

in this issue >>>

Sedation Dentistry/Maximize your Benefits
Staff Spotlight/Office Spotlight
Quarterly Giveaway & Winner
Benefits of Using a Sonicare/ Flossing
Trivia Corner & Fourth Page Funnies



Fall
2018

Smile Trends Newsletter

current topics >>>

How to Maximize your Dental Benefits

The end of the year is approaching. Do you have dental benefits remaining? We can help you maximize those benefits so you won't lose out! Here are a few tips how:

- 1. Combine your benefits with your FSA/HSA. A Flexible Spending Account (FSA) or Health Savings Account (HSA) allows you to set aside money for medical expenses before it gets taxed by Uncle Sam.**
- 2. Schedule your appointment early. Most people start thinking about their dental benefits around December. But, with the holidays and potential for snowy weather, that's the hardest time to squeeze in a visit.**
- 3. Use it or Lose it! This one might seem obvious, but the stats don't lie. Most dental plans expire on December 31st. That means anything you didn't use this year is lost forever.**

Sedation Dentistry Making Dentistry Comfortable

How would you feel about getting your treatment done if you knew you could be completely relaxed and yet aware at the same time?

Did you know there are a few options to make getting your treatment done more comfortable?

At our office, we strive to make your every visit a comfortable experience. Whether it be the idea of having your mouth open for a long time, the fear of being numbed, the sound of the handpiece, or bad past dental experiences haunting you, we can help you feel more at ease!

There are a few types of sedation dentistry out there. Read on to find out which type may be the best for you.

Analgesic Nitrous Oxide, also known as laughing gas, is a mild form of sedation. It is a safe and effective sedative agent that is mixed with oxygen and inhaled through a small mask that fits over your nose. With the Nitrous Oxide you will not be asleep.

You will, however, feel completely relaxed. The effects of the nitrous wear off completely prior to leaving the office, so you are able to drive yourself home.



Another form of sedation we offer at our office is Conscious Sedation. Conscious sedation is an alternative to general anesthesia that prevents pain and avoids significant side effects/risks. Under conscious sedation, you will stay awake and aware, the doctor can speak with you, and you will be able to respond. Conscious sedation will make you drowsy, but you will recover quickly and will be able to resume normal daily activities after a short period of time. Please let us know if we can make your visits more comfortable with sedation dentistry.

Staff Spotlight: Sandra



You may have noticed we have a new face at our office. This is Sandra. She is our new Business Assistant. Sandra has been in the dental field for about 3 years and brings a wealth of knowledge on dental insurance and billing. She is originally from Southern California, but has landed here in Illinois due to her husband's Air Force career. Sandra has been married for 11 years and has 3 little girls. She enjoys playing games with her family and trying out new restaurants. Please help us welcome Sandra to our office!

Office Spotlight

Brooke is the eldest daughter of one of our dental assistants, Michelle. She is a 2018 Graduate of Triad High School and graduated Suma Cum Laude at the top of her class. Brooke plans to attend Southern Illinois University-Edwardsville this fall with a full-tuition scholarship to study Biology. **Congratulations Brooke !**



Brooke



Pictured above is Dr. Pineda with Jolene E.

Patient Spotlight >>>

Our Quarterly Giveaway Winner

Each quarter we focus on giving back to our patients. We enjoy getting each of you involved with our office and rewarding you for doing so. For the second quarter this year we wanted to do a Fall Bundle Giveaway.

Congratulations!

We would like to congratulate our lucky winner of the Fall Bundle Giveaway. This quarter's winner was Jolene E.! Thank you to everyone that participated! Stay tuned to our newsletters for our next quarterly giveaway.

The Fall Bundle Giveaway included a Fire Pit Rules decorative sign, a Lovely Astonishing Backyard Creations Fire Pit, two fleece blankets, two hot dog roasters, a Duraflame log to get you started, Off insect repellent, hot cocoa mix, and all the fixings to make a perfect S'mores. This bundle makes an excellent addition to any backyard bonfire, party, or social gathering.



Benefits of Using a Sonicare Toothbrush

Walk down any toothbrush aisle and you can easily become overwhelmed by the number of choices, sizes and shapes available. Although there are pros and cons of each type of toothbrush, we are going only going to focus on the benefits of using an electric toothbrush.



1. As most of you know, we recommend brushing for a minimum of two minutes each time you brush your teeth. Unfortunately, most people don't brush long enough. The Sonicare Toothbrush takes the guessing out by having a built in timer.

2. Stain removal. With manual brushing, you're able to do about 300 strokes per minute. With an electric toothbrush, you can get anywhere from 3,000-40,000 strokes per minute. The extra power makes it easier to whiten your smile.
3. To get good results from a toothbrush, you need a certain amount of dexterity and strength to manually brush your teeth. For those with arthritis, carpal tunnel, stroke, or paralysis, holding a toothbrush in the proper way can be difficult. With an electric toothbrush there is less work needed from the wrist and elbow joints, which is easier for people living with a disability.
4. Using an electric toothbrush has been shown to be more effective in reducing the diseases that contribute to poor oral health. For gingivitis (gum disease), there was a 6% reduction at one to three months of use and an 11% reduction when assessed after three months of use.



Friday, October 5th
is World Smile Day

*"Smile at strangers
and you just might
change a life."*

~Steve Maraboli

October is National Dental Hygiene Month

October is National Dental Hygiene Month. It was started in 2009 with the help of the ADHA (American Dental Hygienists' Association) and the Wrigley Oral Healthcare Program (WOHP) to increase public awareness about the importance of maintaining good oral health.

Why is Flossing Important?

Flossing is an interdental cleaner. It is specifically designed to clean the tight spaces between your teeth, as well as the gap between the base of your teeth and your gums. These are the places that a toothbrush cannot reach. It is best to floss daily to keep the plaque build up from sticking in between your teeth, causing cavities.

ask the experts >>>

Q: How long should I brush?

A: Just two minutes of cleaning twice a day, flossing and mouth-washing every day, supported with regular trips to the dentist will help keep your teeth fit for a lifetime.



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A Letter From the Team

Fall is a beautiful time of year. The leaves are changing. The weather is cooling. The busyness of the holidays is quickly approaching.

We want to take a moment to thank each of you for another amazing season of serving your dental needs. We are thrilled to have you as patients in our office and welcome any friend or family member to our office as well.

We wish you all the happiest of holidays!

~Dr. Gena and Team

Trivia Corner



Q: How wide is the Statue of Liberty's mouth?

- A. 18 inches
- B. 3 feet
- C. 4 feet 6 inches

Answer:
B: The Statue of Liberty's mouth is 3 ft. wide.

Fourth Page Funnies



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