



“You’re Not Healthy Without Good Oral Health”

C. Everett Koop, Former Surgeon General

You may be thinking... “My teeth don’t hurt, they work fine, and I’m not having any problems. I don’t need to go to the dentist!” Those are dangerous thoughts indeed. Did you know that the World Health Organization defines oral health as: *“A state of being free from chronic mouth and facial pain, oral and throat cancer, oral sores, birth defects such as cleft lip and palate, periodontal (gum) disease, tooth decay and tooth loss, and other diseases and disorders that affect the oral cavity. Risk factors for oral diseases include unhealthy diet, tobacco use, harmful alcohol use, and poor oral hygiene”*? You may not know this but poor oral health can impact your performance at work and your children’s performance at school, too.

The health of your mouth, teeth, and gums directly impacts your general health and well being. Your mouth can be used as a “mirror of the body” and can give early warning signs that a dental health professional can diagnose. The chronic inflammation of red, swollen gums may contribute to cardiovascular disease which can cause heart attacks or strokes. Lesions in the mouth may be pre-cancerous or cancerous...and be painless so you might not even know they’re there.

Preventing deteriorating oral health is one of the best investments you can make for the duration of your and your child’s life. In addition, it is the most cost effective way to take care of your mouth, teeth, and gums. The old adage, “Pay now or pay later”, sure fits!

Many people think that childhood tooth decay is a regular part of growing up and/or that losing baby teeth early is “no big deal”. NOT TRUE!!! Here are some possible consequences of untreated dental decay:

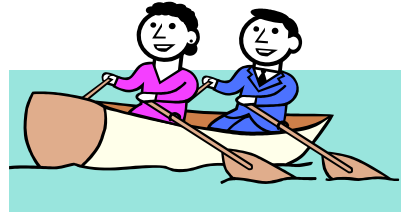
1. **PAIN.** If you’ve ever had a toothache, you know how painful dental decay can be. If you haven’t, it hurts... a LOT!
2. **INFECTION.** Your mouth is full of good and bad bacteria and these bacteria can spread throughout your body. If you or

your child have an infected tooth, the risk for other infections, such as ear and sinus infections, increases.

3. **POOR NUTRITION.** It hurts to chew on decayed and infected teeth. Because of this, those with dental disease do not get the good nutrition they need.
4. **TOOTH LOSS.** If an adult loses a tooth and it isn’t correctly cared for, it can be costly in many ways. If a child loses baby teeth before their time, the new “adult” teeth may not be ready to come in.
5. **SLEEP DEPRIVATION.** If your teeth hurt, you can’t sleep. If you chronically can’t sleep, it impacts your life immensely.
6. **SOCIAL DEVELOPMENT.** A child with missing teeth has a more difficult time learning to talk which can impact their self-esteem and their ability to play and socialize with other children. This early development is a foundation for their entire life, why not give your child the BEST start?
7. **ATTENTION PROBLEMS.** If teeth are painful, it is hard to keep your attention on the task at hand, both for adults and for children. For children, this can affect their ability to learn and keep at grade level in school.
8. **MISSING WORK OR SCHOOL.** The quote, “In 1996, 51 million hours of school were lost in the United States due to dental problems” (see reference below) pretty much sums it up for kids. Adults lost income, jobs and benefits from missed work, too.
9. **DENTAL CARE.** Once you have a cavity, you cannot stop it without professional dental care. So, prevention is key: Brush twice a day with fluoride toothpaste, drink fluoridated water, have sealants applied to molars, reduce intake of sugars and carbohydrates, and SEE YOUR DENTIST REGULARLY FOR CHECK UPS. “The old adage, ‘An ounce of prevention is worth a pound of cure’, is certainly true when it comes to your oral health”, states Dr. Vendeland.

(Reference: Washington State Smile Survey 2010. March 2011. Division of Community and Family Health, Office of Maternal and Child Health, Oral Health Program. Appendix A, pp 17-19.)

Summer 2011 Dental News



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Summer Dental Visits

While we think going to the dental office is ALWAYS fun ☺, going in the summer is more fun than ever! In case you didn't know, summer is a busy time at Vendeland Dental Professionals because moms and dads like to take advantage of the summer break from school for their kids. However, our staff like to take their family vacations in the sunny season, too, limiting the number of open appointments...and they fill up fast!

If you haven't called to schedule YOUR summer appointment, don't delay! Just think how sunny your disposition will be when you leave the office with a GREAT check-up!! Just imagine how clean, shiny, and smooth your teeth will feel. Doesn't that just make you want to call right away? Me, too.... Here I go....

425-228-1033

AHHH...I feel better already, how about you?

Washington Dental Service Cuts Reimbursements to Dentists

Many of you saw the news in April, 2011 that Washington Dental Service reduced their insurance reimbursements to Washington dentists by 15%. In addition, there have been no allowable fee increases for the past two years. Because of this, many Washington dentists have either dropped their contracts or are considering dropping their contracts with WDS. Vendeland Dental Professionals is a participating provider with the Premier version of the WDS contract and will continue in that capacity. *Please remember that dental insurance is only a supplement to payment of fees for dental services; it is not and never has been "full coverage".*

If you have dental insurance, whether with WDS or another provider, your insurance reimbursement in our office does not change at this time. If you know any friends and relatives who need a WDS dentist, please refer them to our office. **When you do refer someone and they come in for their oral health care appointment, you become a beneficiary in the SSS (Sensational Smile Society)!** That means you earn \$50* off your outstanding balance on your account at VDP!! Plus, after their appointment, your referred friend or relative gets \$50* off, too. *What a deal!! *not applicable to dental retail products and supplies.*