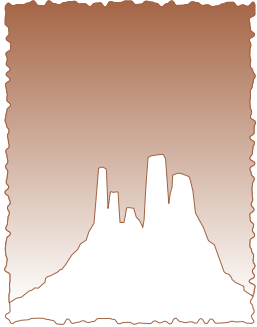


Distinctive Smiles Newsletter

DECEMBER 2010
VOLUME IV



IN THIS ISSUE . . .

TALKING WITH DR. TURK - THE DOCTOR PATIENT CONSENT PROCESS

HYGIENE UPDATES BY LORI, KATIE & DEBBIE (RDHs) MI PASTE & MI PASTE PLUS

HOLIDAY MESSAGE

CARMA'S CORNER -DENTAL INSURANCE MAXIMUMS

POINTS OF INTEREST WITH JENNIFER & TERI (RDAs) PORCELAINS

From Dr. Turk

Consent to treatment is not always about signing a consent form, but involves a written and verbal process to insure the patient fully understands any elected treatment and is free to choose their level of health. Whether recommended treatment is simple or complex, every person has that right to know what medical or dental procedures will be applied during the course of their treatment. Discussing the nature of those procedures and the associated risks, complications and benefits of those procedures, including the likelihood of success, and the alternative recommended treatment, should be made available to the one receiving treatment. Other options, including no treatment, and the risks, complications and benefits of each alternative treatment, should also be discussed.

In this office we strive to give all of the facts related to any needed treatment, including photographs and educational brochures so that all folks who come here feel comfortable that they have had no pressure concerning their treatment and have had ample opportunity and time to consider any recommended treatment. Above all, we will discuss several options, realizing that each individual has different concerns whether they are financial, fear of treatment, or maybe a personal reason. Many times we are the main source of information and education concerning dental disease and treatment, but we take it very seriously to remain impartial with our recommendations. If at any time you feel you have not had enough information, we are always available to meet again to discuss any questions or concerns. The doctor-patient relationship is not determined by the patient's agreement to receive or not to receive treatment suggested by the doctor, but by the patient being empowered by the doctor to make the choice that is best for them; that is the concept of "informed consent."



MI Paste™ & MI Paste Plus™



MI Paste is a one-of-a-kind product that restores minerals and helps you produce saliva. It is the only dental product with *RECALDENT*, a special milk-derived protein that is a breakthrough in oral healthcare in helping to re-mineralize teeth. Recaldent helps bind calcium and phosphate to the tooth, plaque and soft tissue. **We are excited to be able to offer this to our patients!** See below for some of the ideal treatment uses:

- Reversing tooth **sensitivity** and restoring enamel gloss after whitening
- Reducing high acid levels in the mouth from excessive soft drink consumption and helping to **prevent and reverse early cavities**
- Buffering acids produced by bacteria and plaque in the mouth
- Conditioning teeth during braces, and after bands or brackets have been removed, and to reverse and prevent **white spots**
- Providing a coating on teeth for patients suffering from **erosion, cavities and dry mouth**

Be sure to ask us how MI Paste will benefit you the next time you are in the office. For more information, visit their website at www.mipaste.com.



Holiday Message

The holiday season is a wonderful time. It gives us the opportunity to slow down a little after a hard year's work and take the time to enjoy giving and receiving from family and friends. Most of us have been touched by the economic situation in this country either personally or know of the sad stories of others, so we all wish for all of you more prosperous and promising years to come. We truly appreciate being your dental providers and friends. Happy Holiday Season and enjoy the blessings of your families and your health.

- Dr. Mitch Turk, Carma, Teri, Jennifer, Lori, Katie & Debbie

Dental Insurance Maximums



For those that are fortunate to have a dental plan know that most of your dental plans carry a dental maximum. The maximum is set by your employer or union dental plans. The dental maximum varies from \$1,000.00 to \$2,500.00 per calendar year, January through December. Some of you will have a benefit year or consecutive months plan. This varies on what your employer has selected for the employees.

I am about to date myself so here I go. I have been in the dental field for over 42 years, and there has not been much of a change in dental insurance maximums over these last 42 years. Back in the 60's most plans were based on \$500.00 to \$750.00 maximums. Here we are today, the year 2010 and your dental plans have changed very little. A frequent question I am asked, "I have met my maximum and I have only had one cleaning, and my insurance says that they will pay for two cleanings a year". With most dental plans, your cleaning is included in your dental maximum. Another question I am asked is on periodontal cleanings. Your dental hygienist may have put you on a three or four month periodontal program. Your insurance provides two cleanings a year. If you have active gum disease, we suggest you be proactive and talk with your employer to see if provisions can be added for three to four periodontal cleanings per year.

As a dental provider our hands are tied, and we do not have any influence with your employer or your insurance companies. We have started to see a change on routine and periodontal disease maintenance, and some plans are now providing three cleanings a year. We applaud those that have made a difference and continue to encourage you to have your maximums raised as well.

We need to remember that dentistry is a very important part of your overall health. You probably have read many articles in magazines and have heard the cardiologists saying on television how important it is to maintain a healthy mouth. Many people are not aware of the signs to look for in their mouth: bleeding, swollen gums, and mobile teeth which may also have an affect in other areas of the body. For your health, we suggest that you stay on the program your dental hygienist has recommended to you and take advantage of your insurance plan; and again talk with your employer. If you have questions or concerns regarding your insurance, please do not hesitate to call me. I am also available to schedule you for an appointment with Dr. Turk or one of our three hygienists we have on staff. We are continually accepting new patients, and love your referrals.

Porcelains

As dental assistants, we are often asked about the different materials used in the mouth. There is no material like porcelain in creating naturalness and color in dental crowns (caps). Porcelain is a strong, beautiful restorative material. It can add strength to the tooth, blend shades to match adjacent teeth and can make teeth look more attractive. Porcelain veneers can fill in spaces between front teeth, mask discoloration and restore worn teeth, creating an attractive smile.

Solid porcelain is used to fill in partial tooth loss due to decay with Inlays or Onlays. This type of restoration is done on posterior (back) teeth only. In addition, a great choice for crowns coated over Zirconium (a white metal) for strength. The Zirconium metal helps block any discoloration of the underlying structure of the teeth. Most times, solid Porcelain cannot be used on 12 year molars. Therefore, our recommendation is to use Gold or Porcelain fused to Gold on certain bite types. The cost of All Porcelain restorations is slightly higher due to the Cad/Cam fabrication of high strength cores and artistic time.

In review, the types of Porcelain restorations are: **Veneers**, - bonded "facings" for non-weight bearing front teeth, **Inlays** - lab fabricated porcelain fillings for back teeth, **Onlays**-partial coverage restorations to replace fractured and/or decayed portions of the back teeth, **Crowns**-Full coverage "caps" to protect front and back teeth that need restoring

If you have any questions regarding material choices, please call the office to speak with a staff member or to request a brochure or consultation.