

FALL SMILES

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A Holiday Note From Our Office

As the Holidays fast approach and we start to think of things we are thankful for, we certainly put our patient family at the top of our list. We would like to thank all of you for your continued support and confidence in us, and for sending us so many of your family and friends as referrals over the last year. Happy Holidays.

Staying On Time

In an effort to respect your time and to keep on schedule, we would like to remind our patients to please check in with our office staff upon arrival. There are times when Elise or Toni are busy on the phone or with scheduling and they may not immediately be aware of your arrival. This allows them to alert our hygienists and assistants so your treatment may begin as soon as possible.

We pride ourselves on keeping on schedule; however, we occasionally do run late and are always looking for ways to improve.

Give Them A Smile As A Parent

Do you know someone who will be making an important appearance this year? Someone who is being married? Attending a special event? Or maybe you are hard pressed to come up with a unique Christmas gift this year for someone special? Might we suggest a gift of tooth bleaching? We have found that this is one service we do in dentistry that always brings a smile to a patient's face and often

the comment of "Why didn't I do this sooner?" If you might have someone in mind, give Elise or Toni a call and they will be happy to help you make arrangements for this unique gift. It is one gift that just keeps on giving – smile after smile!

Indirect Impact

In a car accident it is not necessary to sustain direct impact to the face or jaws to cause Temporomandibular Joint (TMJ) symptoms. Magnetic Resonance Imaging (MRI) has documented the relationship between cervical whiplash and TMJ. Whiplash injuries can also occur in sports and during falls.

Discreet Dental Implants

Because they are becoming so prevalent you probably know someone who has had dental implants and you don't even know it. They are completely natural looking and have saved thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials that are accepted by bone and soft tissues. The implants are permanent and look completely natural. They are long-lasting and can be used to replace one, or multiple missing teeth.

You may be a candidate for implants. At your next visit if you feel you might be interested, ask one of the doctors and he will be glad to explain the process.

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Best AARP Health Care Options – Dental Insurance

For those of our patients who are 50 or over and who do not have dental insurance, the AARP now has a dental plan available for you and your spouse. The plan is through Delta Dental. You can call toll-free 866-583-2085 or access online information at: www.deltadentalins.com/aarp

Maximizing Dental Insurance Benefits

The start of a new year is the renewal time for many dental insurances. Benefits are usually not carried forward from one fiscal year to the next. It is like the old saying goes, "If you don't use it, you lose it." If you have been postponing some restorative dentistry or if you have been putting off a crown, a bridge, or an implant, by maximizing on your yearly dental benefits you can reduce your out-of-pocket costs. If you fall into one of these categories and would like to fully utilize this year's remaining allowance before December 31, call the office as it still is not too late to accomplish this.

A New Addition

If you have had a check-up appointment within the last few months, you may have met one of our new hygienists. She is Mrs. Carol Morningstar. We feel most fortunate to have her as part of our office team. She brings with her over 28 years of dental experience and knowledge. I am sure once you meet her you will see why the entire office is happy to have her on board.

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Man vs. Toothbrush

Americans are very conscious of "bacteria" related issues. Last year over \$135 million worth of anti-bacterial dish detergents alone were brought into the nation's retail stores like Wal-mart, Target and K-mart.

The anti-bacterial phenomenon is reaching into home appliances and there is now a "toothbrush sanitizer." According to the manufacturer's claims there are millions of bacteria living and breeding on our wet toothbrushes and when we brush our teeth we are sticking those bacteria not only onto our gums but also into our bloodstream if we should abrade our gums. These items sell for \$50-\$80.

According to experts the toothbrush is not the biological hazard the manufacturers would lead us to believe. We actually have billions of bacteria occurring naturally in our mouths, some good and some bad. The germs on our toothbrushes come from our mouths and sanitizing our toothbrushes is not going to change that. Some of those germs will penetrate our bloodstream but it is a tiny number and our immune system takes care of those. Using a "dirty" toothbrush will not make it any worse. The Center for Disease Control recommends rinsing the toothbrush with warm water after use and allowing it to air dry in an upright position. Since bacteria need moisture to grow, most will not survive the drying of the bristles and there is no evidence that the remaining bacteria pose a health threat. The general consensus is that there is no need to purchase a sanitizer and that money might be better spent elsewhere (maybe on a new toothbrush or a supply of floss!)

Continuing Education

The entire staff has been keeping up with their continuing dental education over the past few months. The entire staff attended the annual Buffalo Niagara Dental Meetings held yearly for two days in

Buffalo. Dr. Bonghi completed courses in cosmetic dentistry and staff management. Drs Havens completed courses in aesthetic dentistry and in December will attend a seminar on advanced oral surgery techniques. Our front desk staff (Toni, Elise, and Becky) attended a lecture on dental insurance updated. The hygienists, Lynda and Carol, and our three assistants Ann, Dana, and Tonya took courses on new products for oral health and a class on tuberculosis.

**Happy Holidays &
Best Wishes to our
Patient Family...**