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From The Doctor: Six Tips for Healthy Teeth

Tip #1

Use a straw when drinking fruit juices, soda pop, and even coffee. Soft drinks, coffee, and red wine stain your teeth and the sugar in them will erode the enamel on your teeth.



An easy way to stop this is by simply using a straw on a regular basis when drinking those types of beverages.

Tip#2



Drink water when eating something sweet. Why? The water helps to get in between the teeth, which stops sugar from doing as much damage.

Tip#3

Another tip, simply make sure you drink water. First, it will stop you from drinking all those sugary drinks. Second, most cities put fluoride in the public drinking water. It is good for your teeth

Tip#4

Use a mouthwash and toothpaste with fluoride in it every day. Fluoride helps to maintain strong and healthy teeth.



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From the Administrators:

We can't believe that three months have already passed in the 2014 year. There are so many changes within the health and dental insurance world and we have been busy since last August trying to help our patients and others calling to inquire which plans might benefit them better based on their treatment history. The biggest surprise is that, in some medical policies, you must meet the insurance maximum before your dental benefits contribute. That may mean you might want to look into buying a separate dental policy for you and/or your family members. We are learning new information on a daily basis and will always try to do our best in keeping this office educated. We always urge patients to learn the ins-and-outs of their policies, as we are only as good as the information provided by your insurance and as always, nothing is a guarantee until they process the claim. On a more fun note, we will be starting a Facebook contest in the near future. We will post a daily question and the first right answer provided will be placed in a monthly drawing to win a prize. Keep an eye open on our Facebook page and share, share, share! As always if you ever have any questions please give us a call, we are here for you!