

# Hawkeye Family Dental

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## Filled In

### Feeling Stressed?

The holidays are quickly approaching and with the arrival of the holidays we have increased levels of stress. Unfortunately, these increased levels of stress often result in increased levels of clenching and grinding our teeth. Just about everyone clenches or grinds their teeth to some extent, but unfortunately some people grind their teeth to the point that it results in damage to their teeth, gums or even their jaw joint. Common signs of severe grinding include worn teeth, broken teeth, sensitive teeth, sore jaw muscles, headaches, and pain in the jaw joint. Clenching and grinding can be a very destructive process and should be addressed before excessive damage is done. A nightguard can help limit the damage caused by grinding. *Continued on the back.....*



## As Seen on TV

Recently there have been reports in the news about people having a negative reaction to their dental crowns. Upon further investigation it was determined that all of the crowns in question were made by dental labs in China. These events may have made you question where your dental lab work is being done. Rest assured all of your lab work is done right here in the United States, more specifically Eastern Iowa. At Hawkeye Family Dental we carefully choose our local labs to make sure that specific quality controls, health standards and federal FDA guidelines are met. Choosing a local lab is a win-win situation for all involved. It employs Iowans and produces a high quality, durable product that is safe. We are proud to keep our lab work local.



**Myth:** George Washington's teeth were made of wood.  
**Fact :** George Washington had many sets of dentures and none of them were made from wood. They were made of gold, lead, ivory, human teeth, and hippo tusks.



## Ask Kari

### Which toothbrush is right for me?

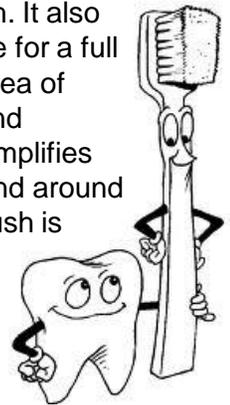
Going down the dental aisle at the supermarket can be frustrating as there are many different kinds of toothbrushes to choose from. So which one is the best?

**Manual Soft:** When choosing a manual toothbrush, a soft toothbrush is the best choice. It is very gentle on your gum tissue. The soft bristles bend and flex around the teeth and gum tissue to do a more efficient job at removing plaque and bacteria.

**Manual Medium/Hard:** These toothbrushes are also available, but the stiffness of the bristles can lead to damage of your teeth and gums. It is best to avoid this type of manual brush.

**Electric:** This toothbrush is a great choice due to its amazing cleaning

power and ease of use. The head of the toothbrush vibrates at an average of 30,000 strokes per minute, removing up to 80% more bacteria than a manual toothbrush. It also has a timer which encourages use for a full two minutes, making sure each area of your mouth gets adequate time and attention. The vibrating motion simplifies brushing in hard to reach areas and around rotated teeth. An electric toothbrush is a worth-while investment in improving your overall dental health. Ask us about Sonicare and other electric toothbrushes at your next visit.



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

### Many insurance plans have Annual Benefit Maximums: Use 'Em or Lose 'Em

As the end of the year approaches, it's time to start thinking about that treatment you've been postponing. Most insurance plans run on a calendar year basis so this means that they "start over" at the beginning of each year. If you have any of your annual benefit maximum left at the end of the year, it usually will not roll over into the new year. If you've been waiting to complete treatment and have benefits left for the 2010 calendar year, call the office right away to schedule an appointment so that we can get you in before year-end and use your annual benefits to their fullest extent.

If you have reached your benefit maximum for 2010 and are waiting to schedule until your maximum is renewed in 2011, call the office as soon as possible so that you may reserve an appointment time that best fits your schedule and so that we can complete your treatment in a timely manner. *Continued on the back.....*



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Providing smiles for the whole family

# Happy Holidays



From all of us at Hawkeye Family Dental we wish you all a very safe and happy holiday season. We are excited to see you all in the New Year.

## Filled In continued.....

A nightguard fits snugly on the chewing surfaces of your teeth, cushioning your teeth and limiting grinding. A nightguard is made in two easy visits. If you have any of these signs of grinding, let us know, we can help.



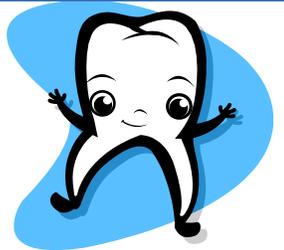
## Money Matters continued.....

Another thing to consider if you have benefits remaining for 2010 is your insurance policy's frequency limit for cleanings and exams. If your plan allows for two cleanings and exams per year (at anytime throughout the year) and you've only completed one visit in 2010, give the office a call and we can schedule another cleaning and exam visit before the year is up.

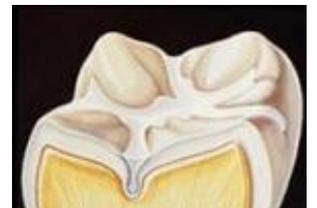
Remember, the general rule with annual benefit maximums is "use 'em or lose 'em". Call the office today and let us help you get the most you can out of your dental insurance policy.

## Kids Corner

Sealants are a tooth colored material applied to the natural deep grooves on the chewing surface of back teeth. Sealants help protect these pits and grooves from the build-up of food and bacteria, and help prevent cavities in these areas. Sealants are easily placed in one comfortable visit. To place a sealant the tooth is cleaned, dried and the sealant material is flowed into the depth of the grooves and hardened with a blue light. The appointment is easy and pain-free without the need for numbing and is invaluable in the prevention of tooth decay on the chewing surfaces of teeth. Sealants are an affordable aid in preventing cavities and are often covered by insurance. Ask at your child's next visit if your child would benefit from sealants.



Before sealant application



After sealant application