

Hawkeye Family Dental

1705 S 1st Avenue Suite P – Iowa City, IA 52240 – 319-338-7172 – www.smilesforthefamily.com – April 2010

Filled In

If I need a crown do I need a root canal as well?
The short answer is that a crown is independent from root canal therapy and that having one does not necessarily mean that you need the other. Crowns are recommended for several reasons, including but not limited to: rebuild a tooth with a large cavity or a large filling, rebuild a broken tooth, improve esthetics, stabilize a cracked tooth, or following root canal therapy. Root canal therapy is suggested after the nerve of the tooth has been damaged beyond repair. Often times the reasons for a crown are the same reasons you would need root canal therapy; however if the damage has not extended to the nerve, the tooth may be rebuilt to its original shape with a crown without completing root canal therapy.

Ask Kari

Why do I need x-rays?



Radiographs, or “x-rays” have many benefits. Radiographs help us to identify cavities early or to see the extent of a cavity that has progressed, monitor the health and height of the jaw bone, reveal abnormalities in jaw and tooth development, identify bone infections such as abscesses and tumors, evaluate the location of the sinuses, and monitor the health of the tooth root and supporting area. There are different types of radiographs. Each type is done for different reasons at different time intervals. **Bitewing**

As Seen on TV

There has been a lot of buzz in the media about rebuilding, replacing and re-hardening tooth structure. Some of the advertisements imply that lost tooth structure can be rebuilt. Although we all wish that were case, it isn't entirely true. When enamel, the outside tooth structure, has been weakened by frequent sugar attacks, a small cavity forms. If this small cavity is recognized early and is treated with proper brushing, flossing and fluoride, it may not need a filling. Proper brushing and flossing helps remove the bacteria and debris from the tooth each day. Fluoride helps to strengthen the tooth by becoming incorporated in the tooth structure. The process in which the tooth takes up fluoride and incorporates it in the tooth is called remineralization. If remineralization happens early enough, the tooth may not need a filling. So, in some ways the advertising that you have seen is correct, toothpaste can help rebuild tooth structure, but this is not limited to any specific brand and is more dependent on the ingredients of the toothpaste (Fluoride).

Congratulations to Dr. Zwart on her recent wedding. Dr. Zwart and James Walker tied the knot in Iowa City with a small family ceremony and reception in April.



Bitewing radiographs are typically taken one time a year at your cleaning. They have many of the advantages listed above and are excellent for helping us identify cavities early and looking for calculus/tartar build-up around the roots of your teeth. A complete set of radiographs, called a **Complete Mouth Series (CMS)** should be done every 3-5 years. This is a full set of radiographs (20) that helps us see between all of the teeth, the roots of all the teeth and the supporting jawbone. The **panoramic** radiograph, or “big x-ray that goes around your head” gives us a great view of all of the surrounding structures of your jaw including the jaw joint, the sinuses, the nerve of the lower jaw, and of course the teeth. This radiograph should be done every 3-5 years and is a great way to get a full picture of tooth and jaw development and abnormalities. Continued on the back.....

\$ \$Money Matters \$ \$

Some Keys to Understanding Your Dental Insurance...

Explanation of Benefits (E.O.B.): The “letter” your insurance company sends after processing a claim for your dental visit. The E.O.B. shows fees charged by the dentist, amounts your insurance will pay and any deductible or co-payments you owe to the dentist for each service you received.

Benefit Plan Year: Dental insurance plans usually run on a calendar year basis (1/1 to 12/31) but may differ, depending on your plan. At the beginning of each plan year, your dental insurance benefits will “reset” or start over.

Annual Maximum: The maximum benefit (or dollar amount) insurance will pay per plan year. Each insurance payment for services you have received subtracts from your maximum benefit amount. Once you reach your annual maximum, your insurance company will not make any more payments until your plan resets, at which time insurance will again make payments up to your annual maximum amount. Benefits do not “carry over” into the new plan year. If you don't use them, you lose them. Continued on back.....



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Welcome

Welcome to Hawkeye Family Dental's first newsletter. We have worked hard preparing answers to concerns that many of you are having and also adding in some interesting topics you may not have thought of. We are excited to bring you this first issue and look forward to answering more of your concerns in the newsletter and of course when you visit us in the office.

Ask Kari continued.....

Hopefully now you have a better understanding of all of the things that radiographs have to offer, and you can see that early detection of problems with radiographs is a great way to maintain your oral health.

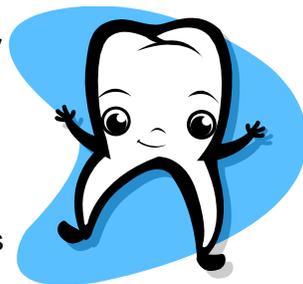
Money Matters continued.....

Deductible: The fixed amount you pay for covered services before payment of benefits begin. Individual deductibles are usually between \$25.00 and \$100.00, payable once per plan year on applicable services. Deductibles reset each plan year.

Co-Payment (Co-Insurance/Patient Portion): The amount due after insurance has covered their part of a submitted service. Any amount not covered is your responsibility and is payable to the dentist the day you receive your services.

Please feel free to ask us questions regarding your insurance coverage. While we try to understand and explain all insurance policies our patients hold, each plan differs and there may be details of your plan that we are unaware of at the time of service. The best way to get to know and understand your dental insurance is to read through your benefit guidebook and call your insurance company's customer service line with questions. The customer service number is often listed on the back of your insurance card or your employer's human resources representative should have it.

Kids Corner



True or False: Children should start seeing the dentist at age 3.

False-The American Dental Association recommends that "A child should be seen by a dentist as soon as his or her first tooth erupts, but at least no later than the first birthday."

True or False: Baby teeth are just as important as permanent teeth.

True-Primary teeth, or "baby teeth" are very important in the development of speech and aid in chewing. Primary teeth are also important in formation of the jaw bone and maintaining space in the jaws for the developing permanent teeth.

True or False: My child's first tooth will erupt at around their first birthday.

False-The first primary teeth to erupt are the four teeth in the front. These teeth usually erupt around 6 months of age.

True or False: My child has not lost any teeth so they do not have any permanent teeth.

False-The first primary teeth to fall out are the front two. These become loose at about 6 years of age. This is about the same time that the permanent molars are starting to erupt behind the existing primary teeth. This means that your child could have permanent teeth erupting in the back of their mouth before the primary teeth in the front fall out.