



# Eggert Examiner

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## Welcome To Our First Newsletter

We are excited to offer our first e-newsletter! We hope to publish the Eggert Examiner, the newsletter of Eggert Family Dentistry, a few times each year to provide you information regarding dental health topics, updates about our practice, and to answer any general questions you might have.

We will be using email to distribute our newsletter. If you have not already updated us with your email address, please feel free to do so, just let any of our staff members know.

## Give Kids A Smile 2008

We do our best to serve the unmet dental needs in the state of Minnesota with our donation of time and services. In February of this year, our office participated in Give Kids a Smile day. We were able to provide free dental services for many deserving children.

We had Laurie and Bonnie, our assistants, Joanna and April, our hygienists, Shannon, acting as coordinator, and Dr. Eggert participating. We were able to take x-rays, do cleanings, do fluoride treatments, and examine the teeth of a dozen children that day. We were also happy to provide many needed fillings and extractions to five children. Give Kids a Smile is organized in our state through the Minnesota Dental Association. This is the program's six successful year. Through this year's program, 2000 dental professionals worked in 197 locations providing \$1.7 million worth of free dental care to 5000 children. The United Way acts as a referral service helping families identify the most convenient dental provider.



“This was the first year I was able to participate in this great program. There are so many unmet dental needs out there, it feels good to be able to help even a little. I hope this is something we can expand on in years to come” said Dr. Eggert.

## Fluoride Treatments For Adults Too?

For over five decades, the American Dental Association has continuously endorsed the fluoridation of community water supplies and the use of fluoride-containing products as safe and effective measures for preventing tooth decay.

Over the last few years, it has become clear that the constant supply of the appropriate levels of fluoride in the mouth is the most important factor in the remineralization of tooth enamel. Remineralization is an important way for a tooth to fight the early stages of the decay process in which the decay-causing bacteria “eat away” (or demineralize) the tooth’s enamel.

It used to be thought that fluoride was most important during tooth development, so these new findings are of profound importance with regard to the use of fluoride as a preventive or therapeutic measure.

So, how can you be sure that you are getting an adequate amount of fluoride? If you live in a house that is hooked up to a city’s water supply and you are using this water for drinking, cooking, and brushing your teeth, then you are on the right track. If you have well water, or if you drink a lot of bottled or filtered water, you may want to consider fluoride supplementation.

The problem with bottled water is that there is no easy way to determine if there is any fluoride in the water. Many bottled waters come from manufacturing plants where the water has been extra-filtered and purified, most likely removing any fluoride. Reverse-osmosis filtration systems and some other filters will also take fluoride out of water. Most carbon-based filters, like Brita and Pur, however, will not filter out fluoride.

There are many products that can be used for fluoride supplementation. In addition to fluoride containing toothpastes, fluoride mouthrinses can be found over-the-counter in the oral health care aisle of your favorite retail store. These mouthrinses can be used on a daily basis. Fluoride mouthrinsing is not recommended for children under six years of age, however.

For individuals at-risk for dental decay (most children under the age of 18 and adults that have had decay diagnosed within the last year) there are professionally applied fluoride products that we can place on your teeth at your recall visits at our office. As our standard operating procedure, we do fluoride treatments for children 18 years and under once per year. There are some children who would benefit from fluoride treatments at every six-month visit, specifically those undergoing orthodontic treatment, those with poor oral hygiene, and those who have had decay diagnosed within the last year. We are happy to do these extra fluoride treatments upon parent request.

Adults can benefit from fluoride treatments too! If you would like a fluoride treatment during your recall visit, please let us know, we are happy to accommodate. Some insurance plans even provide benefits for fluoride treatments for adults (check with your specific plan for details). Keep in mind that even if your plan doesn’t provide benefits for fluoride treatments, the money you invest can prevent many cavities in the future.

This information was compiled by Dr. Elizabeth Eggert.

## **Cavity Free Club**

We have recently started the “Cavity Free Club.” Patients 18 years and under are eligible. After their regular recall visits, girls and boys who are cavity free will have their pictures placed on our Cavity Free Club board (with parent permission, of course).

Each month or so we will have a drawing using the names of those who were cavity free. The prize will be a \$25 gift certificate to a bookstore. We hope this will be a helpful incentive for brushing, flossing, and fluoride use at home.

## **Schedule Your Whole Family**

We find that many families like being able to coordinate their family dental visits together. We do our best to accommodate your family’s needs. We offer children’s movies, activity books, reading books, and games to keep children entertained while their parents and/or siblings are being seen by one of our team members.

If you need help coordinating appointments, just ask us! (Or if you need information on how to transfer your children’s records from another dental office we’d be happy to help.)

## **Donations**

We occasionally get requests from patients for donations. In an attempt to help out deserving groups and causes, we do order, and pay for, extra toothbrushes, floss, and toothpaste to keep on hand. We make these orders four times each year.

We ask that you call our office in advance if you, or a group you are affiliated with, have a donation request to discuss the need and cause with us. Donations are available on a “first requested” basis. We are better able to accommodate the many requests if we have a good idea of the need.

## **We're Sad To See You Go Shannon!**

After 2 ½ loyal years with the practice, Shannon has decided to go back to school for her Master’s Degree. She has done a lot to organize our accounts payable and accounts receivable and streamline our systems. She will be missed.

We will be filling her position for a part-time Office Manager and Financial Coordinator by early June. If you or anyone you know would like to work with an easy going group, please call Shannon at 651-482-8412 for more information.



## **Insurance Corner**

At Eggert Family Dentistry we strive to assist our patients in maximizing their insurance benefits. However, we find we are answering many of the same insurance questions on a daily basis. Therefore, we plan on having this “Insurance Corner” in each edition of our newsletter to answer your questions and to provide general information about dental insurance.

### **Bridging The Gap Of Insurance Maximums**

Patients are often surprised to find that their insurance benefits do not cover all the treatment we recommend. In fact, maximum dental insurance benefits (commonly capped at \$1000 per year), have remained at the same payout level for more than three decades, leaving patients responsible for many of their dental needs. In recent years, payment options have emerged to help patients bridge the gap between their insurance benefits and the total cost of care. For example, we accept cash, personal checks, and all major credit cards (Visa, MasterCard, Discover, and American Express). We also work with patients interested in financing their dental care. There are numerous options, including the very popular Care Credit. Care Credit is an outside lending service that gives patients many affordable payment options. Ask our front office staff about Care Credit today.

### **Another Option For Dental Insurance - A Self-Funded Plan**

Good oral health care and a healthy mouth are critical to good overall health. Yet many of today’s “managed care” dental insurance plans or dental preferred provider organizations (PPOs) are setting even more restrictions and limitations, creating further financial barriers to appropriate dental care. For example, your dental plan may not cover the cost of a simple oral cancer screening, regular decay-detecting x-rays, or emergency dental exams. (Can you imagine your medical plan declining coverage for a routine mammogram, prostate cancer screening tests, or a necessary trip to the emergency room?)

A dollar-based, self-funded dental plan could be the solution for both employers and employees. This type of plan – though long by name – is very simple and effective. So much so, that the Mayo Clinic has used this approach for years, as have thousands of employers covering over 1.5 million people.

A company called Midwest Dental Benefits (MDB) can help employers set up a dental plan that works for their employees and their bottom line. These self-funded plans help to optimize dental care for employees while saving the employer both time and money. To find out more about MDB call our office today or you can call them directly at 1-800-836-4098, or search their website at [www.mdbtpa.com](http://www.mdbtpa.com).

## **Patient Mailbag And Testimonials**

We want to use this newsletter to answer your questions. Please call, fax, or submit questions by email. Our phone number is 651-482-8412, our fax number is 651-482-8376 and our email is [eggertdentistry@visi.com](mailto:eggertdentistry@visi.com).

We look forward to receiving your questions. We will also publish testimonials to be used in our advertising.