

# Town Center Dental Care

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8263 S.W. Wilsonville Road, Suite C • Wilsonville

Located in the Town Center Mall • We Cordially Invite You To Call (503) 682-9191

## Are You Overbooked?

In this hectic world of schedules, appointments, obligations, situations and projects we tend to put too many things on our plates. As we try to tackle all these areas that seem so important we end up forgetting some things completely and sometimes that "thing" is your DENTAL APPOINTMENT.

At Town Center Dental Care, we contact you in several different ways. We will send you a reminder card about your appointment that you scheduled 6 months ago. (We absolutely appreciate it when you call to let us know that you received it and will be at that appointment.) We will also call you 2 days before your appointment to confirm the day and time again. Sometimes we ask you to call us back so we know you got this important message.

We, also, understand that life has changes and conflicts, so you may need to reschedule at a more convenient time. If you do know this a couple of days prior to your appointment and you call us we then have an opportunity to offer this time slot to another patient.

Remember that when you do not show up at the scheduled time it affects 3 people: the doctor or hygienist that was looking forward to seeing you; another patient that could have taken your appointed time and YOU, because now you will not get your needed dental care.

## FUN FACTS...

A toothpick is the object most often choked on by Americans.



## Maximize Your Maximum

It's time to start thinking about using up your leftover dental benefits for 2007. Most insurance plans allow each person a maximum of \$1,500 towards their dental care. If you still have treatment that was diagnosed and never completed, it would be to your advantage to use all the dollars your individual plan has given you. As "they" say in the business: USE IT or LOSE IT.

## Give Your Teeth a Sporting Chance

Football programs already require players to wear mouth protectors to reduce the potential for dental injury. But dentists are now also recommending mouth protectors for baseball and softball, field hockey, lacrosse, skiing, surfing, basketball, soccer, racquetball, gymnastics, volleyball and skateboarding.

Mouth protectors available in most sporting goods stores can be heated in boiling water and shaped to your mouth. If this type of mouth protector interferes with speech or breathing, we can make a custom protector from an impression of your teeth. Just call for an appointment.

## Pre-Procedural Rinses

Our mouths are largely contaminated with viruses and bacteria. These microorganisms come from dental plaque, saliva, the nose, the throat and respiratory tract. Dental procedures in which ultrasonic scalers or dental handpieces are used have the potential of creating aerosols that could include plaque organisms, blood and viruses from influenza and the common cold. Studies show that a pre-procedure rinse with an anti-microbial agent used for 30 seconds can reduce the number of organisms in these aerosols created during routine dental treatment by up to 94%. We strive to provide this rinse to all of our patients when tools creating these aerosols are used.

## New Recommendations from the American Heart Association

In the past there have been patients that have had to take antibiotics prior to dental treatment due to certain heart conditions. The American Heart Association has just published a major revision of their guidelines for the prevention of endocarditis following dental and other procedures.

If you have had to take antibiotics prior to dental procedures in the past, please contact your physician and consult with them about the new recommendations. You may no longer need to take them.

## Know Your Plan!

Dental insurance is changing at a rapid pace. Unfortunately, the patient doesn't benefit. We are noticing some alarming trends while premiums continue to skyrocket. Some plans have stopped paying for a doctor to look at your teeth more than twice a year. Others have decreased benefits for having teeth cleaned. Most alarming is the frequency that a plan will pay for x-rays. This means that the dentist cannot monitor the spaces in between your teeth. A place where cavities can be started and rapidly advance causing pain, out of pocket expense, many trips to the office or the ultimate sacrifice - LOSS OF A TOOTH.

The moral of this story: Know Your Plan! We work for you, value you and the health of your teeth and smile. While we will do our best to assist in maximizing your dental benefit, we need your assistance in utilizing your plan. It is impossible to keep up with all the changes.

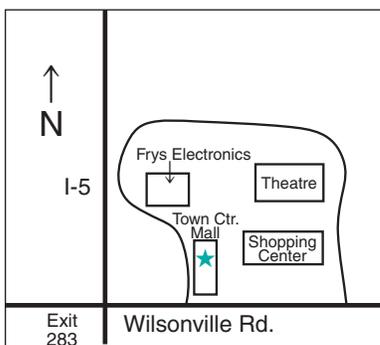
If you do not have dental insurance - consider yourself lucky. YOU are in charge of your health and YOU make the decisions!

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## What is "It"?

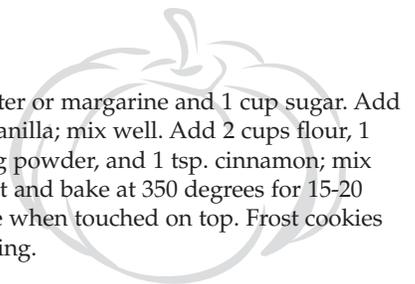
- "It" unravels when you use it.
- "It" is best used twice a day.
- "It" helps when you have pockets.
- "It" can be wrapped, by the way.

ANSWER: \_\_\_\_\_

(Come by the office...give us the answer and receive a special prize.) Expires Dec. 1st, 2007.

## Pumpkin Cookies

Cream together 1/2 cup shortening, butter or margarine and 1 cup sugar. Add 1 cup canned pumpkin mix and 1 tsp. vanilla; mix well. Add 2 cups flour, 1 tsp. baking soda, 1 tsp. salt, 1 tsp. baking powder, and 1 tsp. cinnamon; mix well. Drop teaspoonful onto cookie sheet and bake at 350 degrees for 15-20 minutes. Cookies should have resistance when touched on top. Frost cookies with ready-to-spread cream cheese frosting.



## FUN FACTS...

Over the last 10 years the proportion of people age 60 who'd lost all their teeth had decreased from 33% to 25%.

## Jewels of Nature

Many of us enjoy the benefits and reward of home gardening. Not only are the flowers beautiful but so are the "Jewels of Nature" they attract. The Hummingbird, weighing only 5 grams migrate as far as 3000 miles from Mexico to the Yukon Territory and Alaska. That feisty attitude they display in your garden - dive bombing, darting and vocalizing their disapproval is spurred by hunger and their territorial nature.



Hummingbirds are attracted by brilliant colored feeders and red flowers. Gardens need to include many sources of nectar throughout the spring and summer to encourage nesting. Gnats are also a favorite snack of hummingbirds. Red flowering plants, feeders, trickling water, mature trees and shrubs disbursed throughout the garden are essentials for the Hummer. A good trick when hanging feeders is to place them at opposite ends of the house to avoid one dominate male from taking over the feeders.

The Anna's Hummingbird is a non-migratory species, remaining throughout the year. Maintaining feeders and plants that bloom in spring through winter will bring this "Little Jewel" even when snow blankets the ground.

## Dental Mental Word Scramble

Unscramble these four jumbles, one letter to each dash mark, to form four ordinary words.

W O N R C  
R A C T H  
I N W E H T  
A H H L E T

"Woof...woof"



What the dentist named his pet dog with sharp, pointy teeth.

Now arrange the circled letters to form the surprise answer as suggested by the above cartoon.

ANS: " \_ \_ \_ \_ \_ "

(Answers to last newsletter puzzle:  
water-brush-braces-assist / Both "wear bibs")