



Filling You In

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ORAL HYGIENE AND BRACES

Good oral hygiene is especially important when a patient has braces. Brushing a minimum of two or three times a day for 5 minutes, along with flossing at least once a day is a **must!** Keeping the teeth and braces free of food debris and plaque will lead to a more successful orthodontic result.

Appliances and teeth that are not kept clean at all times can lead to serious problems. The gum tissue around the teeth can become inflamed and swollen, bleeding may occur, making it even more difficult and uncomfortable to brush and floss. If this very unhealthy state persists long enough, the excess tissue may have to be surgically removed. Orthodontic treatment may even have to be interrupted if the situation is severe.

Plaque left around the brackets release an acidic material which can damage the enamel. The teeth may begin to discolor with white spots as the enamel begins to lose some of its mineral composition (decalcification). The color change is quite noticeable and if the process continues long enough, the enamel will actually start to decay. The discolored/decayed teeth will then have to be restored by your dentist.

These problems are avoidable with proper daily brushing and flossing, as well as with more frequent professional dental cleanings (every 3 or 4 months instead of twice a year). The daily use of a fluoride mouth rinse is also recommended.

June is peak season for strawberries. A mere half cup of sliced strawberries contains almost a full day's quota for vitamin C, plus potassium, folate, and the amount of fiber in two slices of whole wheat bread (4g).

*The game of life is the game of boomerangs.
Our thoughts, deeds and words return to us sooner
or later with astounding accuracy.*

Florence Shin (1871-1940) Writer

CONGRATULATIONS TO THE
LUCKY WINNER OF THE "DINNER'S ON US"
WEBSITE SURVEY DRAWING

SARA HAHN AND FAMILY

Enjoy your dinner at
THE FISH COMPANY
(A \$200 VALUE)

PLEASE CONTINUE TO VISIT OUR WEBSITE:
WWW.MYDIAMONDDENTAL.COM

Q & A

Q: I have two different dental insurance plans. I expect them to cover 100% of my dental visits. Why do I still have a portion to pay?

A: Having two different dental insurance plans doesn't always mean you have 100% coverage. Coordination of benefits depends on the policy and can be handled in one of two ways.

Standard: In this instance the benefits from both insurance's will pay up to 100% of the total charge as long as it does not exceed the insurance carrier's allowed amount. You will most likely not have a copayment remaining.

Limited: The patient will always be left with an out-of-pocket portion if the policy has a non-duplication of benefits clause. This means the secondary insurance will not issue a payment if their allowed payment amount is equal to or less than the primary insurance's payment.

Example #1: The total fee charged is \$100. Primary insurance pays 80% which is \$80. Secondary insurance pays 70% which is \$70. Since the secondary carrier's payment at \$70 is less than the primary's payment of \$80, no check will be issued, leaving an out-of-pocket balance of \$20.

Example #2: Again, the total fee is \$100. Primary insurance pays 70% which is \$70. Secondary insurance pays 80% which is \$80. This time the secondary insurance will only pay the difference between the two carriers' payments, \$10. This will again leave an out-of-pocket portion of \$20.

DENTAL TRIVIA

The tooth is the only part of the human body that cannot repair itself.

The first tooth brush with bristles was developed in China in 1498. The bristles were taken from hogs, and later horses and badgers. Nylon bristles were introduced by Dupont in 1938.

\$\$ SAVING TIPS TO HELP YOU STAY COOL

Since air-conditioning your house can cost more than heating it, we'd like to offer some money saving ideas.

- ◆ Use a fan with your AC to spread cool air around the room.
- ◆ If you have central air-conditioning, don't put lamps or TVs (which generate heat) near the thermostat.
- ◆ Appliances give off heat too. Only use the dishwasher, washing machine, and dryer when you have a full load. Try to use the microwave instead of the oven.
- ◆ Install white window shades, drapes, or blinds to reflect heat away from the house.
- ◆ Put sun-control or reflective film on south-facing windows.
- ◆ Use caulking and weather stripping to keep the cool air in (and the hot air out).
- ◆ If your air conditioner is more than ten years old, consider getting a new one since it will be twice as efficient. Be sure to check the Energy Star label on the new unit.

NO CAVITY CLUB

Congratulations to the following lucky winners:

February 2009
Travis Damp and Jake Rozelle

April 2009
Lucas Torgerson and Monica Kerr

Prizes awarded were:
Gift Cards for Blockbuster,
Coldstone Creamery and Toys R Us

Winners were eligible for the **No Cavity Club** drawing because they take good care of their teeth and gums and were deemed cavity free by Dr. Diamond at their 6 month checkup.

For more information on how to join, call our office or inquire during your next visit.

Did you know? A cluster of bananas is called a hand, and the individual bananas are called fingers.

Don't forget to put sunscreen on the part in your child's hair. Melanomas on the scalp are nearly twice as lethal as those elsewhere on the body.