

Hawkeye Family Dental

1705 S 1st Avenue Suite P – Iowa City, IA 52240 – 319-338-7172 - www.smilesforthefamily.com
December 2012– Volume 3 Issue 4

Filled In

There are a lot of words used in the dental office that you may not understand. Below are four commonly used dental terms that you may hear at an upcoming dental visit.

Decay- Decay is the destruction of tooth structure by acid producing bacteria. Acid producing bacteria break down the starches and sugars present in the food and beverages we eat and drink and produce an acid that, in turn, breaks down tooth structure.

Watch – A watch is recorded for a tooth or a specific area in your mouth that needs close attention and a follow-up because it looks suspicious or is the start of a cavity. When a tooth has a watch on it, we will keep an eye on it and check the area again at your next appointment.

Impression - An impression is a mold of your teeth and gums. This mold is poured up in stone to replicate your teeth and gums.

Composite - Composite is a tooth colored filling material. It is composed of plastic particles of varying sizes in a plastic matrix.



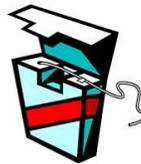
As Seen on TV

Have you seen the advertisement on TV claiming that the new Iso-Active foaming toothpaste can clean between your teeth so you don't have to floss?



It sounds too good to be true, and in fact, it is. Toothpastes, even with twice as much foam as regular toothpaste, cannot clean between the teeth effectively. Flossing is still the best way to clean

between teeth. The mechanical removal of plaque by flossing is much more effective than any mouthwash or foaming toothpaste. Make sure that flossing at least once per day remains part of your daily routine to minimize cavities between the teeth and help make sure that your gum tissue is in optimal health.



Ask Kari

Should I be using a mouthrinse?

Mouthrinses can be very effective in helping to clean bacteria and debris in the gum tissue and can be part of a good oral hygiene routine when used correctly. Mouthrinses help by loosening bacteria and debris that is present in the gum tissue. One common misconception about mouthrinse is that it provides a splash of fluoride that helps prevent cavities. Although mouthrinses contain fluoride, it usually is only about a tenth of the amount that is in toothpaste. That is why we suggest that if your daily oral hygiene routine includes a mouthrinse, that you use the following order: 1)**floss**-this will mechanically break up the plaque and debris, 2) **mouthrinse**-this will help flush out the pieces that have been broken up by flossing, 3)**brush for 2 minutes**-this mechanically removes debris and the fluoride present in the toothpaste helps to prevent cavities. Ask us if a mouthrinse should be part of your daily routine.

\$ \$ Money Matters \$ \$

It's the end of the year, are you at the end of your benefits?

The end of the year is always a good time to start thinking about that dental treatment you've been postponing. The majority of insurance plans run on a calendar year basis, which means they "start over" at the beginning of each year and any benefits remaining from a previous year are not carried over if left unused. If you've been waiting to complete treatment and have benefits left for the 2012 calendar year, call the office right away to schedule an appointment so that we can get you in before year-end and make the most of those remaining insurance benefits.

If you have already reached your annual maximum for the year and are waiting to schedule until your maximum is renewed in 2013, call the office as soon as possible so that we can find an appointment time that best fits your schedule- appointments at the beginning of the year fill up fast! *Continued on back . . .*



Providing smiles for the whole family

Hawkeye Family Dental
1705 S 1st Avenue Suite P
Iowa City, IA 52240



WISHING
YOU ALL
SAFE AND
HAPPY HOLIDAYS.



It has been an exciting year at Hawkeye Family Dental. We have installed new radiograph technology and are now digital. We can offer digital intra-oral and extra-oral radiographs. We have also purchased new intra-oral cameras to help you better understand what is happening in your mouth. We are excited show you this new technology at your next visit.

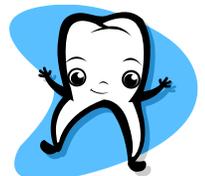
Money Matters continued.....

Have you completed two cleaning and exam, "recall" appointments this year? If your plan allows for two cleanings and exams per year (at anytime throughout the year) and you've only had one recall visit in 2012, give the office a call and we can schedule another cleaning and exam appointment before the year is up.

The end of this year will be here before we know it, so if you've got remaining benefits left, call the office today! Let us help you get the most you can from your dental insurance plan.



Kids Corner



Limiting the frequency of sugars consumed through foods and beverages is a crucial key to preventing cavities. Harmful sugars and acids are found in more beverages than only pop and juices. Sports drinks, such as Gatorade and Powerade, as well as flavored waters are loaded with sugars. It is not the amount consumed that should be watched and limited, but the frequency of intake. Frequent snacking and consumption of sugary beverages provides oral bacteria a steady supply of sugars to breakdown into an acid, which can result in a cavity. For example, Person A and Person B both drink one can of pop. Person A has their can of pop with lunch and drinks the whole can within 30 minutes. Person B opens the can of pop in the morning and has a sip every five to ten minutes while working. Person B continues to take sips of pop throughout the morning and into the afternoon until the can of pop is gone, several hours later. Person A had one, short exposure to the sugars. This will limit the opportunity for the bacteria to create tooth damaging acids. Person B had multiple exposures over a long period of time in which the bacteria broke down the sugars into acid. The longer exposure time increases the damage caused by the bacteria and acid. Although this example is limited to pop, the example is true for any sugars/carbohydrates, including: crackers, pop, candy, bread, fruit, etc.