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## A Dental Newsletter

### Dental Fun Facts:

- 50% of people consider the smile the first facial feature they notice
- 32% of Americans cite bad breath as the least attractive trait of their co-workers
- Like fingerprints, everyone's tongue print is different
- The average woman smiles about 62 times a day, a man only 8
- Smilers in school yearbooks are more likely to have successful careers and marriages than poker-faced peers
- A toothpick is the object most often choked on
- Americans spend \$50 billion on dentistry, \$50 billion on pet food, \$100 billion on hair care, and \$300 billion on legal gambling annually
- Children laugh around 400 times a day and grown-ups just 15

### OFFICE HOURS

Monday - Thursday  
7:30 a.m.-12:00 p.m.  
1:00-5:00 p.m.

Friday  
7:30-12:00 a.m.

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# FILLING YOU IN

## A Dental Newsletter

Summer 2009

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## Technology Update Complete - Going green

We have now converted to all electronic patient records including digital x-rays. The hundreds of paper records we have will still be used but all new information will be kept electronically. This will allow us to provide more complete and comprehensive care and to comply with future governmental regulations on patient's health care records. This has eliminated toxic chemicals and reduced our use of paper. Our office is constructed to Energy Star standards, the majority of our office lighting is electronically controlled to reduce energy usage, and our air conditioning is geothermal.

This record conversion process integrates information between our front desk and the treatment rooms. As a result we are cross-training everyone and our front desk staff will begin doing some part-time assisting.

## Smile - We need your photo

As part of our privacy protocol we are taking a photo of all patients to attach to their dental records. This will identify you to all our staff and assure we are always putting the right individual's information into the correct chart. One of our front desk staff will ask you for a quick shot using the photo cam at the front desk counter. If you prefer you can bring in a photo that we can scan and crop.



## Tooth-Colored Fillings

New advances in tooth-colored filling materials are now giving us more options to restore posterior teeth. We can now place composite fillings between the teeth with confidence they will have long-term success.

## Dental Home Program



One of the goals of our practice is to prevent dental decay in children. The "Dental Home Program" is a concept for children 6-12 months old or within 6 months of getting their first tooth. The first appointment includes the following:

- Review medical history of the child
- A caries risk assessment for the child that includes a dental history of the mother or caretaker
- A knee-to-knee position to examine the child
- Disclosing of the dental plaque
- Toothbrush cleaning and fluoride varnish application
- Instructions in home care for the child
- Discussion of how to reduce or prevent decay and periodontal problems
- Toothbrush and home care materials

## Implants

The technology of implants is now well established and has a success rate over 95%. We are working closely with the local oral surgeons to provide implant restorations for our patients. We have recently added the Dentsply Ankalos system that will allow us more flexibility to replace missing teeth. Some teeth can now be extracted and the implant with a temporary crown placed the same day.



## Our Web Site

Our dental practice web site continues to grow and offer a wealth of information about your dental care and well being. It covers topics from emergency procedures and fun things for children to facts about our office. Please visit it and spend some time looking at the different pages.

[www.cranefamilydental.com](http://www.cranefamilydental.com)

## Snoring Appliances

Is someone in your family a heavy snorer? We have been testing the Silent Night snoring appliance for the past year and are now ready to offer it to our patients. It is a simple articulated device that is worn each night. The success rate is about 75% or greater to reduce snoring that is caused by the tongue and other structures falling into the airway.



## Oral Health Supplies for Sale

In order to save you money and for your convenience we are now offering the following dental home care products for sale in our office:

1. Sonicare FlexCare electric toothbrushes and replacement brush heads
2. 3M Clinpro 5000, 1.1% Sodium Fluoride Anti-Cavity Toothpaste
3. Sodium Fluoride mouth rinse, 0.2%
4. Teeth whitening gel refills

## Surviving the Economy

If the economy is affecting your dental budget then here are some ideas to help:

- Use your dental insurance to its maximum each year. There is always the uncertainty about future coverage.
- Do not miss your periodic exams and cleanings. **Prevention is much cheaper than restoration.**
- Encourage parents to take advantage of our Dental Home Program if they have infants six months to one year old.
- Work with our staff to set priorities for what dental work must be done first to stay within your budget.
- Remove all decay and eliminate all gum disease to reduce the bacteria that cause these problems. Temporary restorations can be used until you can afford the permanent ones.
- Make sure crowns are placed on all back teeth that have had a root canal treatment. These teeth are prone to fracture and you could lose the investment you have already made in the tooth.