



New Year, new you! Dental resolutions to keep!

Many of us make resolutions to improve our lives in the New Year. Why not make one of your New Year's resolutions improving your dental health? Here are a few ideas we think will help you reach that goal!

Eat Plenty of Fruits and Vegetables

Eating well is important for your dental health. Poor nutrition can affect the entire immune system, increasing susceptibility to many common oral disorders, including gum (periodontal) disease. Antioxidants and other nutrients found in fruits, vegetables, legumes and nuts improve your body's ability to fight bacteria and inflammation, helping to protect your teeth and gums. In addition, crisp fruits and raw vegetables like apples, carrots and celery help clean plaque from teeth and freshen breath.

Quit Smoking or Using Other Tobacco Products

Using tobacco can harm your mouth in a number of ways, increasing your risk for tooth discoloration, cavities, gum recession, gum disease and throat, lung and oral cancer. Smokers are about twice as likely to lose their teeth as non-smokers. It's not just smoking tobacco that has negative effects on your oral health: use of smokeless tobacco can be just as harmful to your oral health. The good news is that the risk of tooth loss decreases after you quit smoking or using smokeless tobacco.

Limit Your Alcohol Intake

For many, smoking and drinking go hand in hand. According to the Academy of General Dentistry, those who smoke, eat poorly and consume excessive alcohol also have increased gum recession (periodontal

pocketing). Their studies show that smokers who regularly consume alcohol are less likely to brush their teeth on a regular basis and are less concerned about their basic health than nonsmokers.

Brush at Least Twice a Day and Floss at Least Once a Day

Brushing and flossing protect your teeth from decay and gum disease, which is caused by your teeth's most persistent enemy, plaque – a sticky, colorless, invisible film of harmful bacteria that builds up on your teeth every day.

Without proper brushing and flossing, you may develop bleeding gums, which may worsen to severely swollen, red, bleeding gums (gingivitis) and, eventually, gum disease. Because diseases of the mouth can affect the rest of your body, it is especially important to maintain good oral health.

See Your Dentist for Regular Checkups

By seeing Dr. Dooley at least twice a year, you can help prevent any dental health problems before they cause discomfort or require more comprehensive or expensive treatment. Regular visits allow your dentist to monitor your oral health and recommend a dental health regimen to address areas of concern. For this new year, resolve to treat your mouth right: improve your diet, quit smoking and improve your oral hygiene habits – your teeth and your body will thank you for it!

Some information courtesy of the Academy of General Dentistry and Delta Dental of Virginia.

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Policy Reminder...

Are you needing to schedule your next dental appointment? Please remember to call us with 48-hours notice. Each appointment is reserved and booked first come, first served. Repeated no-shows may result in a \$75.00 broken appointment charge. When scheduling your next appointment, keep in mind our office is closed every other Tuesday and Thursday so that we may share the space with Scott Orthodontics.

10 COOL TRUTHS ABOUT THE TOOTH

- 1 Tooth enamel is the hardest part of the human body.
- 2 One quarter of adults in the US have lost all their teeth.
- 3 Teeth start to form before we are born.
- 4 They're called wisdom teeth because they come in when you're older and wiser.
- 5 We produce 100,000 gallons of saliva in a lifetime which helps prevent tooth decay by moving food away from teeth.
- 6 Tooth decay is the second most common disease after the cold.
- 7 People prefer blue toothbrushes over red.
- 8 A Middle Age custom was to kiss a donkey for toothaches.
- 9 We buy 18 yards of dental floss a year. We should buy 122 yards.
- 10 Visiting the dentist at least twice a year is imperative for dental health.

http://www.infobarrel.com/15_Facts_about_Teeth#1WWHTfR0uzHMp2qu.99
 Oral Health for Older Americans CDG, 2006
<http://dentistry.about.com/od/toothmouthconditions/tp/10-Common-Dental-Problems.htm>
<http://www.webmd.com/oral-health/features/foods-stain-teeth-feature>
<http://www.webmd.com/oral-health/diet-oral-health>
<http://www.wisegEEK.com/what-is-the-purpose-of-saliva.htm>
<http://www.webmd.com/oral-health/guide/tooth-sensitivity>

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Don't miss this!

You could be liable for costs your insurance may cover by making one costly mistake.

Rules that took effect January 1st allow insurance companies to deny coverage for some x-rays and palliative treatment done during routine dental visits.

What exactly does that mean? Insurance companies assume patients go to the dentist twice a year. At those visits, exams, recommended x-rays and cleanings are performed.

Should you tell Dr. Dooley you're having trouble with a tooth, and another x-ray or more targeted exam is needed, insurance may not cover it. In this case, you're left with the bill. In essence, the insurance company is reaffirming what doctors have said for years, "come and see me if you have any problems."

The moral of the story: Two appointments are needed. Don't wait and combine well & troublesome visits, your insurance company won't buy it.

See your new smile NOW!

Ever wish you could see yourself with a smile makeover before signing on the dotted line? Now you can!

Let's say you have chips on your front teeth and your smile just looks crooked. [Dr. Dooley](#) has recommended you get 4 crowns but suggests 6 crowns and a special surgery that could completely even out your grin and help you ditch that "gummy" look.

Enter our new "smile imaging" program that will allow you to see what your restored smile will look like! We take a picture of your current smile, and with the help of the experts at [Bayview Dental Laboratories](#), use dental imaging software to show you exactly where Dr. Dooley will contour your existing features to create a new, more beautiful smile.

The final result 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!

