

FAMILY SMILECARE CENTER, PLC

Our Mission: Helping you keep your smile for a lifetime.



SPRING NEWSLETTER 2018

THANKS FOR SHARING OUR CARE

It means a great deal to us when our patients are so pleased with our service that they send their families, friends, and co-workers to us. It is very important to us to provide the kind of quality care you want to share with people you care about.

We've recently updated our referral program. It works like this, whenever you send a new patient to us, we'll thank you with a gift. You choose the gift, either an Oral B rechargeable electric toothbrush, or a box of Crest 3D Professional Strength Whitestrips with Advanced Seal. Make sure the person you send our way gives us your name so we can give credit where credit is due.

We hope this will show how much we appreciate your trust in our staff, and we trust that the people you send to us will find us just as professional, gentle, and caring as you do.

WE ARE SAD TO SEE HER GO

Katie Faeth, our dental assistant since August 2010, is moving to the Des Moines area.

We are excited for her as she will be closer to her family, but we'll miss her smile at the office. Katie will be starting her next adventure with her husband Marcus and their 1 year old son Collin.

Office Information

Family SmileCare Center, PLC

1630 32nd St. NE

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www.familysmilecarecenter.com

Office Hours:

Monday-Thursday 7am to 6pm

SNORING & SLEEP APNEA HOW DENTISTS CAN HELP.

Healthy teeth, healthy gums and also...healthy SLEEP!

Sleep Apnea is a LIFE THREATENING CONDITION and shouldn't be ignored or left untreated.

Dr. Stodola and Dr. Maikon have completed training courses that can help patients manage **Snoring** and **Obstructive Sleep Apnea** with **Oral Appliance Therapy (OAT)**.

An oral appliance is an effective alternative to the standard continuous positive airway pressure (CPAP) machine and mask.

Oral Appliance Therapy uses a mouth guard-like device worn only during sleep to maintain an open, unobstructed airway by supporting the jaw in a forward position.

First, a physician must diagnose the patient with obstructive sleep apnea. Then, the dentist can work with the patient to select the best oral appliance and custom-fit the device using impressions and models of the teeth. We can choose from a variety of FDA-cleared oral appliances to suit each patient's unique needs.

Many patients prefer Oral Appliance Therapy as a solution for living with sleep apnea. It provides them much improved sleep and offers the following benefits:

Comfort

It can be hard to sleep with a CPAP machine and bulky mask. Patients often like oral appliances because they are comfortable and easier to wear. No Mask, No tubes, No wires.

Easy Travel

It can be difficult to travel with a bulky CPAP machine. A compact, lightweight oral appliance can help lessen your load.

Effective Treatment

Research shows that oral appliance therapy is an effective alternative to CPAP. When patients consistently wear their oral appliance, they wake up each morning feeling refreshed.

Quiet

A CPAP machine may silence the snoring, but its constantly running motor might not help you or your bed partner sleep more soundly. Oral appliance therapy is a silent option that can minimize the symptoms of sleep apnea, such as loud snoring, without making a peep of its own.

Low-Maintenance

It is easy to care for an oral appliance. Just a toothbrush with mild soap will keep your appliance germ-free.

WHAT SHOULD I DO NEXT?

For those who suspect they may have Sleep Apnea or are seeking treatment already, **we can help!** Our team at Family SmileCare Center will answer your questions, including the process for diagnosis and treatment options.

If you are a viable candidate for OAT we will then fit you with an **oral device which looks like a sports mouth guard** that is worn only during sleep. These devices are covered by some medical insurance plans and we can supply the medical diagnosis code and procedure code for you to contact your medical insurance carrier.

We can work together to get you sleeping more soundly!

ResMed Narval™ CC



SomnoDent Fusion™



STOP BY THE OFFICE TODAY FOR YOU & YOUR FAMILY.

Visit our website for other information about our office. www.familysmilecarecenter.com



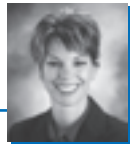
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News From Your Dentist



Dr. Renee Maikon



Dr. Amy Stodola

Sports and Mouth Guards

We Make Custom Mouth Guards

Spring and summer bring us out of our homes. We exercise more and play more sports. Protect your mouth whenever possible. Anyone who participates in a contact sport, like football, boxing, hockey, wrestling, and basketball, should wear a mouth guard. Even those involved in baseball, gymnastics, soccer, and volleyball should consider a mouth guard. Mouth guards usually cover the upper teeth and cushion a blow to the face, minimizing the risk of broken teeth, jaw injury, cuts and abrasions or contusions.

There are three types of mouth guards. A stock protector is preformed, ready to wear. They usually don't fit well and are bulky. Many sporting goods stores have the boil and bite mouth guards. They fit better than stock ones if you follow the directions carefully.

Finally, there are custom made mouth guards that are fitted by us. These provide the most comfortable fit and best protection. This guard is especially important for those who wear braces or have existing dental work. Mouth guards should ideally be replaced after each season because they can wear down over time, making them less effective. Replacement is especially important for adolescents because their mouths continue to grow and teeth continue to shift into adulthood. Give your teeth (or smile) a sporting chance by wearing a mouth guard.

