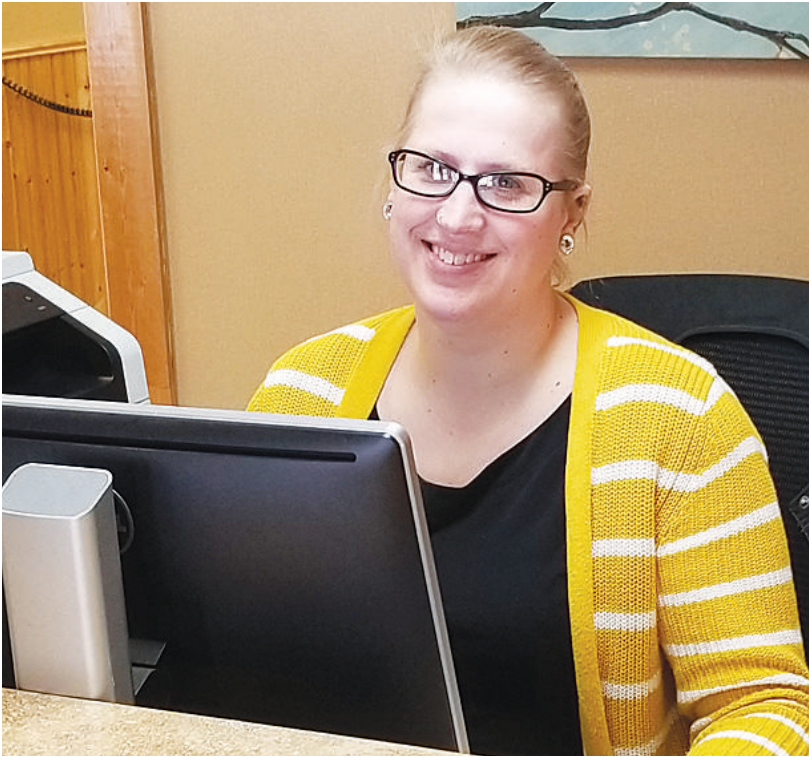


Patients range in age from children to adults at the local office. "We love seeing patients of all ages. From a kiddos very first visit to the patient's with more mature teeth."

"A beautiful smile brightens every day and gives kids and adults of every age the confidence they deserve!" affirmed both Dr. Dahl and Dr. Mack.

Dahl & Mack Dental is happy to be a part of the Barnesville community. They welcome people to contact them regarding dental

care and/or concerns. Dahl & Mack Dental wants to give patients the smile they deserve and a boost to their health.



Lindsay Johnson is the front desk associate and handles phones and the appointment schedule for Dahl & Mack Dental in Barnesville.

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