

WINTER 2022

# THE HONEST TOOTH

NEWS FROM YOUR DENTAL CARE EXPERTS

## Pop Top Drop for the Ronald McDonald House Charities

We are excited to announce that we are collecting pop tops from cans for the Ronald McDonald House Charities in both offices! The Ronald McDonald House recycles the tabs for money to fund their many programs. According to the Ronald McDonald House Charities website, "the mission of RMHC is to create, find, and support programs that directly improve the health and well-being of children and their families." They have over 380 programs, including 40 mobile and 265 family room programs. Every year they spend millions to help families cover the expenses of overnight stays, lodging, and meals. They have locations in over 60 countries and regions, with hundreds of locations in the United States alone.

The Ronald McDonald House Charities means a lot to many of our team members because they have family who have needed their help. Faith, a Dental Assistant for Dr. McIntyre, had a cousin named Grace who passed away from Trisomy 13. Due to her illness, it was extremely difficult for her to live outside of the womb. She survived 10 hours without any medical intervention before she passed away in January. Before Grace passed, her parents talked about staying at the Ronald McDonald House while receiving the necessary medical attention. Unfortunately, she passed away before her parents could use the RMHC's many services, but in her memory we would like to collect as many tabs as possible. Our goal is that we are able to honor Grace, and the other families in need of the RMHC's help.

We will be collecting these pop tops in both offices indefinitely, so bring them to every appointment. We cannot wait to see how many soda tabs we can collect to give back to those who truly need it!

For more details on their mission, visit the RMHC website at [rmhc.org](http://rmhc.org)



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# Diabetes and Gum Disease

Did you know that Diabetes and Gum Disease are very intertwined? One in five diabetics will likely develop some form of gum disease, which can lead to a multitude of other issues throughout your body. Gum disease can cause things like red gums, loosening teeth, gum bleeding and much more. Diabetes makes those symptoms more likely and can cause dry mouth, fungal infections, burning mouth syndrome, and more frequent infections.

You must have good oral health and come in regularly for your checkups. Always check with our doctors if you have any concerns. For more information on Diabetes and Gum Disease, check out our blog at [smilesforlifeonline.com/blog/](http://smilesforlifeonline.com/blog/)

## Find us on Social Media!

Modento: Smiles for Life  
Twitter: @SmilesforLifeVA  
Tik Tok: @smilesforlifedentalva  
Facebook: @SmilesForLifeOnline  
Instagram: @smilesforlifedentalva

## Use Your Benefits

BY THE SMILES FOR LIFE TEAM

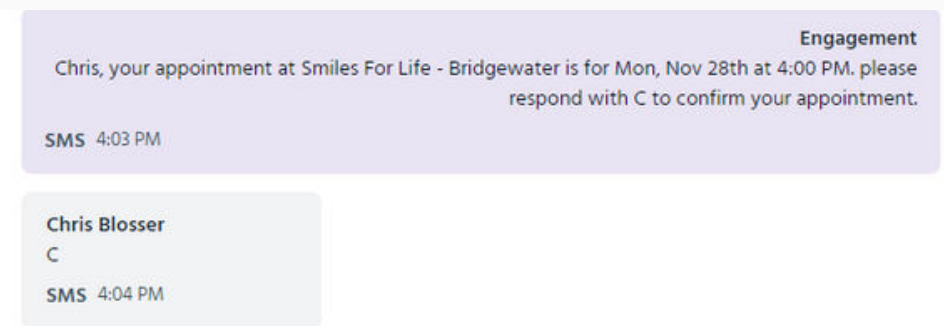
The end of the year is here, and we want you to maximize your dental benefits before it's too late. If you are one of the many people who's insurance benefits renew at the beginning of the year, we want to help you utilize what you have before it's gone. We have a few cleaning appointments available, but they are filling up quickly. Give us a call to schedule your next cleaning appointment before it's too late. We cannot wait to speak with you!

## Confirming Your Appointment

BY THE SMILES FOR LIFE TEAM

We love staying connected to you, and our automated system has made it even easier. We wanted to provide you with a few tips to minimize the number of automated messages you get and make it easier for you to reach us when you really need to.

- When you get a confirmation text, you only need to reply with a "C" to confirm the appointment. Responding with anything else that our system does not recognize will not disable the texts. By replying, "C" your appointment reminder auto texts will be disabled and you will not get additional reminders to confirm your appointment.



- If you are reaching out to the office, please do not text our office number at 540-828-2312. We do not get those texts. Instead, please reply to an auto text or send us a message through the Modento app.

Hopefully, these little tricks will make it easier for you to communicate with our team and minimize the number of auto texts you will receive in the future. If you ever have any concerns, please let us know.





## Jackie's Success Story

BY JACKIE

"I have had problems with cavities all my life to the point of having cleanings every 3 months to try and slow things down. Nothing was helping and I had a few caps, by around age 50 I had all but 6 teeth capped. But 25 years later all the teeth under the caps were decayed and the 6 original teeth had been ruined too.

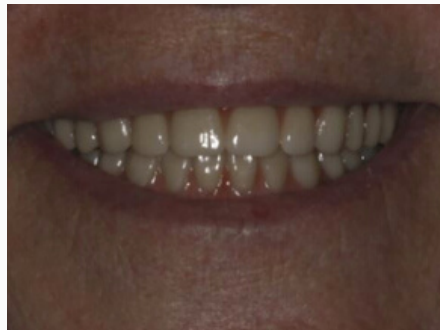
The best decision I made was to schedule an appointment with Smiles for Life. I was nervous but Jody helped me to calm down and explained the procedures to me and took me on a small tour of the office. Once I decided to go with "All On 4" (implant supported permanent teeth), I have never had any regrets. For me, it was painless and after 6 months, I now have my permanent natural looking teeth. I've never been so happy.

My team of Dr. McIntyre, Elaine, Faith, and Jody were excellent. We laughed and teared up together. They truly care about their patients. It changed my view of dentists.

I'm now able to eat what I want and have had many great comments on my smile. I'm finally not ashamed for people to see my teeth. At my age, 75, it's a testament that no one should be afraid to have this procedure done at any age. Smiles for Life is really a life changer."



Before



After

Jackie got her brand new All-On-4 permanent teeth and she is so in love with them. Not only do they look great, but she frequently tells us how great they feel. We do have consultations available by appointment only, where you can meet with our Treatment Coordinator, Jody, who will review everything you need to know. She will also help you get your appointments scheduled and work out financing. Give us a call to get your consultation scheduled today!

What do you call a bear with no teeth?  
A Gummy bear!

"Your teeth are supposed to last you a lifetime, let's take care of them"

-NICOLE  
FINANCIAL COORDINATOR

Did you know toothprints are like finger prints, they are unique to each person.





# Upcoming Dates

December 23rd-January 1st

Both Offices are Closed for  
Christmas Break

January 26th, 2023

Both Offices Closed for Training  
May 29th, 2023

Both Offices Closed for  
Memorial Day

July 4th, 2023

Both Offices Closed or  
Independence Day

September 4th, 2023

Both Offices Closed  
for Labor Day

## Why do I Need two Appointments for a Crown?

BY THE SMILES FOR LIFE TEAM

Many people have a crown - some people call them caps - but do you know why it takes two appointments to complete your crown treatment? The first appointment is to "prep" the tooth. This will involve removing any decay, any old fillings material and making sure the remaining tooth structure is strong. We then take an impression of the prep to send to a certified dental lab. Our experience show we get the best results from them lab, rather than doing in house "same day" crowns. The lab specializes in making crowns from various materials and colors to give you the best fit and best "look". Since it takes time for the lab to make the crown, we send you home with a temporary crown for you to wear until the final crown is ready. Once it is ready, the temporary crown is removed and the final crown is placed. You are now ready to chew your favorite foods and smile big and pretty. Just remember, there is a tooth under the crown, so great home care is the best way to protect your investment in your new crown.

## REFER YOUR FRIENDS TO US!

If you are a current patient who refers a friend, you will receive a \$25 Smile Rewards Card that can be used at select local businesses in our area. The best part is that the person you refer will receive \$25 off of their second appointment with us. So, what's stopping you from referring a friend to a high quality dental office?



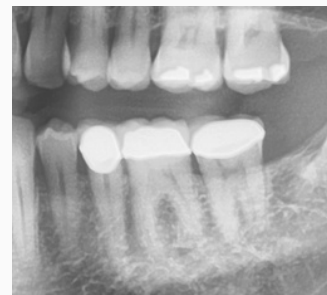
## When to Replace a Filling With a Crown?

BY THE SMILES FOR LIFE TEAM

It can be tricky to know when you should replace your filling with a crown, but knowing what to look out for can always be helpful. A few reasons you might need to replace your filling with a crown could include:

- If the filling has decay and covers multiple surfaces of your tooth
- If it is an old silver filling. They can act as a wedge in the teeth and cause bigger issues like cracks and breaking.
- If your current filling covers more than 50% of the tooth it could begin causing sensitivity.

Luckily, our awesome patients are really good about maintaining their oral health, but if you are concerned feel free to give us a call. Our doctors are very highly trained, and they continue to gain even more knowledge through frequent continuing education classes.



This is what a crown looks like on an x-ray







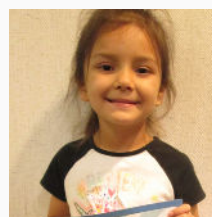
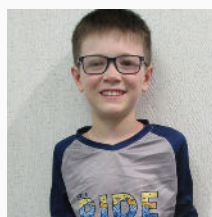
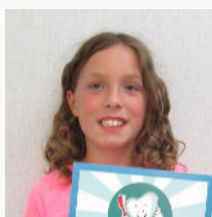
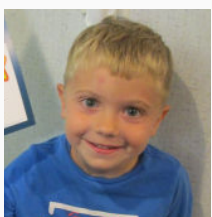
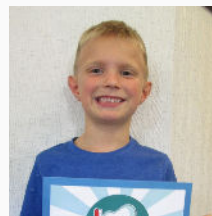
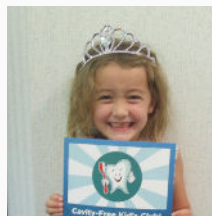
Drs. McIntyre, Whiting, & Associates  
115 Oakwood Dr,  
Bridgewater, VA 22812  
www.SmilesForLifeOnline.com



## Cavity Free Kids Club

BY THE SMILES FOR LIFE TEAM

Within the last few months we have had a lot of cavity free kiddos, some new and others who have been cavity free for an extended period of time. We are so proud of all of their hard work and pleased that their oral health is a priority to them. Below are just a few of the kiddos who did a wonderful job recently. We love growing the kids club and we look forward to our Cavity Free Club party early next year!



## We Go the Extra Smile!

Smiles for Life Bridgewater  
115 Oakwood Drive  
Bridgewater, VA 22812  
540-828-2312



Smiles for Life Staunton  
502 N Coalter St,  
Staunton, VA 24401  
540-887-3304

Review Us!

