



You don't want to miss out >>

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Your monthly insight into maintaining your oral and overall health

# Amazing Smiles

FAMILY DENTISTRY

October Newsletter



## Top Dental Benefits to Know

Are you fully utilizing the perks of your dental insurance? **If you're insured by a third-party dental insurance provider**, chances are you received that coverage through your employer, or you bought your policy yourself. Either way, those are your hard earned benefits and you deserve to fully utilize them for your care. Below are some common and useful dental benefits offered by dental insurance providers. Check to see if you're eligible for these benefits, and if so, make sure to use them before they expire at the end of the year:

- Most dental policies cover some or a large portion of the cost associated with preventive care, fillings, crowns, root canals, and oral surgery such as tooth extractions.
- You're usually covered for two preventive visits a year (this is the most valuable part of your policy because it has the potential to save you the most money in the long run).
- Some policies also cover periodontics (issues associated with inflammation and/or infection of the gums and other tooth support structures) as well as prosthodontics, such as dentures and bridges.

For questions about the specificities of your policy, call your provider and ask them to be thorough.

As you may be aware, we offer an **Amazing Smiles In-Office Dental Plan** to those who don't have dental insurance. We designed this plan as an affordable solution for uninsured individuals and families who still wish to take care of their oral health. Through this plan you will receive:

- Initial comprehensive exam, x-rays, simple cleaning and fluoride
  - Six-month checkup, x-rays, simple cleaning and fluoride
  - One emergency exam and x-ray
  - Plus all dental treatment will be discounted by 25%!
- \$750 value

This plan is effective for one full year after the day you sign up (with the option for renewal of course), and is **only \$295 per individual and \$199 per additional family member!** If you aren't already an Amazing Smiles Dental Plan member, and don't have access to dental insurance, give us a call today so we can help you afford care. **Enrollment is easy, there is no waiting period, there's no deductible or annual maximum, and cosmetic dentistry is included!**

If you're already an Amazing Smiles Dental Plan member, ensure you're utilizing all your benefits! Depending on the date you registered, your coverage may not expire at the end of this year, however that does not mean you should delay any necessary treatment. The sooner you address the needed treatment, the more money and time you save.

Your health and happiness are our priority, and if we can save/ensure you're getting the best use of your money, even better!

## What If You Don't Use Your Dental Benefits?

Your insurance policy allows for a certain dollar amount of coverage each year. **If you do not use your coverage during the year, you lose those benefits (as unused coverage does not carry over to the next year).** It's like throwing part of your benefits away.

If you or your family members have incomplete treatment that was recommended by Dr. Chubb or you have a concern with your dental health, it may be useful to you to schedule an appointment before the end of the year and utilize your hard-earned benefits. If you or any family members have not had two cleanings in 2020, call us today as these visits are the most valuable part of your insurance package.

If you have any questions, or would like to schedule an appointment, please call our office asap at **(256) 568 -0553** and let us help you maximize your benefits.

## Spooky Dental Jokes

What do vampires and false teeth have in common?



*-They both come out at night!*



What did the monster eat after the dentist pulled his tooth?  
*-The dentist!*

## More Teeth-Healthy Recipes Your Family Will Love!

It's pumpkin season! Pumpkin is a fall favorite that happens to be great for your teeth! Pumpkin provides:

- **Zinc:** Zinc has been known to reduce inflammation and healing wounds from gingivitis-induced bleeding.
- **Vitamin A:** Vitamin A aids in the flow of saliva which is key for washing away bacteria in the mouth.
- **Vitamin C:** Vitamin C is essential for maintaining a healthy immune system and fighting infections.
- **Magnesium:** Magnesium and calcium work together to ensure your enamel stays strong and can continue to resist tooth decay.
- **Fiber:** Fiber-rich foods also help to maintain healthy saliva production. (As an added benefit for those monitoring their weight, fiber-rich foods also help with weight control)

### Teeth-Healthy Pumpkin Pie



#### Ingredients:

- 2 large eggs
- 1 (16 ounce) can pumpkin puree
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon pumpkin spice
- 1 (9 inch) unbaked pie crust

#### Directions:

1. Preheat oven to 425 degrees
2. Combine eggs, pumpkin puree, sweetened condensed milk, and pumpkin spice in a large bowl and mix until combined.
3. Fit pie crust into a 9-inch pie dish; pour pumpkin mixture into crust.
4. Place pie on baking sheet and bake in the preheated oven for 15 minutes. Reduce heat to 350 degrees and bake until filling is set, 35 to 40 minutes.

### Delicious Pumpkin Muffins



#### Ingredients:

- 1 package yellow cake mix
- 1 (16 ounce) can pumpkin puree
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

#### Directions:

1. Preheat oven to 350 degrees. Grease a 12-cup muffin pan or line with paper liners.
2. In a large bowl, mix together cake mix, pumpkin puree, cinnamon, nutmeg, and cloves until smooth. Spoon equal amounts of batter into the prepared muffin cups.
3. Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center comes out clean.

## Fall Wedding Whitening Special



Even though a lot seems to be different this year, some things will always remain the same: **Everyone wants to look and feel their best on their wedding day!** And what better way to prepare than ensuring your smile shines as bright as your new future!

**\$299 Professional In-Office Whitening**  
 \$600 value!  
 (256) 568 - 0553

## Patient Appreciation Week!

*Coming soon!*

Amazing Smiles Family Dentistry would like to take the time to thank our amazing patients for the smiles they constantly put on our faces. When you schedule an appointment at our office during our patient appreciation week, you'll get the opportunity to spin our special prize wheel (different from our normal one) with chances to **win big!**

Stay tuned for more information!

## Once in a blue moon...



Did you know?...

October 2020 is the first month in 2 ½ years to have **two full moons!** This happens so rarely that the second full moon in the month is called a *blue moon*. Hence the saying "Once in a blue moon".

## Amazing Smiles September Word Search Answers

### Key

- Toothache
- Cavity
- Floss
- Checkup
- Gums
- Health
- Giveaway
- Whitening

G	D	N	G	O	S	Y	B	M	V	D	G	G	O	U
W	F	L	Q	W	B	Y	C	A	W	W	R	U	O	K
T	A	L	T	F	R	L	C	E	E	J	C	M	T	B
V	Z	K	O	S	T	Y	B	O	Y	H	X	S	B	C
V	N	G	O	S	C	V	Q	M	E	M	Q	Y	Y	T
C	U	J	T	J	S	P	Y	G	J	G	A	T	P	D
G	H	S	H	D	H	V	F	H	U	W	I	P	I	Y
Z	H	E	A	S	U	R	V	N	A	V	M	G	J	V
A	J	H	C	R	A	T	Q	E	A	H	E	A	F	I
T	Z	E	H	K	U	C	V	C	N	C	P	E	B	B
P	B	A	E	N	U	I	K	T	X	H	E	J	T	A
R	R	L	Y	U	G	P	E	R	T	Q	J	S	M	E
Y	B	T	A	S	U	J	F	Z	H	D	Y	P	D	O
F	T	H	B	L	T	F	R	A	M	U	Q	U	W	V
T	R	O	W	W	H	I	T	E	N	I	N	G	P	G

# Amazing Smiles

## Maze Escape

Oral care should be fun! Can you escape the maze?!

What fun is a game without a winning prize?! Text your answer to **678.675.0795** for a special reward!

