



Lake Forest Dental Associates

# newsbites

Fall 2018

## CLOSING OUT THE YEAR WITH DENTAL INSURANCE

As the end of the year approaches, your family here at Lake Forest Dental Associates wants to remind you to take advantage of any unused insurance benefits before they expire. Did you know, it is estimated that as few as 3% to 5% of people with dental policies reach their annual maximum each year? Moreover, many

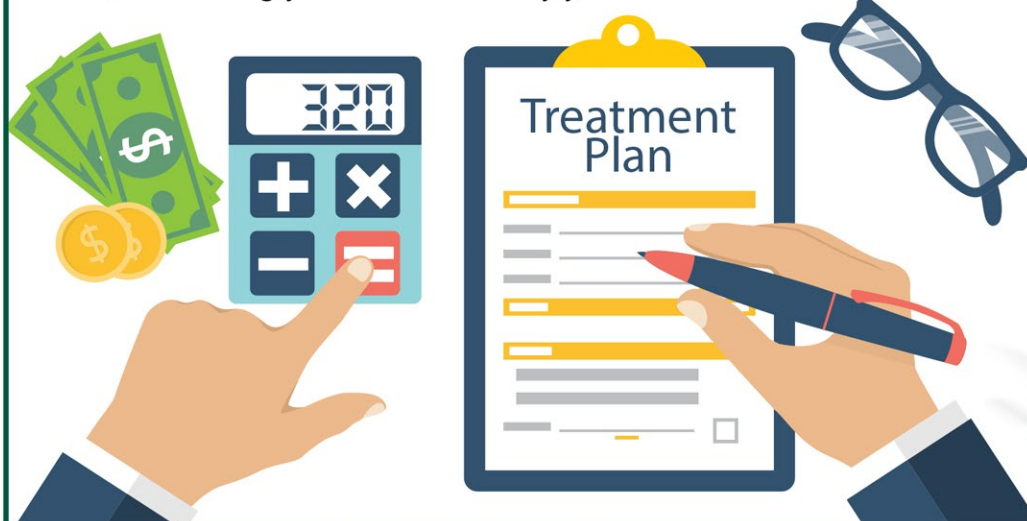
patients participate in Flexible Spending Accounts or Health Savings Plans with their employer, but in most cases, any benefits left in these accounts do not roll over to the end of the calendar year. This is in effect forfeiting compensation that was otherwise duly earned.

The good news is depending on your individual needs, a little strategic calendar planning can allow you to maximize your time and unused benefits. For example, you may know that most plans cover preventive care such as annual or six-month checkups, and x-rays every year but did you know they can cover as much as 80% of the cost for basic and major restorative care as well? Yes, fillings, extractions, bridges and root canals can still seem expensive, but it could mean huge savings if you schedule these types of procedures to coincide with the closing of end of year benefits.

Our Lake Forest Dental Associates team can assist you in preparing for your dental care by reviewing and discussing treatment options and reserving convenient appointments for necessary procedures. Additionally, we offer many courtesy payment options and can customize a payment plan to fit your specific needs. Putting off or delaying treatment is never a good idea and can lead to more costly health issues down the road. We're here to work with you to ensure necessary dental work is completed in accordance with your schedule and overall wellbeing.

Your health is important to us and we want to make sure you get the care you need and deserve. If you or a family member needs an appointment or has any questions, please feel free to contact our office at 847-234-6440, send us an e-mail at [smile@lakeforestdentalassociates.com](mailto:smile@lakeforestdentalassociates.com), or visit our website and chat with us online.

Mention this letter and receive 5% off your visit. Because, we look forward to seeing your smile for many years to come.



## The Whole Tooth *and everything in between*

You've heard it all before, but it does bear repeating. Cleaning between your teeth is just as important as brushing the parts you see! More than 25 percent of adults DON'T brush their teeth twice a day—increasing their risk of developing tooth decay by as much as 33%! What's more, the average person only brushes an astonishing 45 to 70 seconds a day, when the recommended amount of time is 2-3 minutes. Sadly, this is just not enough to protect the life-long health of your smile.

When we brush, we're able to easily reach the tops and sides of our teeth. But the surfaces between – which make up a significant part of our tooth enamel – need proper cleaning, too. This is why it's best to clean between your teeth daily to remove food and bacteria and promote healthy gums. There are many different products and tools beyond just dental floss that can help too. Just ask Drs. Razdolsky or Tincher if you want something that's just right for you.

And don't forget to make and keep your regularly scheduled cleanings and checkups. Your teeth are already amazing, and your Lake Forest Dental Associates family is here to help keep them that way.





The post-race party featured games, prizes for children, hair painting, free Sprecher Root Beer, and of course the smiles of our Lake Forest Dental Associates team.



**FREE Dental Cleaning  
for Veterans** *Veterans ID  
card required*

**Friday, November 9 • 9am - 3pm**

**Lake Forest Dental Associates**  
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