

# CITY CENTER Dental Care Digest

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## HOW TO RECESSION-PROOF YOUR MOUTH

Money is tight for many right now, creating tough decisions for many families regarding how to best prioritize their expenses. How can dental dollars be used wisely, in light of the budgetary crunch that many are experiencing? Following are our top recommendations to stay healthy without breaking the bank:

1. **Continue preventative treatment.** Patients who stay regular with their periodic cleanings are far less likely to experience decay and gum disease. These hygiene services, in keeping you healthy, will also decrease the likelihood that more costly treatment will be needed. Having your teeth cleaned will likely save more than it costs.
2. **If necessary, consider fillings rather than crowns or onlays.** When a tooth becomes weak due to decay or fracture, a crown or onlay is often the best option. However, the laboratory services required to fabricate onlays and crowns cause these procedures to be a bigger investment. If funds are limited, weak teeth can usually be preserved with filling material until a stronger option becomes possible.
3. **Use your dental benefits.** Every year patients with available dental benefits allow them to expire without using them. Because the annual limits for dental benefits are so much lower than their medical counterpart, patients needing significant quantities of dental treatment can minimize their out-of-pocket costs by utilizing their annual dental benefit allotment.

Hopefully these suggestions will help enable you to weather the current economic storm and maintain your dental health. If financial difficulties prevent you from being able to keep up with your dental needs, please let us know.

## GIVING THANKS TO THE LORD

Our country's celebration of Thanksgiving commemorates the gratitude that early settlers directed towards the Lord for His provision to them. A few centuries later we still have no shortage of reasons to thank the Lord for all the blessings we enjoy. Happy Thanksgiving to you and yours from your City Center Dental Care Team!



Our Dental Team is ready to help you achieve and maintain your healthy smile: Front (L to R) Pam, Cheryl, Heather, Rona, Suzanne, Carolyn Back (L to R) Beth, Harriette, Dr. Greenwell, Dr. Griffin, Lisa, Linda & Brenda.

## CELEBRATING 25 WONDERFUL YEARS!



Mary Lou bids us farewell, and Dr. Griffin talks with Bryan and Colleen Hefner at our 25th Anniversary Celebration on July 26, 2008.

## SNORING OR SLEEP APNEA?

Snoring often indicates a more serious medical disorder called sleep apnea, in which one's breathing stops for multiple periods of 10 seconds or more during sleep. Sleep apnea sufferers are at higher risk for strokes, heart attacks, high blood pressure, gastric reflux, and depression. Dr. Greenwell has received specialized training in treating snoring and sleep apnea, and she welcomes your questions.

# GREAT GIFT IDEAS FOR FRIENDS & FAMILY



**2 for 1**

(OR 40% OFF 1) TAKE HOME TOOTH WHITENING SYSTEM

*Purchase one Professional Tooth Whitening System and receive a second one at no cost, or receive 40% off one system (\$465 value).*

**CITY CENTER DENTAL CARE**  
757-873-3001

EXPIRES 01/01/2009

## ONE WEEK GUEST PASS

**Ask for Carl** Expiration Date: 12/20/2008

NEWPORT NEWS  
815 Middle Ground  
757-599-4653

J. Clyde Morris

THE OLDEST AND LARGEST INTERNATIONAL GYM CHAIN IN THE WORLD

# WIN A 32" HIGH DEFINITION LCD TV!

**We Love Referrals!**

With each New Patient Referral (age 21 & up), who makes and keeps their first appointment, you will receive one entry for our 32" Magnavox H.D. LCD TV drawing.

**More referrals = More entries !!**

The drawing will be held January 30, 2009 – just in time for Super Bowl XLIII! Go Redskins!

## OFFICE EXPANSION UNDERWAY

We are excited about the expansion of our office, which will increase our capacity to serve you. Our plans include adding three more treatment rooms, enlarging our sterilization and laboratory area, new interior decorating, and making room for an eventual third doctor. Though there may be a bit of inconvenience along the way, we believe that you will enjoy the end result.

## The Last Word, God's Word

*"Enter His gates with thanksgiving and His courts with praise, give thanks to Him; bless His name."*

*Psalm 100:4*

Office Hours: Monday, Wednesday, Friday, 8am-5pm    Tuesday, Thursday 8am-5:30pm    Alternate Saturdays 8am-1pm

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