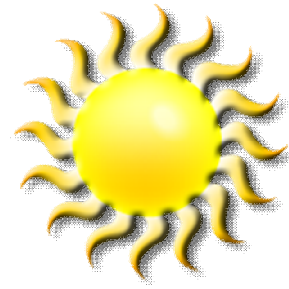


Dental Update



Volume 1 Issue 7

July 2011

In this Issue:

- Facts about sports drinks
- Don't wait til it's too late!
- Patient reviews
- Dental Cost Cutter Tips



Refer-A-Friend

Tell your family and friends about us!
We treat our referring patients to Special treats!!!

Be careful of those thirst quenchers: Sports Drinks

Hydration and energy are important facets to athletic success. But new studies have shown that they can be just as harmful to the strength of your teeth as soft drinks. Due to their acidic nature and high sugar content, these drinks can wear away the enamel from your teeth.

The Academy of General Dentistry released findings in 2005 that showed that over the course of years, sports drinks and energy drinks caused tooth decay just as fast (and in some cases; faster) than soft drinks. Many young athletes suppose that as they exercise and play sports, these drinks are vital to their performance and health. While they do assist in endurance and hydration, especially for athletes engaging in strenuous physical activity, you can often get the same benefits from juice or water with fewer risks to your teeth and your overall health.

Certainly during this hot summer season, a cooling sports drink should not be seen as a healthier alternative to soda when it comes to dental health. If you or your children find sports drinks as a frequent hydrator, you may want to rethink your sugar intake.



Don't wait until it is too late.....

By the time a painful broken tooth sends you to the dentist, you may have a mouthful of pricey problems. This recently happened to a 35-year-old single mom. She understood the importance of good dental care as she had always been faithful about scheduling her children for regular dental checkups. However; when she would experience a problem, she simply felt she did not have the time or money to manage a dental visit.

Months led to years without dental attention for this very busy mom. She even had dental insurance, but she knew they would not cover "everything" so she continued to ignore symptoms. This procrastination eventually led to an abscess that would require

Continued on back>>>>>>

Don't wait until it is too late cont'd....

immediate attention. After her initial examination, she was very disheartened to learn not only was she in danger of losing the broken tooth, but she now had Periodontal disease, and several areas of decay that would require more than a filling. Fortunately, we were able to help this mom schedule her much needed treatment in a way that not only made the most of her insurance, but was very affordable for her budget. Her treatment was phased over several appointments, taking care of the most important teeth first. She applied for **CareCredit** financing right in our office and is paying for her treatment in equal monthly payments.

At Alouf Aesthetic & Implant Dentistry it is never too late for improving or changing your oral health! We are here for you! Give us a call! **540-375-0095**



Follow us.....

Patient Review Corner—what our patients are saying

"The service is so professional it makes me feel part of the team! I cannot ask for anything better than that." E. Amorosa

"Everyone I met was extremely kind and comforting! Excellent customer service!" C. Hunt

"Everyone I met was very friendly and informative. It was one of the best dental experiences I have ever had & everyone listened to what I wanted and gave me advice on how to achieve it". G. Million

"The very best dentist and dental office in the valley!" S. Foutz

Dental Cost Cutters

- **Be honest about your financial situation.** Talk to your dentist on a very personal level and ask for assistance with payments or an alternative solution.
- **Maximize your dental benefits:** When you reach your yearly coverage limit ask your dentist if some treatment could wait until the new plan.
- **Stay on track with routine dental check-ups:** Skipping these maintenance visits can lead to more extensive treatment in the end. Be pro-active and always have your dental x-rays when recommended.

Tip of the Month
"Always say YES when dental x-rays are recommended"
That is how your dentist finds cavities between the teeth!



Save money with these tips