

## **Amherst Dentist and Associates Celebrate National Dental Hygiene Month**

*Dr. Vincent J. Mariano an East Longmeadow and Amherst dentist at EMA Dental celebrates National Dental Hygiene Month.*

November 2, 2011 (FPRC) -- AMHERST AND NORTHAMPTON, MASSACHUSETTS - An event organized by the American Dental Hygienists' Association, National Dental Hygiene Month, has arrived.

The theme for this year focuses on simple healthy habits and tips for a healthy smile. Dr. Vincent J. Mariano and the EMA Dental team are celebrating by acknowledging their amazing team of registered dental hygienists who have a total of 95 years of hygiene experience enabling them to give services of the highest level to our patients.

The doctors and hygienists are also excited to tell their patients that the hygienists are providing a new BOOST teeth whitening service, says Mariano, a Amherst dentist. BOOST is a great first time whitening procedure or a great touch-up option for those who have whitened before.

This technique is given by the hygienists or whitening specialists in the office. It typically takes about an hour making it a convenient and efficient option.

In recognition of National Dental Hygiene Month, here are a number of tips to keeping a mouth healthy.

**Visit Dentist Regularly-** Visiting the family dentistry routinely may help prevent serious oral problems, such as gingivitis, decay or tooth loss.

**Brush-** Brushing twice a day is important for maintaining a healthy smile, says Dr. Lisa Emirzian, a braces provider.

**Floss-** Flossing rids the debris from areas a toothbrush cannot get to. Daily flossing helps toward the prevention of tooth decay and periodontitis.

**Mouthwash-** Swishing the mouth with an antiseptic mouthwash is the next important tip for preventing gingivitis. It can fight oral germs living in the mouth.

Patients may include these easy hygiene tips into any hectic schedule to maintain great oral health. The result is a bright healthy smile.

**Learn More:**To learn more about EMA Dental, visit the website: <http://www.emadental.com/> for more information or to schedule a consultation at their Northampton or East Longmeadow locations. Or call: (413)731-8800.

**About EMA Dental:**With offices in East Longmeadow and Northampton, MA, EMA Dental is a multi-specialty practice committed to providing state-of-the-art dental care of the highest quality in a comfortable environment.

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**Contact Information**

For more information contact Vincent Mariano of EMA Dental  
(<http://www.emadental.com/cosmetic-dentists-prosthodontists-ma/prosthodontists-ma.php>)  
(413)731-8800

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