

SUNNY HOLLOW DENTAL

LEE J. WELTMAN D. D. S.

From The Doctor:

Local Anesthesia

As you may be aware, we have avoided the use of "shots" for delivering local anesthesia for the past 15 years or so with the amazing "wand" technology. While we have perfected its use and have purchased newer machines over the years, an even better upgrade has recently been purchased. This newer wand called the STA has better computer chip technology that enables us to anesthetize single teeth better than before, and may often make a total nerve block on the lower jaw unnecessary for certain routine dental visits. This will enable our patients to leave the office with a significantly less numb feeling. Also please note that in cases when significant anesthesia blocks are needed at the visit we can provide the patient for just a small extra fee a reversal agent that will significantly reduce the after numb effects of our local anesthesia.

From The Hygienist:



Dry Mouth

There are several causes of xerostomia, better known as dry mouth. Among them are medications, diseases, infections, medical treatments, nerve damage, dehydration, surgical removal of salivary glands and lifestyle choices.

Dry mouth has been known to be a side effect of many medications. The most common being

ones that treat depression anxiety, pain, allergies, colds, obesity, acne, epilepsy, hypertension (high blood pressure), diarrhea, nausea, psychotic disorders, urinary incontinence, asthma and Parkinson's disease. The diseases or infections to be aware of that cause dry mouth are Sjogren's Syndrome, HIV/AIDS, Alzheimer's disease, diabetes, anemia, cystic fibrosis, rheumatoid arthritis, hypertension, Parkinson's disease, stroke and mumps. Medical treatments such as radiation or chemotherapy of the head and neck will affect the salivary glands and reduce the amount of the saliva they can produce. The same is true with nerve damage in the head or neck area. Lastly, smoking and chewing tobacco can aggravate dry mouth along with breathing through your mouth continually.

Symptoms to watch for are: sticky, dry feeling in mouth, frequent thirst, sores in mouth, split skin in corners of mouth, cracked lips, dryness in throat, nasal passages, burning or tingling sensation in mouth especially of the tongue, red, dry, raw tongue, problems speaking or swallowing or tasting or chewing, and bad breath.

The best treatment options are to talk to your doctor especially if you use medications. You can also use sugar free candy or sugar free chewing gum to promote saliva production. Also drink plenty of water and brush with a fluoride toothpaste in conjunction with a fluoride mouth-rinse. If possible, breathe through your nose and use a room vaporizer or over the counter saliva substitutes at night. It is important to see your dentist regularly since this condition can increase a person's risk for tooth decay, gum disease and mouth infections.

If you have any concerns, you should always speak to your dentist or health care provider.

From the Administrators:

It's around this time that many patients might be changing their dental insurance carriers for the new year. Unfortunately for many of you, this might mean needing to do a lot of research and ending with a headache from being left with more questions than answers. The important part while shopping around is knowing the right questions to ask and which parts of your policy will most likely affect you the most once you're in the dentist's chair.

Is your Provider's office "In Network" ?

This means your office is contracted with the insurance carrier. You can find this information from either your dentist's office or your insurance company. This is important to know, as your policy might not allow you to see someone out-of-network, or they may change the percentage allowance. Be sure to ask if there is a radius allowance if there is only one or so dental offices within that radius.

What is your general breakdown of coverage along with annual maximum/deductible amounts?

You should always be familiar with your policy so you know what to expect for co-pays, if any, when you go to your dental office. It may help you decide which coverage is best for you when you are able to compare your monthly premium amounts versus the benefit percentages you are offered. Remember, every plan differs from one another.

Do you have any waiting periods?

Some policies have these, which means they will not cover a particular set of services until you are covered under their plan for a minimum set of time.

If you intend to have orthodontics or large treatments such as crowns done soon, it could mean the world of difference to know if you will be forced a few months or longer to have coverage.

Have you already been diagnosed for treatment? You should take into consideration the work that needs to be done. Depending on your policy options, you might be able to choose one that will help you utilize your full benefits in favor of not only your smile, but also your wallet.

With all of this in mind, remember that we at Sunny Hollow Dental promise to always do our best to answer any questions you might have when you find yourself in this situation. We understand that insurance isn't always black and white but we are here to help in any way possible.



Is Your Teen a Night Owl?

We all know that sleep is important and it can affect body and mind. Now there is research done by University of California Berkeley that showed sleep can also affect academic and emotional development. Study showed those students who were sleep deprived had worse cumulative GPA's at graduation and increased emotional distress. The University of California Berkeley offers four simple tips in getting back to better sleeping habits. 1) Develop a wind-down routine that includes things like meditation or yoga. 2) Start dimming the lights one to two hours before bedtime. 3) make the bedroom a technology-free zone, from 30 minutes to an hour before sleep time. 4) Create weekend curfews that are an hour or less later than weekday bedtimes to avoid "social jetlag," which is like flying from New York to San Francisco every week.