



May' 2012

Magical Smiles Newsletter
<http://www.desmoinesdentalcenter.com>

Welcome back ...

It's has taken awhile, but I am back to work mode. I am glad I took so many pictures. It gives me time to remember, and the desire to return to Bali. I have downloaded many pictures into the picture frame at the office, so when you come in, take a look. I will also be posting them to our facebook page soon.

Dental insurance is one of the most confusing and frustrating things that we deal with. To clarify a few things, we accept almost all dental insurance, and are a preferred provider for WDS (delta), Regence, and Aetna, plus others. You can help speed up your appointment check in by verifying what dental insurance you have. Many dental insurance companies do not issue cards, so make sure your insurance card is for dental not medical. As always, if you have a question, we will do our best to assist you. (Continued on last page)

Refer a friend



Thank you for showing your confidence in us through the referral of your friends and family!

Even Your Best Friend Won't Tell You!

It's a situation that has happened to us all.

A friend or relative comes close to talk to you, and when they open their mouth an odor comes pouring out that could knock out a racehorse from a mile away! But besides backing up a few feet, and ending the conversation as soon as possible, what do you do?

Of course you could just do nothing. But that is doing your friend a huge social disservice - and possibly not telling them of a negative health issue as well.

So how do you say something so uncomfortable to someone you care about? Here are two great answers I found while researching this question.

"As your friend, it's important to me that we're always able to say the things that are hard to say, because that's what real friends do for each other. I'm not comfortable mentioning this, though if it were me, I'd certainly want someone to say something. I don't know if you're aware - but sometimes your breath is quite noticeable. I read somewhere that this can be the result of a dental or medical problem, so I felt it was important to tell you."

Or how about this one:

"I just wanted to let you know that you're just like me -- we occasionally have bad breath! Here's what I've found that helps." Then give them mints, gum, or mouthwash. Then add, "The only reason I'm telling you this, is that someone once told me the same thing, and I realized how much it helped me. Fortunately, I was able to find a great dentist who helped me take care of the problem!"

Of course so many things can cause bad breath – all the way from pungent foods, like onions and garlic, all the way to serious illnesses such as pneumonia, diabetes, and liver or kidney ailments.

Some of the most common causes of bad breath, also known as halitosis, are seen every day in our dental office. Here are some examples:

- Dry mouth (which can be caused by many common medications, mouth breathing, or lack of saliva flow)
- Gum disease – this normally does not hurt or have obvious symptoms, but is extremely common and can cause unnecessary tooth loss
- Cavities or ill-fitting dental restorations such as fillings and crowns
- Poorly fitting dentures
- Improper cleaning of the tongue, teeth and gums

Whether it's you, or someone else you are concerned about, even periodic bad breath warrants a visit to the dentist. Usually the solution is a simple one, and it is just about always one that brings about better health as well.

So feel free to carry gum, breath mints, or small bottles of mouthwash with you wherever you go, either for you, or to help (and drop a hint) to a breath-challenged friend. But please remember, a dental evaluation is always the best move when bad breath is around!

At Des Moines Dental Center, our goal is to keep you as healthy as possible at all times. Whether it is an issue with bad breath, beautifying your smile, or anything else, we are here to help you! Please give us a call at 206-824-2804 for an appointment or visit us on the web at www.desmoinesdentalcenter.com. Let's make sure that every conversation you or your friends have is a breath of fresh air!

With Heartfelt Thanks

For Your Referral

There's no question that I have the BEST patients on the entire planet. We love giving recognition to our friends and our wonderful existing patients who are kind enough to refer their friends and relatives to us! Our business is built on word of mouth and we **THANK YOU** sooooo much!

**Geri Briggs, Sasha Horlick, Sam Peterson
Stephanie and Josh Bolinger, Vanessa Hunt
Brian Van Brost, Liz Roberson, Seth Palmer
Michael Britten, Jan Miller, and
Nicole and Aaron Smith.**

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

**Sasha Horlick, David French, Reese Bolinger
Sasi Mandava, Tiffany Parker, Kevin Steele
Raymond Roberson, Stephanie Palmer, Rebecca Burrer
Grace Smith, Erin Wellcome, Rania Adam
Christna Bun, Cherie Hauck, Deanna Jackson
Leslie Andrews, Kristy Dunn, Dawn Vercher
Crystal Cooper, Marcus Martin, Socheata Morrison
Dale Curry, Kellie Howell, John Scully Jr
Mikiko Williams, and Taleeah Pines.**

Patient of the Month!!

Sean Barker

Congratulations!!!

Sean will receive a **FREE** gift card to
Anthony's Home Port.

Watch for your name here in coming months.

Quiz of the Month

April showers bring May flowers. So
what is our state flower?

The winner will receive a \$25 gift card to
Red Robin

(First time winners only please)

(Continued from front page)

I can't help it. I am a Mariner fan, and it is getting to be as bad as being a Cubs fan. I thought after their four game winning streak last week, they had turned the corner. However, the Mariners brief glory has gone back to their old ways. I still plan on going to a couple of games this year. It's a beautiful stadium, and one of my favorite Seattle venues. I haven't been going to as much continuing education this year compared to the previous ones. The Washington state dental convention is next month, and the program looks to be a good one. I will also be going to Chicago for an advance orthodontic course, as well as, a course on laser gum therapy.

See you next month

Dr R