

Hawkeye Family Dental

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Filled In - Crowns

There are several different scenarios in which someone would need a crown, but each comes back to the same main point, **a crown is placed to cover and protect a weakened tooth from further damage.** Teeth are considered weak for several reasons:

- A tooth is fractured, broken or cracked
- A tooth has a large filling or cavity
- A tooth has been treated with root canal therapy

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As Seen on TV

There are a lot of whitening products marketed on television today. The advertisements claim if you use a toothpaste, mouthwash, or even a toothbrush that says “whitening,” your teeth will become visibly whiter in only a few uses. Unfortunately, this is not accurate, and in some cases, using whitening products can cause damage to your teeth. The damage is caused by the additional abrasive ingredients in “whitening” toothpastes. Initially, these products remove stains that form on your tooth surface, giving the appearance of whitening, but, with continued use, these abrasive particles can actually wear away your tooth structure. Wearing away the protective outer layer of your tooth structure can lead to tooth sensitivity and more serious problems. If you are interested in whitening your teeth, ask us how. There are several options available at our office that are safer and more effective than the products you may see on television.

Ask Kari



Should I have my teeth cleaned more frequently? Are six month recall intervals enough to prevent disease?

For most people, getting their teeth cleaned and evaluated twice a year is adequate to prevent or control gum disease and limit cavities. It is because of this that most insurance companies have chosen to limit cleaning and exam coverage to twice per year or once every six months. Insurance companies base their frequency limits on the average person using the insurance and the financial bottom lines for the insurance company. Unfortunately, for some people, two cleanings per year is not enough to limit the progression of disease. There are several reasons that patients may require more frequent cleanings. The most common reason is periodontal disease. Periodontal disease is a disease of the gum tissue and bone that supports the teeth. Harmful bacteria grow and develop in the spaces between the teeth and the gum tissue, causing the gum tissue to become irritated and the bone to recede. If periodontal disease is not treated, the condition may worsen to the point that teeth become so loose or painful that they cannot be maintained and must be extracted. The best treatment for periodontal disease is excellent homecare and frequent (usually every three months) cleaning appointments to remove the harmful bacteria and calculus (tartar) that builds up. Some people are more prone to calculus build-up and are at a higher risk for periodontal disease and are, therefore, encouraged to schedule cleaning appointments more frequently than every six months. Other risk factors, such as smoking, diabetes, poor home care, dry mouth, and poor diet, increase your chances of periodontal disease. More frequent cleaning appointments will help limit the extent of the disease and help you keep your teeth healthy for your lifetime. It is important to evaluate each person based on

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\$\$ Money Matters \$ Payment Options \$\$

As a courtesy to our patients, we will submit claims to all insurance plans for services performed. However, it is our office policy for any amount not covered by insurance or for those patients not covered by insurance, payment is due the day of service, unless other arrangements have been made. If you feel that your account balance or projected cost of treatment is more than you can afford in just one payment, we have the following payment options available:

CareCredit: CareCredit is a credit card that can be used for medical and dental purposes at participating offices. At our office we offer 6 or 12 month, interest-free plans, based on your outstanding or projected balance. This option allows you to pay off your balance with us in one payment and then make monthly payments directly to CareCredit. In order for your plan to remain interest-free, you must pay off your balance within the selected plan period (either 6 or 12 months). The application process is easy and can be done in the office, over the phone or on the web. Pick up a CareCredit brochure at your next visit or call the office for more information.

In-Office Payment Plan: If CareCredit is not an option for you, we also offer in-office, interest-free payment plans. Depending on the total cost of your treatment, we offer 3, 6 or 12 month plans with payments due on the 1st of each month. In order to help our patients avoid late payment penalties, we accept plan payments via direct charges to a debit or credit card or automatic withdrawal from your checking or savings account. If you feel this may be an option for you, feel free to discuss this at your next visit or call the office with questions.

We wish you
all a safe
and happy
summer.



Dental Screenings

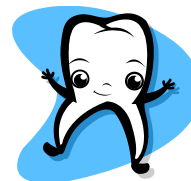
Although this school year is coming to an end, it is never too early to start preparing for next year, so here is a friendly reminder that newly enrolling students in an Iowa kindergarten or ninth grade are required to have a dental screening. Please refer to the Iowa Department of Public Health for more information on this topic or for a copy of the dental screening form:

www.idph.state.ia.us/hpcdp/oral_health_school_screening.asp
If your child needs to have a dental screening form completed, please bring it to their checkup appointment and we will be happy to complete it for you.

Ask Kari continued..... their risk factors for disease to determine the appropriate recall interval to maintain their oral health, and not base it solely on insurance coverage. The small investment of an additional cleaning (or two) per year can prevent bigger problems in the future and help maintain healthy teeth and gums for life.



Filled In continued..... When any of these conditions exist, a crown is recommended to help protect the remaining tooth structure. The tooth is prepared for a crown by removing a little bit of the outside tooth structure, just enough to make space for the crown material. After the tooth has been prepared, an impression is made to make a crown that specifically fits your tooth. Once the final crown is cemented into place, it works to protect the tooth structure and limit the chance of further damage to the tooth.



Kids Corner

Pool Chlorination and Tooth Erosion



The blistering hot days of summer are almost here. On these hot days, there aren't many things that are as refreshing as jumping into a cool pool. A New York University College of Dentistry researcher suggests that you think twice before jumping in. Her research has found that if pool chlorination levels are not closely monitored and properly maintained, the acidic content of the water may actually lead to erosion and wearing away of the tooth structure. The acid erosion can progress quickly, depending on how acidic the water levels are. People with home pools are encouraged to have their chlorine levels tested and maintained by a professional to ensure the proper balance is achieved, thereby limiting the potential for acid erosion from pool chlorine.

A special thanks to Judy M. for this tip and article on pool chlorination.