

# DENTISTRY TODAY

1947 Citrona Dr. • Fernandina Beach, FL 32034 • (904) 261-7181 • www.ameliadental.com



COMPREHENSIVE  
DENTISTRY

Office Hours: Monday - Thursday 8:30 - 5:00, Friday 8:30 - 1:00

## Can a Pacifier Cause Buck Teeth?

The answer to that question depends on the age of the child. For the first three years or so, the baby's sucking actually helps strengthen the tongue and lip muscles. Teeth don't automatically come in to the right places...and the tongue and lips play an important role in guiding the primary teeth into the right alignment. Then the primary teeth help the permanent ones come in correctly.



Most children have already given up their pacifiers by the time their permanent teeth start erupting, around age five. If they haven't, that's when the habit could lead to "buck teeth" or some other bite problem that would require orthodontic correction.

So pacifiers are fine for the first two or three years of life. After that, parents should help their children to give up the pacifiers.

## Dental Insurance and You!

Many patients have dental insurance - a good healthcare benefit. When plans change, it may be challenging to figure out what your benefits will be. There are two kinds of dental coverage. The first is the indemnity plan - which is a fee for service or traditional plan. It allows you the freedom to choose the dentist of your choice. The second is a managed care plan. This plan will limit your freedom in choosing the dentist of your choice. If your company is offering new dental insurance, think about it carefully before choosing. Here are a few questions to ask your benefits representative before you make your decision in choosing what's best for your family's dental health.

- 1. Will the new dental plan restrict my ability to select the dentist of my choice? Will I be limited to a list of contracted plan dentists or participating "preferred" dental providers?**
- 2. What services will be paid for under the Indemnity Plan that the Managed Care option no longer covers?**
- 3. What are the changes in deductibles, yearly maximums, and is there a waiting period?**

**Insurance premiums** - what you pay from your pocket usually increases annually. Unfortunately, the amount that insurers pay for high-quality, professional dental health care has not kept pace with premium increases. In fact, in many cases the amount insurance carriers pay for some treatment has not increased in years! That is why our fees for services, and the actual costs of the high-quality dental care we provide, may not be completely covered by your insurance company. We do not like that, but feel we cannot compromise the care we provide to our patients.

We will be happy to work with you to maximize your insurance coverage while minimizing your out of pocket expenses. Please feel free to contact our office with any questions you may have regarding your insurance options or insurance benefits.



Photo L to R: Dr. Geric, Dr. Owens, Dr. Van Etta, Dr. Beitenholtz, Dr. Kitson, Dr. Skigen, Dr. Young

## How Safe Are Dental X-rays? Do I Really Need Them?

Often patients will express concerns about undergoing a dental x-ray examination. Of course it makes sense to be cautious when dealing with any type of radiation. The good news is that important advances have been made in dental radiography. In dentistry we now use digital radiographs. These modern digital radiographs limit the amount of radiation that reaches sensitive cells in the body to about the same amount that is received from the sun in a day.

Dental radiographs are an essential part of our diagnosis of your current dental condition. Besides pinpointing cavities, or hidden decay under old fillings, they can also discover cysts, abscesses, tumors and gum disease. Digital radiographs can identify malformed or impacted teeth, as well as missing or extra teeth that can cause problems for a growing child.

Try not to delay dental radiographs from a cost standpoint. Digital radiographs are very cost effective if your goal is to maintain your teeth for a lifetime. Dental radiographs assist us in identifying dental problems early, before they are visible with an oral examination. Dental concerns caught early are usually less expensive to repair.

Feel free to ask us any questions you have regarding dental x-rays at your next appointment. We will be happy to alleviate any concerns you have over the safety and value of dental radiographs.

## Holiday Greetings

*Greetings at this special time of year! We would like to express to you our sincere appreciation for your confidence and loyalty. It is our pleasure to serve you, and to care for your dental needs. Our entire team joins in wishing you a happy holiday season and best wishes for a peaceful New Year.*

Dr. Owens, Dr. Van Etta, Dr. Kitson, Dr. Bietenholz, Dr. Geric, Dr. Skigen and Dr. Young

Front Office Team: Teresa, Kathy, JoAnn, Kate, Kellyn, Tina, Beth and Kim

Dental Hygiene Team: Cheryl, Kathy D., Teresa, Cathy, Jennifer, Amanda, Angie and Donna-Lee

Dental Assistant Team: Carrie, Amy, Heather, Mistye, Erica, Leslie and Ashley

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