

# Hawkeye Family Dental

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## Filled In

The Centers for Disease Control estimates that more than 12 million Americans are suffocating in their sleep due to obstructive sleep apnea (OSA). OSA is a serious sleep disorder in which breathing repeatedly stops and starts during sleep. There are several types and severities of sleep apnea, but OSA is the most common. OSA results from blockages in your airway caused by your throat muscles, tongue, or soft palate falling back into your throat during sleep. Other health concerns that can be related to OSA are: diabetes, high blood pressure (hypertension), congestive heart failure, coronary artery disease and traffic accidents caused by drowsy driving. Signs and symptoms include: excessive daytime sleepiness, loud snoring, abrupt awakenings with shortness of breath and difficulty staying asleep. OSA is typically diagnosed during a

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The average adult will develop 20 primary/baby teeth and 32 permanent teeth in their lifetime.



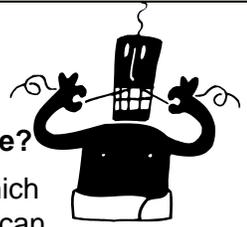
## As Seen on TV

As the temperature rises, more of us will be reaching for popsicles and nice cold drinks to cool off. If just thinking about that cold sensation on your teeth makes you cringe, you may be one of the estimated 45 million Americans that suffer from sensitive teeth. Teeth contain microscopic tubules that communicate between the surface of the tooth and the nerve. These tubules allow hot and cold to stimulate the nerve inside the tooth, causing the nerve of the tooth to respond with those familiar “zings.” Sensodyne and other sensitivity toothpastes advertise that they can help minimize sensitivity. We at Hawkeye Family Dental agree. Sensodyne and other sensitivity toothpastes have a special ingredient for sensitivity called potassium nitrate. Small particles of

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## Ask Kari

**What is the best kind of floss to use?**



Trying to decide which kind of floss to use can be confusing because there are many different kinds. Floss can vary in shape, thickness, flavor, texture, and coating. The goal in using dental floss is to clean between the teeth where toothbrushes cannot reach. Flossing removes plaque, bacteria, and bits of food. If plaque is not removed, it can lead to tartar formation, tooth decay, and gum disease.

It does not matter what type of floss you use, as long as you floss at least once a day. The best dental floss for your teeth is the kind you will use consistently. All floss is equally effective if used properly, so use the kind that you like and make sure that it is part of your daily routine. If you are not sure if you are flossing properly, ask us, we can show you how.

## \$ \$ Money Matters \$ \$

### Medical Insurance Reimbursements for Oral Sleep Appliances

We hear from many of our patients who use a CPAP machine at night due to their obstructive sleep apnea that they are unhappy with the CPAP device and wish to try another treatment. We offer our patients an intraoral sleep appliance device as another option for treating their sleep apnea. This device is generally not covered under dental insurance plans but may be covered with your medical insurance. To ensure a claim has the best chance of being accepted and paid by medical insurance, we must follow these steps:

- 1) The patient must consult their medical doctor for a polysomnogram (or sleep study) in order to properly diagnose the sleep apnea.
- 2) Once diagnosed, we will need a copy of the polysomnogram, a letter of medical necessity and a prescription for an “oral appliance to treat obstructive sleep apnea” from your doctor.
- 3) After receiving all of the above documentation, we can call your medical insurance company and get a pre-verification of benefits authorization to find out what we can expect them to cover.
- 4) Once we have delivered the intraoral sleep appliance to you, we will submit a claim to your medical insurance, including all relevant documentation to back up that claim.

If you are someone who suffers from sleep apnea and think an oral appliance could be a beneficial treatment for you, ask us about your options at your next appointment.



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Providing smiles for the whole family

## Brighten up! It is summer time.

We are really excited to offer a new whitening program called Brighter Smiles for Life. Enroll in Brighter Smiles for Life for a one-time enrollment fee of \$99 and enjoy a brighter smile for life. When you enroll you will receive upper and lower custom whitening trays and two tubes of professional strength whitening gel (regularly priced at \$300.00). At each of your recommended follow-up preventive/cleaning appointments you will receive a touch-up whitening gel at no cost to you, for life. Ask us about it, we are excited to tell you more!

The EMA and Somnodent oral sleep appliances



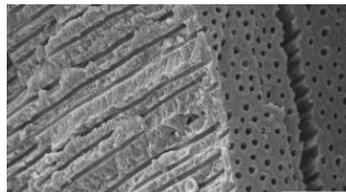
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sleep study

(polysomnogram) by a physician. The physician monitors brain activity and body functions while the patient sleeps overnight at a clinic. After you are diagnosed with a sleep disorder such as sleep apnea, you will be given options for treatment. Most often the options include using a CPAP machine or surgery. However, if it is determined that you have mild to moderate OSA, you may be able to treat the condition with an oral sleep appliance. Oral sleep appliances are much less invasive than surgery and are often more comfortable, less cumbersome, and less disruptive to you and your partner's sleep than a CPAP. The oral sleep appliance is removable and is made to fit snugly over your top and bottom teeth. The appliance is designed to move your lower jaw forward to help maintain an open airway during sleep, thus making breathing easier and more efficient. If you or someone you know has been diagnosed with mild to moderate obstructive sleep apnea, tell them to talk to their doctor to see if an oral sleep appliance is an option. Those who have made the switch to an oral sleep appliance have been happy with the results. If you have any questions regarding OSA or oral sleep devices, please contact our office for further information.

*As Seen on TV continued.....*

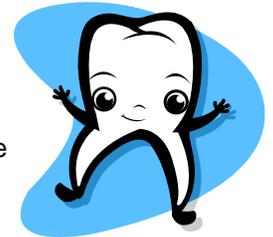
potassium nitrate work to fill the tubules in your teeth to slow or stop the stimulation of the nerve. It usually takes several weeks of using a sensitivity toothpaste twice a day for the potassium nitrate barrier to build up so you can feel relief from the sensitivity. Keep in mind that teeth can also be sensitive because of worn away tooth structure, cavities, problems with the



Microscopic view of the tubules

nerve of the tooth and other conditions. These causes of sensitivity cannot be treated with toothpaste alone and will require additional treatment. If you are concerned with sensitive teeth, ask us at your next visit and we can help you decide if sensitivity toothpaste is right for you.

## Kids Corner



Summertime is right around the corner and your kids will be running outside, playing sports, and soaking up the summer heat which will result in the need for many water breaks. Choosing between bottled water and your tap water can make a big difference in your child's risk for getting cavities.

Fluoride, when present in drinking water, has a topical/surface effect on cavity prevention by incorporating into the already formed tooth. It also has a systemic effect, because it strengthens teeth during development to make them less susceptible to cavities once they have erupted. Public water sources are regulated to get the maximum fluoride benefit. The CDC recommends water fluoridation at a level of 0.7–1.2 mg/L. However, there are currently no regulations on fluoride in bottled water. Depending on the source of your bottled water, you may not be receiving the benefits of fluoride. Dental cavities are still a major public health concern, affecting 60–90% of children. Next time your child reaches in the refrigerator for a bottle of water, close the door and give them a cup to fill up.