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Hours:
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Patient Connection

February, 2013

Dentists' Day on the Hill

Our very own Dr. Mary Dooley is starting the New Year with a new title. She is the 2013 Chairperson of the [Virginia Dental Association's](#) Benefits Committee. As part of this new position, Dr. Dooley and fellow dental professional from around the state visited Richmond in January.

They participated in this year's annual "Day on the Hill." The dentists and members of respective state-wide committees spoke with legislators about issues such as patient access to care, changing insurance and HIPPA standards, and the affect changing federal healthcare policies will have on the dental community.

The group learned of new HIPPA regulations that will be phased in starting in March.



While the snowy day made for more than a few nice photo ops, the trip was a little treacherous!

We will outline the changes in next month's newsletter,

During the gathering, Dr. Dooley was asked to submit an article for the upcoming addition of the Virginia Dental Association's quarterly publication, the VDA Journal. The article will detail current challenges and changes taking effect within various dental insurance companies.

The VDA's Dentists' Day on the Hill is an annual event, taking place each January. If you have a concern regarding dental legislation, be sure to mention it during your next visit, and we'll do our best to answer your question or make sure it gets to the right place!

You can see more photos from the days activities on the VDA's website.

Five Heart-Smart dental tips for cardio patients

There's a reason medical and dental professionals ask you about your health history before every appointment. It isn't because we're nosey, its all in the name of good, quality care. This February, take these tips to heart!

- **Wait 6 months to see us after experiencing a heart attack.**

Tell Dr. Dooley if you're taking any blood-thinners or are on an aspirin regimen as this could cause excessive bleeding during dental procedures.

- **Tell us about all stroke, heart and pain medications.**

Medications given for stroke, pain and heart failure can cause dry mouth. Dry mouth can lead to gum disease and speed the development of cavities.

- **High blood pressure brings high priorities.**

Some drugs used to treat high blood pressure can also cause dry mouth, and in some cases an overgrowth of gum tissue. If you need local anesthesia, make sure to tell your dental

assistant about your condition.

- **Find out if you're eligible for additional dental benefits.**

Dental insurance companies know heart patients and diabetes patients may need extra dental care. Ask if your plan may cover an extra cleaning!





Check out this SWEET Valentine's Day deal! We're giving our patients 50% off any whitening service! Hurry, offer expires 2-14-13!



TOTAL CARE DENTISTRY



American Dental Association®
America's leading advocate for oral health

Smile Imaging now available

If you're unsure a new set of choppers really is just what the doctor ordered, we can help! Our new "smile imaging" program that will allow you to see your restored smile before you begin treatment. With

the help of the experts at [Bayview Dental Laboratories](#), we use Smile Imaging software to show you exactly where Dr. Dooley will contour your existing features to create a new, more beautiful smile.

Smile Imaging can show you with new crowns, whitening, gum surgery, a new denture, you name it! Visit our website for a [complete list of services](#) to learn just what we can do for you!

Breastfeeding & Oral Health

An article in the latest edition of the Journal of the American Dental Association says that breastfeeding can help your child have healthy teeth.

While teeth begin development during pregnancy, a doctoral review suggests that breastfed children develop "a more favorable occlusion in the primary dentition." That means the teeth come together better for chewing in these children, in many cases they "look" better also.

The benefits don't stop there. It appears the same babies are less likely to develop cavities in their initial set of teeth. The JADA article also suggests parents use a finger to gently clean their baby's gums and early teeth when feeding time is over.

Did You Know...Europeans often call "baby teeth" by the name "milk teeth."

There's a surprising newly discovered benefit to breastfeeding.



After your next visit with Dr. Dooley, please take a moment to complete our online survey! Results are a useful tool for us and potential new patients!



How would you like us to confirm your appointments?

- Phone calls, cell, home
- Emails
- Texts

What do you look for in your dental insurance plans most?

- Affordability
- Portability
- Participating providers

We will relocate again soon. Where would you like to see us next?

- Towncenter area
- Great Neck area
- Lynnhaven area

I would watch short videos emailed to me on oral health

- Yes
- No
- Unsure

What do you think?

Are you taking advantage of our automated communications system? Where do you hope to see our office relocate to? We want to know what you think. Please answer the survey below and mail or email us your responses! We can't wait to hear from you!

February Birthdays

- Dennis
- Kathryn
- Tom
- Lauren
- Mark
- Ian
- Stephanie
- Norman
- Lynn
- Tawnya
- Jerry
- Allison
- Nedjija
- Arun
- Dam
- Rodrick
- Roberta
- Christine
- Douglas
- Maegan
- Bernice
- Andrea

Name _____

Address _____

Phone _____