



4 Habits That Destroy Your Smile

You brush, you swish around the mouthwash, you try to floss. You may even brush after lunch. But your “healthy habits” may still be destroying your smile! Read our tips to get your routine in shape!



Brushing after eating

Studies have shown rinsing with water after eating reduces the acid within your mouth by 50%. You should rinse your mouth with water several times after consuming acidic foods and beverages brushing your pearly whites!

Not replacing your toothbrush often enough

Not only are old toothbrushes ineffective, but they also harbor harmful bacteria. Toothbrushes should be changed every three to four months. “When brushes have lost their original shape they can no longer remove plaque accurately and can damage the gums.” says Dr. Dooley. Remember, it is not a good idea to share tooth brushes.

Excessively bleaching your teeth

Overzealous bleaching can cause your teeth to look unnaturally white and increase tooth sensitivity. Before using an at-home bleaching product, task us about our in office options. We can advise you on proper use of these products as well as which type of bleaching system will provide you with the best results.

Using a hard-bristled toothbrush

A hard-bristled toothbrush coupled with an aggressive brushing technique can cause *irreversible* damage to your gums and roots of

your teeth. Use a soft toothbrush and gently brush your teeth at a 45-degree angle, in a circular motion. Using a back-and-forth, sawing motion causes the gums to recede, and can expose the root of the tooth, making teeth extremely sensitive.

Happy Thanksgiving!

Did you know...

54% of all pumpkin pie spice sales occur in November.

The first and simplest of all pumpkin puddings made by the Pilgrims involved picking the pumpkin, washing in, hollowing it out, filling it with cream or milk, and baking it whole. A pie resembling what we are familiar with today didn't evolve until about 50 years later.



Inside this issue:

Can't Miss Insurance Tips	2
4 Habits That Destroy Your Smile	1
Scan our QR code	1
November Birthdays	2
Gift Certificates Available	1
ACP Annual Gathering	2
Dentistry by the Numbers	2

Special Notes...

We hope you made it through Hurricane Sandy safe and sound. In her wake, our offices closed Monday, October 29th. We want to say thank you to our patients who have been understanding and willing to reschedule. We know the storm caused many inconveniences and appreciate your patience!

Are you needing to schedule your next dental appointment? Call now! Keep in mind our office is closed every other Tuesday and Thursday so that we may share the space with Scott Orthodontics.
Closed: November 6,8,9,22,23
December 4,6,18,20
1pm Dec. 24-January 2

Give the gift of oral health! We're proud to announce Total Care Dentistry is offering gift certificates for the holidays! **Gift certificates** are available for exam/cleaning/xray packages, in office and take home whitening packages, and “account dollars” that allow the recipient to choose how to use your gift. Call 757-486-4880 today and ask for details!



Prosthodontists Gather In Baltimore

Our very own Dr. Mary Dooley has just returned from the largest annual gathering of Prosthodontists in America. The American College of Prosthodontists (ACP) held it's yearly convention in Baltimore just days after Hurricane Sandy, October 31-November 3. Dr. Dooley was one of nearly 1,000 professionals who participated in numerous continuing education classes and seminars aimed at further improving service to patients. Many participants treated under-served residents at a free oral health clinic on Halloween. Attendees received much needed care and took home a kit containing a toothbrush, tooth paste, floss and bi-lingual instructions on proper oral hygiene.

This is the 42nd year the ACP has met on such a scale. Annual session highlights included: new developments in CAD/CAM technology and high-strength ceramics; creating affordable dental health opportunities; understanding the shift toward precision medicine in dentistry; the use of digital imaging and sleep apnea management.

Our Don't Miss Insurance Tips!

Open season isn't just for deer and turkey hunters, it's for those able to choose their dental insurance plans for next year. If your employer is changing carriers or the plans it offers, please consider taking advantage of our complementary insurance review program. We'll review your current and potential plans, discuss your dental needs and help you decide which offering is best for you!

You can navigate the world of insurance yourself with good information. If you are unaware of your dental insurance benefits, ask your employer the following questions:

1. When does our policy take effect?

You need to know when the new plan starts and if benefits are determined by calendar year or in a contract year. This will allow you to utilize the available monies before they expire and know any other deadlines that may apply.

2. What are our benefits?

Many plans change benefits such as maximums paid out by the carriers and deductibles to be paid by the patients. Does your plan offer rollover benefits? How about extra cleanings for expectant mothers or diabetes patients? Are benefits available for previously extracted teeth? Comparing this information is key to finding out what plan to choose.

3. Is there a waiting period for any specific treatment?

Most major dental care requires patients satisfy a 12 or even 18-month waiting period. Find out if your plan has a waiting period. Some carriers offer a no waiting period option with a higher deductible.

If you ask our suggested questions you will become a better armed patient! And remember, we're here to help!

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ACP AMERICAN COLLEGE OF
PROSTHODONTISTS
Your smile. Our specialty.™



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Hours:
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Friday 8:30am-1:00pm

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- 18 yards - the amount of floss bought each year per person
- 10 to 12 - the number of teaspoons of sugar in an average 12 oz. soda
- \$2.5 billion - the amount spent on Halloween candy in 2011

Get more fun facts like these on our website, www.drdooleydental.com.

November Birthdays



Ellen	Ed
William	James
Charles	Nate
Barbara	Natasha
Pamela	Alexia
Matt	Hillary
Angela	Daniel
Oliver	
Kathy	