

Hawkeye Family Dental

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Filled In

Are you looking for a long-term, predictable option to replace your missing teeth? Look no further. Dental implants may be the right answer for you. Dental implants have changed the way we respond to tooth loss because they closely mimic natural teeth in form and function.

A dental implant is a small titanium post that is placed into the bone of your jaw. The bone bonds to and forms around the dental implant, creating a solid foundation for a crown or denture. Normally, when a tooth is lost, the bone in that area shrinks and recedes resulting in bone loss on the adjacent teeth. Dental implant

placement helps to minimize bone loss, and maintain bone support for the remaining teeth. Not only is the bone maintained on adjacent teeth, but the

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In January 2003 the toothbrush was selected as the number one invention Americans could not live without according to the Lemelson-MIT Invention Index.



As Seen on TV

The toothpaste aisle has gotten to be overwhelming. With so many brands, flavors, and additives, it is hard to decide. The mouthwash department has become just as confusing, and the advertisements have made it even harder to decide what the right choice is for you. Recently, there was an advertisement for Listerine stating it “makes teeth 50% stronger than with fluoride toothpaste alone.” What they have hidden in the fine print is that this is compared to brushing your teeth with toothpaste and rinsing with water, which rinses all the fluoride from the toothpaste away. Basically, the only thing the study proves is that Listerine has more fluoride in it than water. Another concern with the advertising is also hidden in the fine print. It states that Listerine “is not indicated for the treatment of periodontitis, tartar, plaque or gingivitis.” We agree and

wonder, if this rinse is not helping with plaque or gingivitis and is providing less fluoride than over the counter fluoride toothpaste, why use it in your home care routine? If you choose to use a mouthrinse, use one that has proven antibacterial effects that can help with gingivitis and plaque build-up, such as Crest Pro Health.



Ask Kari

What is dry mouth? Dry mouth, also known as xerostomia, is a condition in which there is not enough saliva present to keep the mouth feeling moistened. The low amount of saliva is most often a side effect of medications, but can also be caused by damaged or poorly functioning salivary glands (due to disease or radiation treatment), stress, anxiety, depression or nutritional deficiencies.

Is dry mouth bad? Without saliva present, you miss out on its wonderful qualities. Saliva helps with speaking, eating and preventing cavities. Saliva is pivotal in maintaining good oral health. It functions to limit the growth of bacteria, neutralize acid levels, wash away food debris and plaque, and also helps to harden tooth structure by incorporating minerals and fluoride present in the saliva into the teeth.

What can I do about my dry mouth? If your dry mouth is caused by medication, your physician may change the medication or dosage. If this is not possible or the dry mouth persists, there are over the counter products that can help soothe the irritation of dry mouth and mimic the protective qualities of saliva.
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\$\$ Money Matters \$\$

I Don't Have Insurance, Now What?

I often hear patients tell me, “I don't have insurance so I can't complete my treatment.” or, “I've lost my insurance so I can't schedule another appointment right now.” While insurance is a nice benefit and it helps to lower the out-of-pocket expenses for dental treatment, not having insurance coverage doesn't mean you can't get the dental care that you need. Don't forget, keeping up with your regular preventive care will lower your risk for developing cavities and other dental concerns. Coming to the dentist for your regular cleaning and exam visits and getting necessary x-rays will help us to detect cavities and other problems early when they are small, as well as help you to avoid dental emergencies. Preventive care and small fillings are always less expensive than major dental treatment and emergency visits.

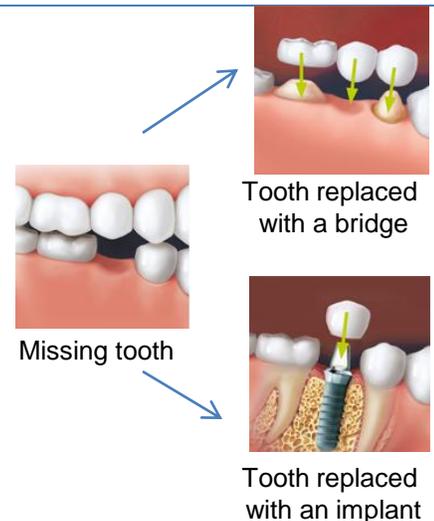
Even if you don't have insurance coverage through an employer, you can buy individual insurance coverage for yourself and your family. If you have questions about this, the best way to get them answered is to call the insurance company you are thinking of using. We are in-network with the following companies: Delta Dental, Cigna, United Concordia and Blue Cross Blue Shield. *Continued on the back...*

New Addition.

We had a big summer here at Hawkeye Family Dental. Just recently we had a new digital radiograph machine installed. This new machine is impressive not only for its great quality x-rays, but also because of its safety. If you have enjoyed even 5 minutes in the sun, you have been exposed to more harmful rays than 1 image by this machine. We are excited to have this new machine in our office.



Filled In continued..... adjacent teeth remain intact, without drilling. When a missing tooth is replaced with a bridge, both teeth next to the space are reduced (prepared) to allow for space to place the bridge. If the teeth next to the space are healthy, you are compromising two healthy teeth to replace one. However, if the teeth next to the space are not healthy or have large fillings, this can directly effect the long-term outcome of your bridge. The life of a bridge is only as long as the weakest tooth involved in the bridge. If any of the teeth supporting the bridge have large fillings or a poor long-term prognosis, the stability of the bridge comes into question as the projected lifetime of the bridge is considerably shortened. Implants, on the other hand, do not affect the adjacent teeth. They are independent from the teeth next to them, which makes them easy to clean and increases their life expectancy dramatically. It is because of their long-term predictability that dental implants rarely need to be replaced or redone. This makes dental implants the most cost-effective, long-term option to replace missing teeth. Dental implants are not just for replacing one tooth, but can be used to replace multiple teeth or even to support a full denture. Ask us how dental implants can help restore your ability to speak, eat, and cosmetically enhance your smile.



Money Matters continued.....

However, depending on your treatment needs, it can often be more cost effective to start a savings account and, rather than buy individual insurance coverage, save the amount you would pay each month for your premium and apply it to the cost of check-ups and treatment.

Other options for making payments more manageable for patients without insurance coverage include paying with Care Credit or setting up an in-office payment plan. We offer 6 or 12 month plans with Care Credit, both of which remain interest free as long as you pay off your total balance within your selected plan length. Our in-office payment plans are also interest free and payments are made easy with direct withdrawal or automatic charges to your debit or credit card each month. If you've been waiting to come in for your regular check-up or if you've been putting off needed treatment and feel one of these could be an option for you, stop in or give the office a call and ask about them so we can get you back on track to a healthy smile!

Ask Kari continued.....

Water: frequent sips can help temporarily relieve the dry mouth feeling.

Biotene mouthrinse: can relieve and soothe dry mouth, also has protective enzymes to mimic saliva.

MI paste: helps to moisten the tissue, stimulate saliva, neutralize acid levels and help re-harden tooth structure with calcium and phosphate.

Dry Mouth Gel: moistens the tissue to help relieve dry mouth irritation, longer lasting than water or MI Paste.

Xylitol gum: helps stimulate saliva and prevents acid production by bacteria

If you have dry mouth, talk to us at your next visit. We can help you find a solution that will ease the irritation.

