

## 5 WAYS TO AVOID A DENTAL EMERGENCY DURING THANKSGIVING



- Consume sugar in moderation, especially sticky foods that encourage enamel wear and plaque buildup.
- Choose water or beverages with low acid/sugar content. Or swish with water after a glass of wine, alcohol, or juice.
- Avoid hard or sharp foods that can potentially get lodged in between teeth or stab the gums (i.e. nuts, chips, popcorn).
- Don't graze. Continuous eating doesn't allow your mouth to recover its necessary pH balance, leading to dental problems.
- Be sure to brush after you eat. Yes, even if you plan to go back for seconds (or thirds!)

## SELECTING A DENTAL PLAN THAT SUITS YOUR NEEDS

The holidays take up so much of our time, energy, and bandwidth that making a decision about next year's dental insurance plan doesn't hit high on our list of priorities. But unlike a much fussed over gift buying list, this decision is one that you (and your family) will be living with all throughout the following year. Here are some tips to help you choose thoughtfully:

- Look at the plan limitations such as waiting periods, missing tooth clauses, frequency of visits, age exclusions, and services allowable.
- If you are considering a secondary plan, first research the, "Coordination of Benefits" with your primary plan. Coordination of benefits means in-short that the plans work together to offer up to 100% coverage without allowing the member or provider to make money "above the cost of care" some secondary plans do not pay above the primary until the first plan has met the annual max.
- Unless you are a member of a managed care HMO- DMO- State Assistance or other related discounted plans, you may still have the option to choose a dental practice that is "out-of-network" with your insurance.
- Did you know that we offer in-house plans that are affordable, easy to use, and best of all



## USE OR LOSE YOUR INSURANCE BENEFITS

Every December, we experience a mad dash as patients try to use up their remaining annual maximum benefits. Because you all know when the clock strikes midnight on 1/1/2020, all those beautiful benefit dollars turn back into pumpkins and mice. Appointment slots are few and waitlists are long so don't wait to plan your end-of-year dental appointments!

# WHAT ARE YOU GRATEFUL FOR?

*Quarterly Newsletter curated by The Dental Co. of Leesburg*



## THE DENTAL CO. GRATITUDE LIST

- *Patients who treat us like friends*
- *"Our Work Family"*
- *Pumpkin picking, pumpkin carving, and pumpkin spiced everything!*
- *Dr. Wollmann and Dr. Hoang*
- *Laughter (usually supplied by Adam)*
- *Grandbabies!*
- *Marian's baking skiiiiiiills*
- *A joy and satisfaction from a job that makes a difference, year in and year out.*

## NEW FACE

***"Hi, I'm Dr. Marcus Hoang."***

- *I'm the 2nd oldest of 4 siblings and come from a multigenerational family of dentists.*
- *My family immigrated to the U.S. after the Vietnam War.*
- *I have a beautiful, bouncy 8 mos old son named Maximus.*
- *I'm a New England Patriots fan!*



## NEW TECH

### ***Sleep Testing and Sleep Apnea Treatment***

***Who's at Risk of Sleep Apnea?***

- *Mouth breathing: Sleeping with the mouth open is a sign that the nasal airway is obstructed.*
- *Excess weight: Fat deposits around the neck and chin may obstruct your breathing.*
- *Neck size (circumference): People with large neck circumferences tend to have narrowed airways as a result.*
- *Smoking: Smokers are three times more likely to suffer from OSA than their non-smoking counterparts.*
- *Use of alcohol or other sedatives.*