

## Dental Consumerism

### On The Rise

Consumer consciousness is on the rise among dental patients.

How to choose a dentist, ways of reducing dental bills and which oral hygiene aids to purchase are among the questions most often asked, according to the mail received by a professional society.

The prospective patient is advised to consult friends, neighbors and co-workers for recommendation on dentists. Local dental societies often have referral services. Family physicians, faculty members at nearby dental schools and personnel at hospitals with dentistry services are also possible resources for finding a family dentist.

The dental consumer should not wait until an emergency arises before choosing a dentist, the society advises. A person in pain may not have the time to weigh carefully the alternatives.

Having regular check-ups is the best way to achieve long-terms savings in dental bills. Too often, consumers try to save money by not visiting a dentist until they have serious problems with their teeth or gums.

More often than not, avoiding regular check-ups is a false economy. It may lead to larger bills for major repairs or treatment of disease.

Preventive measures can also be cost-saving ones. Daily brushing and use of dental floss help prevent oral diseases and tooth decay.

Consumers report bewilderment in the face of an ever-growing array of dental health products. Asking your dentist's advise on toothbrushes, dentifrices and other oral hygiene aids will help narrow the choices.

Modern dentifrices are generally found in paste and powder form, but most consumers prefer to use a toothpaste, during store sales figure show.

Dentists often recommend one that does more than just aid oral cleanliness. A number of toothpastes contain fluoride to help prevent decay. There are also toothpastes that were especially developed to help the individual with teeth that are sensitive to a variety of stimuli. Such a toothpaste, Sensodyne, has been reported to clean teeth effectively, polish them and remove plaque. Continued use is reported to have a cumulative desensitizing effect.

Dental plaque is a sticky, almost colorless film forming continuously on teeth. Its buildup can lead to both decay and gum disease.

Mouthwashes temporarily freshen the breath or sweeten the mouth. However, dentists stress that they do not remove plaque and cannot prevent decay or gum disease. They point out that bad breath may indicate poor oral health or other physical ailments and mouthwashes may only mask the problem.

## T & C Social Event

The International Talent Production of Hollywood will present a three-day musical festival July 3-5 at the T and C Social Club, 611 Van Buren.

The event will furnish music, dancing, barbeque, fish, watermelon, fire works and pony rides for 24 hours for each of the three days.

The affair will be open to young and old.

## Free well child examination offered

For the Week of July, 1975

The District Health Department has scheduled free well Child examinations and free immunization clinic for Clark County families.

Well child exams are only available by appointment for children up to four years old at the Easter Seal Treatment Center at 2915 E. Sunrise from 9 a.m. to noon Tuesday and at Paradise Park at 4470 Harrison off Tropicana from 9:30 a.m. to 12:30 p.m. Wednesday.

The public health nurse checks the children for normal growth and development and makes referrals if any abnormalities are observed.

Call the Health Department for an appointment.

Free immunizations to protect against polio, diphtheria and both kinds of measles are available to children from two months to 21 years old at Trailer Estates at 2240 Linn Lane (at Judson) from 3:30 to 5:30 p.m. Wednesday.

St. Timothy's Episcopal Church at 42 Pacific Avenue in Henderson from 8 a.m. to noon Wednesday.

Paradise Park at 4770 Harrison from 1:30 to 3:30 p.m. Wednesday.

Blue Diamond Fire Station from 9 a.m. to 1 p.m. Wednesday.

Boys Club at 2530 E. Carey in North Las Vegas from 9 a.m. to noon Friday.

Call the Health Department for further information.

# How to keep your Electric Bill down

(No-nonsense tips on energy savings)

There is something you can do about higher power bills. Use less electricity by eliminating waste. We've just completed a new booklet that tells you scores of ways to keep your electric bill down.

### Here are some examples:

- This summer, set your air conditioning system's thermostat at 78° instead of 70° or 72°. You'll save about 3% of cooling energy for each degree.
- Set the thermostat on your water heater back to 120° or so instead of the 150° where it probably is now. (Save up to 12% of water heating energy.)

Shading windows, using an attic fan, insulating your attic . . . the booklet deals with these and many more practical (most of them no-cost) methods to cut down on energy use around the home. Get a copy today. Write: "Booklet," Nevada Power Company, Box 230, Las Vegas 89151. Or pick one up at any of our offices. Or phone 385-5811.

If you'd like to get a group of friends and neighbors together (perhaps a civic or social organization you belong to) we'll be glad to have one of our energy conservation specialists address the gathering and answer any questions you may have. Drop us a note, or call 385-5753.

Meanwhile, please make conservation a habit. Electricity costs too much to waste any longer.

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