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Sip All Day, Get Decay®!

Soft drinks are no longer an occasional treat. They've become a daily habit for a growing number of people, especially kids, teens and young adults. But did you know a steady diet of soft drinks can lead to tooth decay? It's a problem many dentists see in their offices nearly every day. That's why the Minnesota Dental Association is leading the effort to educate Minnesotans about this important public health problem. Get the [Hard Facts here](#).

Take the Soda Pop Quiz!

Test your knowledge of healthy choices by taking the [Soda Pop Quiz](#). This colorful and animated program also allows visitors to compare the sugar and acid content of various brands of soda pop, as well as calculate the amount of money students feed into vending machines.

Order Educational Materials

To spread the word, the Association has distributed nearly 500,000 informational brochures, posters, flyers and refrigerator magnets. Use the [order form](#) to purchase these effective public health materials for use in dental offices, medical clinics, health agencies, etc. **(Please note, if you have questions about sales tax, please refer to [this tax calculator](#).)**

PowerPoint Presentation

The Minnesota Dental Association is pleased to provide new presentation materials that outline the facts behind the "Sip All Day, Get Decay" public health message. This presentation tool will be helpful for dentists, teachers, parents and others who work to influence young people to make healthy choices. The four-color, 18-page program is available as a [PDF file](#). To order a CD of the PowerPoint Slide Show file, please use the [order form](#).

Research Behind the Facts

Research spearheaded by Dr. Pam Erickson, a pediatric dentist in private practice in Minnesota, is one of the cornerstones of the Minnesota Dental Association's work on this oral health issue. Together with fellow dentists Deanna Alevizos and Darcy Rindelaub, Dr. Erickson authored an article called "[Soft Drinks: Hard on Teeth](#)," which appeared in the March-April 2001 edition of the Association's journal. As a researcher, pediatric dentist and mother of three, Dr. Erickson's perspectives on this issue are hard hitting for both the scientific community, as well as the general public.

Take Action

1. Students, you have the power to change the beverages offered in your school. If your only choices are soda pop and sweetened juices, speak up and ask your school administrators for beverages that won't harm your teeth.
2. Parents, please talk to your children about the effects of soda pop consumption. Monitor what, how much and when they drink. Encourage healthy alternatives, such as milk and water.

School boards and administrators, please ensure that your school's food and beverage policy influences students to make healthy choices.