

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



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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/

Find us on Social Media!

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

Use Your Benefits

BY THE SMILES FOR LIFE TEAM

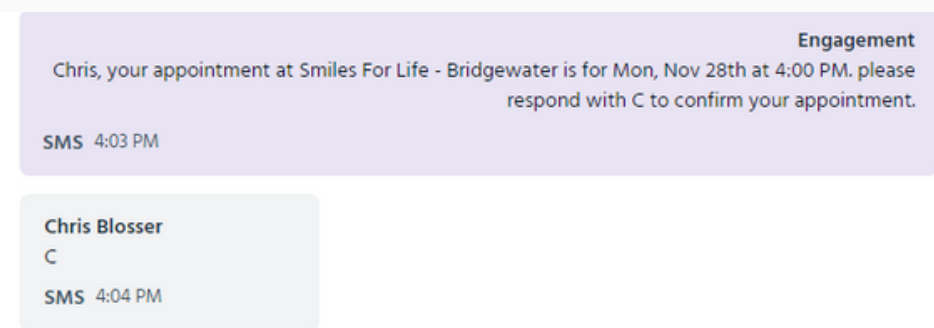
The end of the year is here, and we want you to maximize your dental benefits before it's too late. If you are one of the many people who's insurance benefits renew at the beginning of the year, we want to help you utilize what you have before it's gone. We have a few cleaning appointments available, 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 Modesto 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.



Rhonda's Awesome Experience

BY RHONDA SOWERS

"Today, as usual, I was greeted with smiles & enthusiasm when I entered the office. Each member of the team including the office staff, hygienist, dental assistants & dentists are always very friendly & interested in how I have been each time I see them. They take time to answer all my questions & always explain what they are doing each step if the way. I always have a positive experience when I visit. The environment is inviting & I love the updated decor changes they have made in the waiting area. It lifts my spirits each time I visit! I appreciate all their efforts to participate in & contribute to the dental needs of the people of Haiti & other communities of people throughout the year. It's refreshing that we have an opportunity to give to these programs through Smiles for Life knowing we are making a difference in someone's life! Thanks for making my dental visits special! I always look forward to seeing the team!"

Have you had an awesome experience with us? Let us know about it by completing a success story or review. We love to hear about everyone's experiences with our team and we love to share them with prospective patients. Ask a team member today for our success story packet and let us know about your experience with us!

Have You Met Cheyenne Yet?

BY THE SMILES FOR LIFE TEAM

Cheyenne, our newest Dental Assistant, has been with the team for a few months now, and she is doing great things! She earned a Dental Assisting Certificate from Massanutten Technical Center in 2016, providing her a wealth of dental information. Cheyenne is getting married in July of 2023 to the love of her life. They share two children, one is two years old, and the other is just under a year old. She enjoys spending her free time with her fiancé and their kids, making memories that will last a lifetime. If you happen to see Cheyenne anytime soon, make sure you give her a very warm welcome. We cannot wait to see what great things she is able to accomplish with our team!



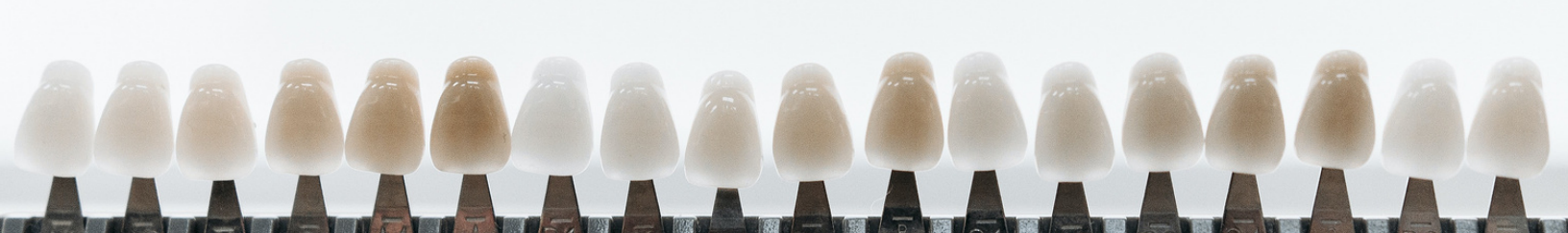
What do you call a bear with no teeth?
A Gummy bear!

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

-NICOLE
BRIDGEWATER 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
May 29th, 2023
Both Offices Closed for
Memorial Day
July 4th, 2023
Both Offices Closed for
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?



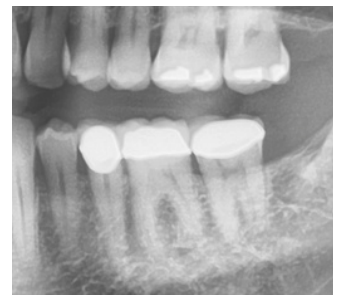
When to Replace a Filling With a Crown?

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



Smiles for Life

DENTAL CARE

Dr. Whiting, & Associates
 502 N Coalter St,
 Staunton, VA 24401
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!

