TUSKS NOT COVERED
Dental insurance coverage is getting tighter all the time. Numerous procedures which you request are not covered. Some insurance policies allow a treatment and the next one will not cover it at all. For example, some Delta policies cover sealants and others do not. Your employer makes these choices based on cost.

You should decide what is important for your dental health and appearance. Then use your dental benefit to help out, not dictate your treatment.

FRUIT JUICE FOR BABIES
Fruit juice is basically sugar and water. It contains little nutrition.

—Juice quickly fills a child’s stomach and crowds out nutritious foods.
—Juice lacks the protein, fat, calories, calcium, vitamin D, iron, and zinc needed for normal development in childhood.
—Children, who drink juice instead of milk, have higher decay rates and are very likely calcium deficient.

BAD TOOTH HABITS
—Cutting fishing line or sewing thread
—Pulling out staples
—Loosening knots
—Removing plastic lids
—Opening hair clips
—Cracking nuts
—Chewing finger nails

DENTAL DICTIONARY
Porcelain jacket crown: a highly esthetic restoration used to rebuild a broken down tooth when natural appearance is most important

Porcelain Veneer: An all porcelain covering for front teeth which are not broken down, but are unsightly. The veneer is very thin and lifelike.

Porcelain inlay: An all porcelain unit formed to fit inside your tooth and match it very closely.

CHILD SAFETY
Unattended children and dental offices don’t mix very well. It rarely happens, but when very young children are left alone in the reception room it is a recipe for trouble. Often the youngsters will wander into the treatment areas or labs. These are not safe for small children. If you cannot provide supervision, please arrange for a sitter.
GOOD ADVICE
If you floss and brush and avoid sweets, you will see a dramatic improvement in your dental health. You will see a major improvement in your gum tissue health. Your gums will quit bleeding and toughen up. Your rate of tooth decay will fall off drastically. *We are not saying this is easy, just highly successful.*

IMPLANTS
Implants act as an artificial root. On to these new roots we can build a tooth or multiple teeth. Often conventional crowns and bridges are the best solution for restoring your bite and appearance. Other times implants are an excellent alternative.

PRETTY TEETH
Dental science has improved the esthetic options available to restore your teeth. Tooth colored restorations can give years of trouble free use. If you are concerned about the show of metal in your mouth, ask about other options.

MICHIGAN #7 IN SMOKING
25% of Michigan residents smoke tobacco. We are all bombarded with advice to improve our health. Exercise and diet are very important, but nothing will have a more significant effect on your health than to stay away from tobacco. “If nobody smoked we would get rid of 30% of all cancers and 50% of all heart disease,” says Marie Swanson, director of the cancer center at MSU.

MILK???
Is it passé? Is it hokey? Does building bones and teeth sound old fashioned? It is not. With soft drinks and juices displacing milk as the preferred drink of young people, many are deficient in calcium and vitamin D. This is particularly worrisome for young women because peak bone mass is reached by age 30 and most calcium is deposited by age 16. “Peak bone mass is like money in the bank,” says Jane Kerstetter, professor of nutrition at the University of Connecticut. The more calcium stored in the bones the less likely osteoporosis will be a problem in old age.

CANCER PREVENTION
1. Don’t use tobacco
2. Eat more vegetables and fruit
3. Limit high fat foods, especially meat
4. Be physically active: Maintain a healthy weight
5. Limit consumption of alcohol

WORDS OF WISDOM
*I have spent my days stringing and unstringing my instrument while the song I came to sing remains unsung.*
Rabindranath Tagore

Winter/Spring, 1997
The patient newsletter of
Dr. Chiaravalli
Dr. Figenshau
Dr. Fahrenbach