

Dear Friends-

Over Labor Day weekend we had a booth at the Norco Valley fair again. It was an incredible time again this year. Last year it seemed like I was introducing myself to everyone, where as, this year it felt as if the majority of the visitors to our booth I already knew. I really enjoy the fair and we like passing out toothbrushes and other goodies to the families that come by. We will continue to do events like the fair and others that support our local community.

The new member of my family arrived on August 17<sup>th</sup>. He is a healthy, happy baby boy. You will start to see Lilly around the office again and even the baby. We have set up a room in the back of the building that has a place for the baby and my other children to hang out and be with Lilly and I at the office.



When you come by the office you might notice the new landscaping. The staff and I decided to add some color to our building. We removed the majority of the shrubs

around the building and replaced them with some colorful flowers and ground cover. This is just another step in our process to try and make our office a place you are proud and comfortable to visit. We'll see you soon.



#### **DOCTOR'S WORD:**

With so much media attention being spend on the current state of our economy we felt that we can offer our patients a bit of advice on how to maximize your dollars spend on your oral health. The most common mistake made by patients is putting off regular appointments. Your regular appointments are the most important part of keeping your oral health cost down. They are by far the least expensive visits you can make and at the same time give you the necessary preventative maintenance to prevent conditions from worsening. Your regularly scheduled cleaning is when the Dr. removes

plaque and tartar build up, if not removed this leads to fillings, crowns or even root canals. Another common mistake is putting off treatments that have been approved by your dental plan. The majority of plans operate on a calendar year basis; those benefits not used in the calendar year are lost. Keep in mind you are giving up a portion of your paycheck to have these benefits and if you do not complete your treatment when diagnosed and approved by your insurance you run two great risks. One risk is the condition worsening to a type of treatment that your plan covers a smaller percentage of (most dental plans will cover 80% of minor treatment but only 50% of major treatments), and the other being the worsened condition has a total fee that is greater than your annual maximum benefits allowed. The moral of the story is staying on top of you oral health with your regular cleaning and check ups is the best way to get the most bang for your buck.

If you have any question about remaining benefits, outstanding treatments, or just to get a better understanding of your dental plan, contact our front office 951 817 1166.

## **SPECIALS!!! \$\$\$\$\$\$**

Do your kids play sports? We see more and more mouth injuries from sports every month. The most effective way to prevent the lose of teeth, ruptured lips, and even concussion is a quality mouth guard. These are custom sized at our office and sent out to a laboratory to be made. There are a few levels of guards available, everything from Junior single layer (for younger children and lighter contact sports) to Heavy Pro 3 Layer (Used in activities like Bull Riding and Boxing). You can also pick colors to match your team or school. For the months of Oct., Nov., and Dec., we will be offering a **25% Discount** on these mouthgaurds.



Thanksgiving is just around the corner and we will be doing our Turkey raffle again. Drop your name into the box in the front office and you have a chance to win a turkey for your Thanksgiving dinner.



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