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## **OPEN WIDE: TOP DENTIST SHARES SMILES TO HELP HOUSTON FOOD BANK**

*Dr. Randy Mitchmore launches "Share a Smile" program to help feed locals during pandemic.*

HOUSTON, TX - (May 12, 2020) - LifeSmiles by Randy Mitchmore recently opened its dentistry doors again after a long shelter-in-place order in Houston. Until May, patients have had to live with toothaches, painful gum issues and other dental concerns at home until Governor Greg Abbott lifted restrictions on dental practices. Recognizing the impact of Covid-19 on his community, Dr. Mitchmore immediately developed an outreach program, "Share a Smile", to help lift spirits and raise money for the Houston Food Bank.

The impact of Covid-19 has led to recent economic hardships, which has caused the demands at local food banks to surge. To help raise money for the Houston Food Bank, Dr. Mitchmore asked his Patient Ambassador, Sandra Smith, to assist him in launching the first-ever "Share a Smile" program at LifeSmiles. Sandra has worked at LifeSmiles for many years and is in charge of crafting handwritten inspirational messages for the goody bags patients receive when they leave. During Sandra's spare time, she plays volleyball for the Special Olympics.

"I like helping patients smile at LifeSmiles," said Sandra Smith, Patient Ambassador for LifeSmiles by Dr. Randy Mitchmore. "Sharing these smiles reminds people to turn their frowns upside down."

Each patient who schedules an appointment between May 15 through August 31 will receive a hand-crafted smile created by Sandra to share with friends on Facebook. To participate, patients who post a selfie holding the cut-out smile and tag @theHoustonFoodBank and @LifeSmiles.RandyMitchmore will domino a donation from LifeSmiles for \$25.00 (equivalent to 75 meals) to the Houston Food Bank. The goal of Share a Smile is to raise enough money to serve over 3,000 meals by the end of the summer. Additionally, LifeSmiles will mail cards to elderly patients who are quarantined and isolated from their families.

"Smiling is healing, so sharing big-toothy smiles with friends and family right now helps keep us rooted in what's important (pardon the pun)," said Dr. Randy Mitchmore, an award-winning dentist at LifeSmiles. "We want to evoke joy in our patients, raise money for a food bank and promote the importance of healthy teeth and gums."

Dr. Randy Mitchmore has dedicated over thirty years to his dental practice, helping patients feel relaxed, safe and secure in a luxurious, spa-like dentist office. LifeSmiles has a reputation for going the extra mile for patients with pampering perks during treatment, goody bags, and hand-written thank you notes. The "Share a Smile" program is an extension of that unique culture.

To contribute to the cause and participate in Share a Smile, contact the LifeSmiles dentist office at 713-592-9300 and schedule an appointment before August 31, 2020. Patients are encouraged to focus on dental health this summer and schedule deep cleanings, X-Rays, periodontal care and fluoride treatments before the fall flu season hits. Bad bacteria, including streptococcus mutans and porphyromonas gingivalis can colonize on teeth and gums, causing health problems, which can be eliminated with proper dental care. LifeSmiles is open Monday through Friday by appointment only. For more information about Dr. Randy Mitchmore, please visit [lifesmiles.us](http://lifesmiles.us).

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**About LifeSmiles**

Expert dentistry and smiling solutions live at the core of LifeSmiles by Dr. Randy Mitchmore. They make it a mission every day to help eliminate dental anxiety for patients. Worth every penny, LifeSmiles is also dedicated to pampering patients with relaxing music, earbuds, warm blankets, gentle IV sedation for treatments. Located in the heart of Montrose in Houston, Texas, patients come from all over the world seeking Dr. Mitchmore's 40+ years of expertise for a variety of general and cosmetic dentistry, including high-end, natural-looking dental implants. He has proudly served his community and surrounding areas as a volunteer, business professional and advocate for human rights.

**About Houston Food Bank**

Founded in 1982, the Houston Food Bank is a certified member of Feeding America, the nation's food bank network, with a four-star rating from Charity Navigator. They distribute fresh produce, meat and nonperishables and prepare nutritious hot meals for kids in our state-of-the-art Keegan Kitchen. Houston Food Bank is America's largest food bank in distribution leading hunger relief in 18 southeast Texas counties.

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