



## Do you have an announcement?

Email us with your announcement and we will try to include it in our next newsletter! Please write "Announcement" in the subject field.

TaokaDentistry@live.com

## Upcoming Events

### • Saturday, February 11, 2012, We are open!

We will be offering our regular dental services today. Due to high demand our Saturday appointments are limited and our schedule fills fast. Please call today if you would like to reserve an appointment 603.253.8700

### • Days we are closed

- January 19, 2012: Open from 8 am to 12 pm.
- January 20, 2012: Closed for Conference
- January 27, 2012: Close for Conference

## Announcements

### • New to our Dental Team

Kevin is the newest member of our team! He is our new Administrative Assistant at our Lincoln location. He brings with him years of customer service experience and a great attitude! Stop in sometime and introduce yourself, you won't be disappointed!

### • A little one is on the way

Jamie, our Dental Assistant is expecting again! This will be her second child, she is Summer 2012 and is very excited! Make some name suggestions the next time you're in for an appointment.

ISSUE

# 01

January 2012

MONTHLY  
DENTAL  
NEWSLETTER

# Harborside Dental

## this issue

Dental Expenses **P.1**

Understanding Your Benefits **P.2**

Fluoride **P.2**

Trends & For Your Brain **P.3**



## Your Child & Their Teeth

Many parents have questions concerning their children and oral health. In this section we will answer the basics:

When should I bring my child in for their first appointment?

- As soon as they start to get teeth or earlier if you want to introduce them to the dental care.

My child has a cavity in a primary tooth that they will eventually lose, should I have it fixed?

- This can be determined by Dr. Taoka, sometimes it is needed and sometimes it's not.

At what age can a child brush their own teeth?

- Usually around age 7 or 8. Always check your children's technique.

## Ideas on how to reduce your dental expenses

Let's face it, the economy hasn't been great. People are facing decisions on where to spend their money and what to sacrifice. Patients without insurance struggle the most with these costs and often have to decide between seeking regular medical care or taking care of their dental needs. Many are not aware of the fact that dental health can directly affect other parts of their bodies. So, if it's so important how do we lower overall dental expenses?

We will begin by exploring the idea of seeking regular preventive appointments. The ADA (American Dental Association) recommends visiting your dentist for regular cleanings, oral exams, and x-rays. These appointments allow the hygienist to remove buildup which could potentially cause cavities and gum disease. The oral exams that are completed by your dentist may seem "short" but during this time the dentist is looking for any signs or indications of cancer, examining your x-rays for cavities, and answering your questions. In the long-run, these appointments will decrease your chance of developing more serious or costly dental and medical conditions.

The next money saving idea is to never put off an

while they are manageable will cost you less in the long-run. Cavities that are not taken care of in a timely fashion have the potential to increase in size (the smaller the filling/surface areas, the less it costs to fix). If not fixed early enough, they also have the potential of becoming infected which could ultimately lead to a costly root canal, crown, or even extraction.

Discussing alternative options with your dentist may also help you reduce the overall cost of your dental care. Often times, the dentist will be able to help you prioritize your dental needs in order of importance spreading the costs out over a slightly longer period of time or offering you alternative treatment plans.

Have you considered dental insurance? Have you considered cancelling your dental insurance plan? There are two ways that we approach dental insurance. It is often great for those who get it free (through and employer), for those who pay very little for their premiums, and for those people who find themselves at the dentist quite a bit for fillings and

Continued on page 3

Harborside Issue 01 January 2012



319 Whittier Highway \* Suite 3  
Center Harbor, NH 03226  
603.253.8700 ph  
603.253.8787 fax  
www.DrTaoka.com  
TaokaDentistry@live.com



**HARBORSIDE  
DENTAL**  
Dr. Taoka

## Understanding your dental insurance benefits

If you are having trouble understanding your dental benefits, you are not alone! If you would like help, please feel free to call Aubrey and set-up a time to come in. If Aubrey has trouble viewing your benefits online you will have to call your insurance company and ask them for your dental plan benefits.

Most insurance companies work on what we will call a 3-tier system. These tiers cover different procedures and different percentages. Below is an example:

- 100% - Preventive: basic cleanings, exams, x-rays, and Fluoride.
- 80% - Basic: Fillings, Periodontal Maintenance.
- 50% - Major: Crowns

Did you know that we accept most dental insurance plans? We also accept cash, Visa, MasterCard, & Discover.

We also offer financing through CareCredit. Check them out online for 0% financing!



## What every patient really needs to know.

### The importance of fluoride

Resources from AGD

Fluoride works in several ways by helping prevent destruction of the tooth surface caused by acids produced by bacteria. It forms a reservoir on the teeth from which fluoride is released during attack. It reduces the loss of minerals from the tooth and promotes repair of early tooth decay.

Fluoride is a natural mineral that is found in various concentrations in soil and drinking water.

#### Why is fluoride important?

Every day, a tooth's enamel (the outer layer that makes a tooth hard) has minerals both added to it (remineralization) and removed from it (demineralization). During remineralization, minerals such as fluoride, calcium, and phosphate are added to the enamel layer via foods and drinks that contain these minerals. Minerals are lost (demineralization) when acids—from bacteria in the mouth and certain foods and drinks—attack the enamel. Tooth decay results when the enamel loses more minerals than it receives.

#### How does fluoride prevent tooth decay?

Fluoride helps to prevent tooth decay by making the tooth more resistant to acid attacks. Fluoride also helps to speed remineralization of erupted teeth in both children and adults.

#### Where is fluoride found?

Although some foods, such as seafood and certain teas, naturally contain fluoride, the primary source of fluoride is drinking water. Tap water in most cities in the United States contains fluoride. Some, but not all, bottled waters contain fluoride.

Fluoride also can be applied directly to teeth through toothpastes and mouth rinses that contain fluoride. You can buy these products at most pharmacies and grocery stores. Dentists can also apply fluoride directly to your teeth in the form of a gel, foam, or varnish. These products contain a much higher level of fluoride than toothpastes and mouth rinses.

#### When should fluoride use begin?

Infants and children between the ages of 6 months and 16 years

should receive fluoride. Their primary teeth and permanent teeth develop during these ages, so the stronger their enamel is, the better. Because most children receive their first permanent teeth at around age 6, the Centers for Disease Control and Prevention recommends prescribing fluoride supplements for children between the ages of 6 and 16 who are at high risk for dental caries and whose community water source is less than optimal.

“Fluoride helps to prevent tooth decay by making the tooth more resistant to acid attacks”

Fluoride is an immediate concern for children and adolescents, adults also can benefit from fluoride. Topical fluoride—including toothpastes, mouth rinses, and fluoride treatments—is as important for fighting tooth decay in adults as it is for strengthening the teeth of children.

#### When is additional fluoride necessary?

Additional fluoride treatment can benefit children and adults with certain oral conditions, including dry mouth, gum disease, and

Continued on page 3

## Are you too busy for two dental visits?



Technology today is changing out everyday lives. Many people, however, are not aware that technology also is impacting dentistry in new and exciting ways. Cutting-edge innovations in dental instruments are requiring less time in the dental chair, causing less discomfort and creating satisfying results. One breakthrough instrument, called Cerec, allows dentists to quickly restore damaged teeth with natural-colored ceramic crowns, saving patients time and inconvenience.

#### What is Cerec?

It is an acronym for Chairside Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using a high-quality ceramic material that matched the natural color of other teeth.

#### How does the instrument work?

CAD/CAM technology which incorporates a camera, computer, and milling machine in one instrument. The dentist uses this camera to take a picture of the

damaged tooth. This picture is then transferred to the computer screen and the dentist designs the new tooth. The CAM takes over and the tooth is milled while the patient watches. This process takes 1.5 to 2 hours from start to finish.

#### What does this mean for a patient?

Dentists no longer need to create temporary crowns or take impressions and send them to a lab. The traditional second visit is eliminated. The restorations have been proven to be precise, safe and effective.

## For Your Brain

3				6	1	7	2	
9	1				8			6
7			2				1	
	3	4		5			9	
			4			1		5
	7	1		2	9			4
1					5	2		3
	2			1			6	
4		3	9	7				1

The solution to this puzzle is available online at [www.DrTaoka.com](http://www.DrTaoka.com) under the Harborside Blog tab.

Please feel free to use the blog to for questions, comments... and as always, suggestions for next month's issue (topics & puzzles).

Harborside Dental  
Created by: Aubrey  
319 Whittier Hwy \* Suite 3  
Center Harbor, NH 03223

## Ideas on how to reduce your dental expenses

Continued from page 1  
other expensive procedures.

Those who pay for insurance out-of-pocket should do a little research and weigh the cost of premiums against the average cost of their yearly dental costs. You can do this by calling us and asking us to find this average for you. If it's not a big difference than you should keep your insurance. If it is, you may consider either picking up another insurance plan or cancelling your current one.

## What every patient really needs to know

Continued from page 3  
cavities. Dry mouth makes an individual more prone to tooth decay because the decreased saliva production makes it harder to wash away food particles and thus decrease the cavity-causing acids. Gum disease can expose more of the tooth and tooth roots to bacteria, increasing the chance of tooth decay. Patients who have many cavities and develop new ones each year may benefit from additional fluoride treatment. Additional fluoride might also be appropriate for patients with crowns, bridges, and braces, as the portion of the tooth that isn't covered by a crown, bridge, or brace may be at greater risk for tooth decay.