



## January

- Simple eye care habits for the new year
- National Milk Day (1/11): Milk, calcium and your teeth
- GLP-1 and oral side effects
- Oral conditions and their link to school performance

## February

- Toothache Day (2/9): Understanding toothaches
- Receding Gums Awareness Month: Common reasons for receding gums
- American Heart Month: Your heart and the oral-systemic link

## March

- Tonsil stones: Causes, prevention and treatment
- Workplace Eye Wellness Month: The impact of excessive screen time on eye health
- Dental Assistants Recognition Week and National Dentist's Day

## April

- Oral Cancer Awareness Month: Latest advances in oral cancer detection and treatment
- Ways your mouth can react to common allergies
- Volunteer month: How our employees support oral health

## May

- Vision and driving
- Salivary gland infections and salivary stones
- Women's Health Month: Gum health in women due to hormonal changes

## June

- Father's Day and contact lens care
- Proper way to brush and floss your teeth
- Child bruxism: Childhood stress and anxiety



## July

- Vision and fireworks
- Hydration and your oral health
- Why you might use teledentistry
- GERD: The long-term risks and prevention

## August

- Back-to-school oral health and vision for student athletes
- The oral microbiome: Saliva detection
- National Wellness Month
- Dental conditions you rarely hear about: Bone spicules

## September

- Positive impact of orthodontics
- Dental Implant Awareness Month: The benefits of dental implants
- Tongue hygiene

## October

- Costume contacts and teeth
- How to get your child with ADHD to brush their teeth
- Rare dental conditions (e.g., Hypodontia, Oligodontia, Anodontia, etc.)

## November

- The intersection of mental well-being and oral health
- TMJ awareness month
- Immune and seasonal health

## December

- Oral and eye health stocking stuffers
- Managing holiday stress and oral health
- Oral health and nutrition