



DENTAL DEVELOPMENTS

WINTER/SPRING 2012

NEW FOR 2012—DIRECT DENTAL SAVINGS PLAN

6443 W. 10th St
Suite 204
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317-247-9512
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Dr. Brent Barta
General Dentistry

Dr. Mark Lewis
General Dentistry

Dr. Jay Bowling
General Dentistry

Dr. Misti Langmaack
Children's Dentistry

Dr. Edmund Rapp
Endodontics

Dr. Robert Hindman
Periodontics

Dr. Christopher
Howard
Oral Surgery

Dr. Peter Chapman
Orthodontics

Office Hours

Monday: 9am-6pm

Tuesday: 7:30am-4:30pm

Wednesday: 7:30am-4:30pm

Thursday: 9am-6pm

Friday: 8am-2pm

We are open 1 Saturday a month for our adult patients & 1 Saturday a month for children's appointments.

Today, more and more patients are experiencing the loss of dental insurance. West 10th Dental Group is now pleased to offer a dental discount plan for our patients who find themselves in this situation!

Who can participate?

Any patient seeking treatment with West 10th Dental Group and/or Oral Surgery and Dental Implant Center of Indiana faced with dental fees not covered by dental insurance, PPO Plan, Fee schedule, or DMO. The discount will apply to any new dental treatment plan – existing treatment plans or treatment in progress will not be covered.

What is the Discount?

The Direct Dental Saving is a straight 15% discount from the standard fee schedule in place at the time a treatment plan is generated. An initial fee schedule will be provided when the discount plan goes into effect. Treatment plans are valid for 90 days after presentation.

How does it work?

Members take advantage of:

- No yearly maximum.
- No coordination of benefits.
- No annual deductible.
- No insurance companies to deal with.
- No frequency rules.
- Make your own choices for dental care!



Due to the loss of insurance for many patients, West 10th Dental Group now offers a Dental Discount Plan

When can I get started?

Complete an application today!

Individual plan cost \$71.40 a year
Family plan costs \$119.40 a year

Membership is based on a calendar year. Membership fees are pro rated through the year. There will be no refund of any unused membership fees once a patient is enrolled. Direct Dental Savings Plan cannot be used in conjunction with any other discount plans, insurance plans, PPO plans, DMO plans, coupons, or special offers. Payment of fees is expected at time of service unless prior arrangements have been made.

Enrollment forms are included with this newsletter as a separate attachment. If you would like to participate, please complete the enrollment form for the Dental Discount Plan and return with your premium to:

Direct Dental Savings
West 10th Dental Group
6443 West 10th Street Suite 204
Indianapolis, Indiana 46214

COMMUNITY CORNER

West 10th Dental Group is happy to continue our work with Ambassadors for Children in 2012. This group is a not-for-profit organization dedicated to serving children around the world through short-term humanitarian service trips and sustainable programs. We will be donating dental supplies for 200 children and adults, and supporting education



efforts for 2 of their upcoming trips.

The Ambassadors have a trip planned to Uganda in January, and will then be traveling to India in March. For more information on the organization, or to find out how you can help, please visit their website: ambassadorsforchildren.org

Visit our website: www.west10thdentalgroup.com

Like us on





On-line Statements
are now available!

NEW YEAR'S RESOLUTION TO IMPROVE YOUR HEALTH? MAKE SURE TO INCLUDE YOUR *ORAL* HEALTH!

We are excited to announce that West 10th Dental Group now offers electronic billing statements! At your next appointment, please provide us with your updated contact information, including the e-mail address you would prefer to use for this service.



Eliminate paper pile-ups by signing up for our new online statement service.

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes.

It is not surprising to find that weight loss, along with getting fit, is one of the most popular New Year's resolutions. Studies show that regular exercise has been associated with many health benefits including reducing the risk of some cancers, increasing longevity, helping achieve and maintain weight loss, lowering blood pressure, and even improving arthritis.

Unfortunately, many people don't realize that, like exercise, *your oral health can have a significant impact on your health*. Evidence suggests that gum disease may be associated with heart disease, diabetes, and many other health conditions.

Studies suggest that oral inflammation and bacteria associated with gum disease, or periodontitis, may be associated with the development of heart disease. One theory is that harmful oral bacteria can enter the bloodstream and attach to fatty deposits in the blood vessels of the heart, while another theory is that inflammatory proteins can enter the bloodstream and may stimulate inflammation in blood vessels. Both theories suggest that these conditions may lead to blood clots and contribute to heart disease.

Studies also show that gum disease may be more difficult to manage and/or eliminate in patients with diabetes. Recent evidence suggests that periodontitis may adversely affect a person with diabetes in controlling his/her blood sugar levels. When your blood sugar levels are poorly controlled, oral conditions such as periodontitis, tooth loss, thrush, fungal infections, and dry mouth may develop. So not only does your oral health affect your diabetes, but your diabetes can affect your oral health.

What should you do? Have regular dental check-ups. Always make sure your dentist and hygienist know if you have a heart problem or diabetes, and about any medications you are taking. Maintain good oral health by brushing and flossing twice a day. Eat healthy, exercise and if you smoke, quit!

Above all, have a Happy and *Healthy* New Year!

STAFF FAVORITES— DR. MISTI'S TOMATO SOUP

Ingredients:

- 1 package of bacon
- 1 stick of butter
- 1 bunch of celery, finely chopped
- 4 large tomatoes
- 3 large cans tomato soup
- 24 oz sour cream
- Fresh basil



Take the chill out any winter evening with this rich and delicious soup from our Children's dentist, Dr. Misti Langmaack. It's hearty enough to serve on it's own as a meal!

Directions:

Cut and fry bacon, drain at least 1/2 of the grease. Add stick of butter and melt. Once butter is melted, add chopped celery and cook until soft, about 5-10 minutes. Finely dice tomatoes, or chop in a food processor, and add to pan along with tomato soup. Whisk in sour cream and heat through.

Top with fresh basil, salt, and pepper to taste. Serve with warm crusty bread or grilled cheese sandwiches!

Visit our website: www.west10thdentalgroup.com