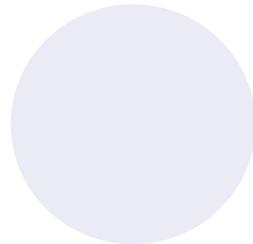
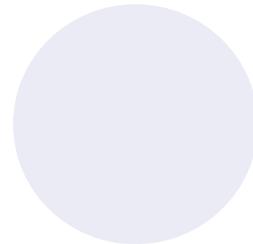


# Patient Connection

Temporary office address:  
114 S. Witchduck Road  
Suite 201  
Virginia Beach, VA 23454  
757-486-4880



## Brain Floss:

- 5,000 years ago people believed worms caused tooth decay.
- The oldest person to get wisdom teeth? 76 yrs old in March 2009.
- Like fingerprints, every person has a unique tongue print also.
- Nylon bristles didn't replace swine (yes, pig hair) bristles on toothbrushes until 1938!

June 2012

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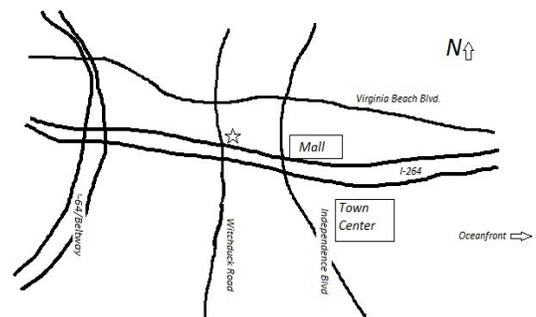
## We Are Moving!

Spring is bringing change to our office!

The office of Mary T. Dooley, DDS is moving! We are excited to announce we will begin seeing patients in our temporary office location beginning June 4<sup>th</sup>.

This move is temporary as we work to welcome you to our new facility in the future. Dr. Dooley will be maintaining an independent practice. Still, you'll notice we will be sharing the space with an orthodontic practice, and may recognize the building by the "Scott Orthodontics" signs outside.

While at our Witchduck location, you can expect to receive the same great service you've always experienced in our Great Neck Road location. Along with a change in address, we are also happy to announce an expansion in our office hours. We now welcome



New office location 114 S. Witchduck Road, Witchduck & 264

appointments on Friday mornings! This means we can now see you any day of the week! Scheduling is easy as ever, on our website.

Should you get lost in your drive to our new location, don't hesitate to call, we will help guide you anytime! Patients with appointments scheduled in June will get reminder calls with the new address. This is a busy and

exciting time.!

We want to thank you for your business at our Great Neck location! We have enjoyed helping you achieve and maintain good oral health for the past 10 years, and look forward to serving you in the future! Additional details about the move and other information can be found at [www.drdooleydental.com](http://www.drdooleydental.com).

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## If you're missing teeth, you're missing out

Missing teeth affect our appearance on the outside and often times our self esteem, too! Dental implants are a great way to replace missing teeth and also provide a *fixed* solution to having removable partial or complete dentures. Implants provide excellent support and stability for these dental prostheses.

Dental implants are artificial roots and teeth that are surgically placed into the upper or lower jaw bone.

As a single provider therapy center, we are able to see each patient through every step of the implant process- from extraction to crown!

This summer we're offering a 50% off special on implants. Restrictions do apply, and patients are still responsible for any copayments. Ask us today to find out if you're a candidate!

**Mary T. Dooley, DDS**

Address (as of June 1, 2012)

114 S. Witchduck Road  
 Suite 201  
 Virginia Beach, VA 23464

Phone: 757-486-4880

Fax: 757-486-4881

E-mail:

office@drdooleydental.com

Do you have a question you'd like us to answer?

Do you have a story idea for the next issue of Patient Connection? Would you like to share big news with more people in Virginia Beach? We want to hear from you! Email us at

office@drdooleydental.com and we may use your idea!

**Dates to Remember  
 Summer 2012**

Temporary office opens June 1

Flag Day June 14

Father's Day June 17

Virginia Dental Association Meeting  
 June 14-16

Summer begins June 20

Independence Day, July 4

Dr. Dooley's Office Closed, July 2-6



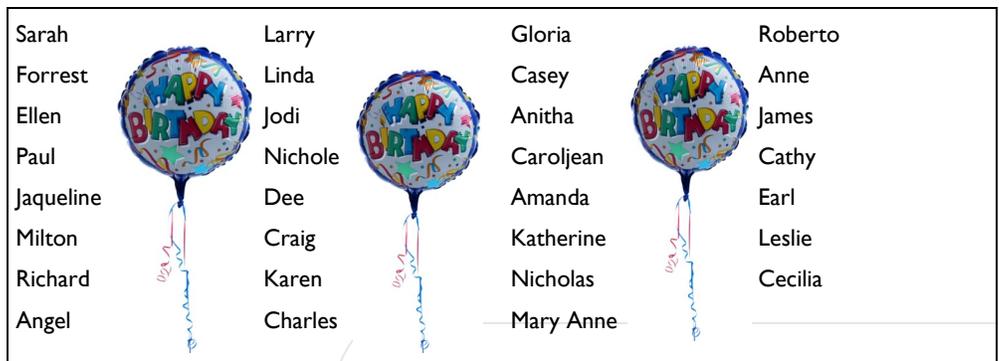
# Understanding your dental insurance

Open enrollment is underway at several large Virginia Beach area employers. This means you are able to add, change, or opt out of insurance coverage plans.

Often times the task of choosing a plan is skimmed over, after all, it can be hard to understand! Insurance companies write different policies for nearly every company, so take advantage of your HR representative or Benefits Coordinator's experience in helping you navigate this chore.

If you are unaware of your Dental Insurance benefits, please call the number on the handouts or check out the website you are directed to. Please ask the following questions to help make sure you understand your dental insurance..

- **Has our policy taken effect? When will it begin?**
- **What are our cost-shares? Can you explain dental co-pays to me?**
- **Will you send me an Explanation of Benefits after treatment?**
- **Is there a waiting period for any specific treatment (crowns, periodontics and endodontics)?**
- **Do you "downgrade" any procedures?**



## A surprising player in tooth decay

If you drink lots of water but still have a dry mouth, or suffer with bad breath, the problem could be clinical dry mouth.

Dry mouth can lead to problems because saliva helps prevent tooth decay. Your saliva limits bacterial growth and washes away food particles. Saliva also enhances your ability to taste and makes it easier to swallow. Medication can cause dry mouth. If you're not producing enough saliva, you may notice the following conditions:

- **Saliva that seems thick**
- **Sores or splits in the corners of your mouth**
- **Cracked lips**
- **Bad breath**
- **Difficulty speaking**
- **Sore throat**

You can try a few simple remedies for help stop dry mouth, but talk to your general physician if you are on medication.



Water does your teeth more good than you probably know! Read stories like this on our blog anytime!

- **Chew sugar-free gum**
- **Limit your caffeine intake**
- **Don't use a mouthwash that contains alcohol**
- **Stop all tobacco use**
- **Avoid over the counter antihistamines and decongestants**
- **Breathe through your nose, not your mouth**
- **Add moisture to the air with a humidifier.**

Dry mouth is a common concern of Patients. You can visit our website's FAQ section for more information.

This article was reprinted in part from They Mayo Clinic's website. Read the entire article by following the link on our blog.